

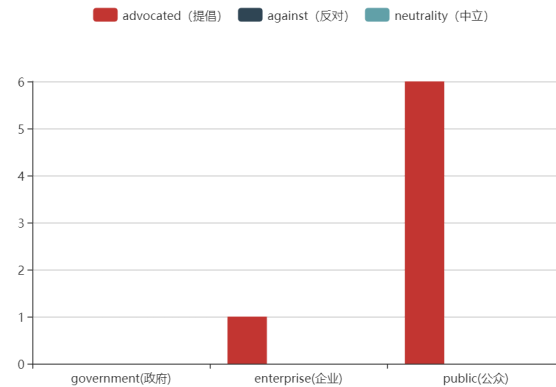
减盐-新闻

Salt Reduction - News

今日 (2018-12-14) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-14. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

食物中的钠 Sodium in food
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安徽
Anhui

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浙江
Zhejiang

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没有相关文章!
No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. “老坛酸菜”过气了，「吾泡」要用轻盐健康的泡菜零食抓住年轻人 "Laotan pickles" are out of breath, "I soak" should catch young people with light salt and healthy pickles snacks.	来源: 36kr Source: 36kr	主体: 企业 Subject: industry	态度: 提倡 Attitude: advocate	时间: 09:31:07 Time: 09:31:07
“中国人的胃是很难改变的”。在这样的基础上，升级传统食品，使之符合当代审美也迎合健康大趋势，在不少领域都得到了成功验证：茶、糕点、各类辣酱…… 36氪最近接触到的“吾泡”就认为，泡菜也亟待升级。中国的泡菜历史悠久，国人对泡菜也很熟悉，全国各地都有特色的腌制食品：酸菜、腌缸豆、泡萝卜、盐渍雪菜等等，这意味着消费习惯很普及、市场空间也很大。据智研咨询数据，2015 年泡菜市场规模达到 466.36 亿元。 另一方面，却是产品的普遍老化。				
The stomach of Chinese people is hard to change. On this basis, upgrade traditional food, make it in line with contemporary aesthetics and cater to the general trend of health, has been successfully verified in many areas: tea, cakes, all kinds of spicy sauce... 36 krypton recently came into contact with the "I Pao" that pickles also need to be upgraded urgently. Kimchi has a long history in China. Chinese people are familiar with kimchi. There are special pickled foods all over the country: pickled vegetables, pickled cowpeas, pickled radish, pickled snow vegetables and so on. This means that consumption habits are very popular and market space is very large. According to Zhiyan Consulting Data, the market size of pickles reached 46.636 billion yuan in 2015. On the other hand, it is the general aging of products.				

高血压 Hypertension				
1. 工会“大喇叭工程”彰显关爱 Trade Union's "Big Trumpet Project" Shows Care	来源：中工网 Source: China Industrial Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:54:36 Time: 09:54:36
“预防高血压，一定要少进盐，每人每天的摄入量不要超过5克。5克是多少呢？就是不能超过一个啤酒瓶盖的量……”如今，在河北顺平县237个村的大喇叭里，每天的早、中、晚，都在用通俗易懂的语言，播放着预防高血压等常见病的医疗健康知识。“大喇叭里说的很实用，工会实实在地在给乡亲们干实事。”安阳乡司仓村村支部书记王志凯说。（12月13日《工人日报》）工会“大喇叭工程”为农民工送健康，是一大民生工程，深得民心。“大喇叭工程”彰显关爱，是关注农民工健康的好声音，这是普及健康知识，真心关爱。				
"To prevent high blood pressure, we must reduce salt intake, and the daily intake of each person should not exceed 5 grams. What's 5 grams? That's not more than a beer bottle cap..." Nowadays, in 237 villages of Shunping County, Hebei Province, in the morning, midnight and evening, medical and health knowledge of preventing common diseases such as hypertension is broadcasted in easy-to-understand language every day. "What is said in the loudspeaker is very practical. The trade union is actually doing practical things for the villagers." Wang Zhikai, Secretary of the village branch of Sicang Village, Anyang Township, said. (Worker's Daily, Dec. 13) The trade union's "Big Trumpet Project" is a major livelihood project for migrant workers and has won the hearts and minds of the people. "Big speaker project" highlights care, is a good voice to concern about the health of migrant workers, which is to popularize health knowledge, sincere care.				
心血管健康 Cardiovascular health				
1. 为何“脑梗”变多，医生提醒：4种食物给血管“添堵”，千万忌口 Why does "cerebral infarction" increase? Doctors warn: 4 kinds of food "clogging" blood vessels, never to eat	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：06:43:42 Time: 06:43:42
为何“脑梗”变多，医生提醒：4种食物给血管“添堵”，千万忌口 油炸食物：油炸食物深受人们的喜爱，但是食用油在经高温加热后，会产生分子结构变化，部分脂肪酸变为反式结构，这样产生的反式脂肪酸会增加心、脑血管疾病的发生。且这类食物中包裹着太多的油腻，会造成血管中甘油三酯含量过高，导致“血液粘稠”，继而加重血管堵塞，形成动脉粥样硬化，增加脑梗风险。五花肉：五花肉之所以口感好是因为它里面含有的不少饱和脂肪酸。这种物质可是危害血管的因素，多吃会升高体内的胆固醇含量，增加心脑血管疾病的发生危险，让你离脑梗又更近一步。				
Why is there more cerebral infarction? Doctors warn: Four kinds of food "blocked" blood vessels, and never eat fried food: fried food is popular with people, but cooking oil after high temperature heating, will produce changes in molecular structure, some fatty acids into trans-structure, so the trans-fatty acids will increase the occurrence of cardiovascular and cerebrovascular diseases. And this kind of food contains too much greasy, will cause the blood triglyceride content in the blood vessels is too high, leading to "blood stickiness", and then aggravate the blood vessel blockage, forming atherosclerosis, increasing the risk of cerebral infarction. Five-flower meat: Five-flower meat tastes good because it contains a lot of saturated fatty acids. This substance is a risk factor for blood vessels. Eating more will increase the content of bad cholesterol in the body, increase the risk of cardiovascular and cerebrovascular diseases, and make you a step closer to cerebral infarction.				
综合健康信息 Comprehensive Health Information				
1. 不吃主食减肥减得快反弹更快 Losing weight without staple food will rebound faster	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:50:48 Time: 08:50:48
不少爱美人士深信“不吃主食减肥法”，觉得主食热量很高，长期拒绝吃主食，只吃肉、蔬菜和水果。这种减肥方法管用吗？体重去得快回来得更快 采用低碳水化合物膳食减肥的人，通常认为只要少吃淀粉和糖，不吃主食不吃甜食，随便吃蔬菜和肉类，就可以减肥。很多人也因此真的体验了短期的“成功”，即体重在三个月中持续下降。然而他们只要重新开始吃主食，体重就会一路反弹，回到从前。 证据表明，低碳水化合物饮食能在短期内导致体重快速下降，下降速度要比同样能量的低脂肪高碳水化合物食谱快一些。				
Many beauty-loving people believe in the "diet without staple foods" and think that staple foods have high calories. They refuse to eat staple foods for a long time and only eat meat, vegetables and fruits. Does this method work? People who lose weight faster and return faster on a low-carbohydrate diet usually think that they can lose weight by eating less starch and sugar, no staple foods, no sweets, and any vegetables and meat. Many people have actually experienced short-term "success" as a result, i.e. weight loss over three months. However, as long as they start eating staple foods again, their weight will rebound all the way back to the past. Evidence suggests that a low-carbohydrate diet can lead to rapid weight loss in the short term, faster than a low-fat, high-carbohydrate diet with the same energy.				
2. 《全球营养报告》发布，全球近15%的死亡与营养失调有关，你吃对了吗？ According to the Global Nutrition Report, nearly 15% of all deaths worldwide are related to malnutrition. Are you eating right?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:53:51 Time: 08:53:51
全球营养报告》发布，全球近15%的死亡与营养失调有关，你吃对了吗？ 2018 版《全球营养报告》发布 全球近15的死亡与营养失调有关 保健时报记者 董超 如今，我国高血压、糖尿病、冠心病、脑卒中等慢性病的发病率呈上升趋势。这些疾病的发生都与一个重要因素有关——饮食。多年来，人们普遍缺乏营养认知，很多家庭的一日三餐，根本谈不上营养的均衡性。近日，2018版《全球营养报告》发布，报告显示，营养缺乏、体重超标、摄入过量等不良饮食习惯，成为了全球近1/5死亡的诱因。				
According to the Global Nutrition Report, nearly 15% of all deaths worldwide are related to malnutrition. Are you eating right? Dong Chao, a journalist of the Health Times, published in the 2018 edition of the Global Nutrition Report on nearly 15 deaths and malnutrition worldwide, is now on the rise in the incidence of chronic diseases such as hypertension, diabetes, coronary heart disease and stroke in China. The occurrence of these diseases is related to an important factor - diet. Over the years, people generally lack nutritional awareness. Many families have three meals a day, which is not at all balanced nutrition. Recently, the 2018 edition of the Global Nutrition Report released that poor dietary habits, such as nutrition deficiency, overweight and overeating, have become the cause of nearly one fifth of the world's deaths.				
3. 俄卫生部：俄罗斯35岁至44岁人群中超四分之一人受肥胖困扰 Russian Ministry of Health: Over a quarter of people aged 35 to 44 in Russia suffer from obesity	来源：环球网 Source: World Wide Web	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:54:22 Time: 07:54:22
据国际文传电讯社消息，当地时间12月13日，俄罗斯卫生部长斯克沃尔佐娃(Skvorcova)表示，最近十年俄民众肥胖率加快，35岁至44岁人群中超四分之一人受肥胖困扰。斯克沃尔佐娃当天是在莫斯科举行的联邦委员会会议上透露的这一数据。她说，35岁至44岁人中有27%的男性和25%的女性受肥胖困扰。而55岁至64岁人中有36%的肥胖男性和52%的肥胖女性。斯克沃尔佐娃说，俄罗斯高血压患病率也在上升。这与俄民众不合理饮食有关。“平均每五个俄罗斯人中就有一个人常吃快餐”。				
According to the Interfax News Agency, on December 13, Russian Health Minister Skvorcova said that the obesity rate in Russia has accelerated in the past decade, with more than a quarter of people aged 35 to 44 suffering from obesity. Skvorzova disclosed the data at a meeting of the Russian Federal Council held in Moscow that day. She said 27% of men and 25% of women aged 35 to 44 suffer from obesity. Of those aged 55 to 64, 36% were obese men and 52% were obese women. The prevalence of hypertension is also rising in Russia, Skvorzova said. This is related to the unreasonable diet of the Russian people. On average, one in five Russians often eats fast food.				
4. 杭州俞彩琴家庭：厉害了，急救之家 Yu Caiqin Family in Hangzhou: Great, First Aid Home	来源：浙江在线 Source: Zhejiang Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:45:48 Time: 13:45:48
本人俞彩琴是下城区东新街道社区卫生服务中心东新园卫生站站长、全科副主任医师、中共党员，丈夫沈国昌是下城区中西医结合医院疼痛科主任、副主任医师、中共党员，儿子沈乐天就读于下城区胜蓝实验小学，健康阳光，成绩优异，曾被评为校四美学生和优秀少先队干部。我们夫妻两人同时也是杭州市红十字会应急救援培训师资，我们的儿子在我们的影响下从小对医学知识和急救知识有一定程度的了解。 2017年10月5日，一家三口在厦门旅游，我们家住东边套，室内外环境整洁，通风良好，无卫生死角。家里面有体重计、血压计、控油壶、限盐勺等健康支持性工具，配备家庭保健药箱。				
Yu Caiqin is the stationmaster, general practitioner and CPC member of Dongxinyuan Health Station of Dongxin Street Community Health Service Center in Xiacheng District. Shen Guochang is the director, vice-director and CPC member of Pain Department of Xiacheng District Integrated Traditional Chinese and Western Medicine Hospital. Shen Letian is a son of Shenglan Experimental Primary School in Xiacheng District. He is healthy, sunny and has achieved excellent results. He has been evaluated as the Four Aesthetics Students and Excellent Party Member. Young Pioneer cadres. Our husband and wife are also teachers of emergency rescue training of Hangzhou Red Cross Society. Our son has a certain understanding of medical knowledge and emergency knowledge since childhood under our influence. On October 5, 2017, a family of three was traveling in Xiamen. Our family lives in the east side of Xiamen. The indoor and outdoor environment is clean, well ventilated and there is no sanitary corner. There are health support tools such as body weight meter, sphygmomanometer, oil control pot, salt limit spoon and so on, equipped with family health medicine box.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-12-14, 共监测到547篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 547 WeChat public articles were monitored in 2018-12-14. This page shows the top five articles by repeat number today.

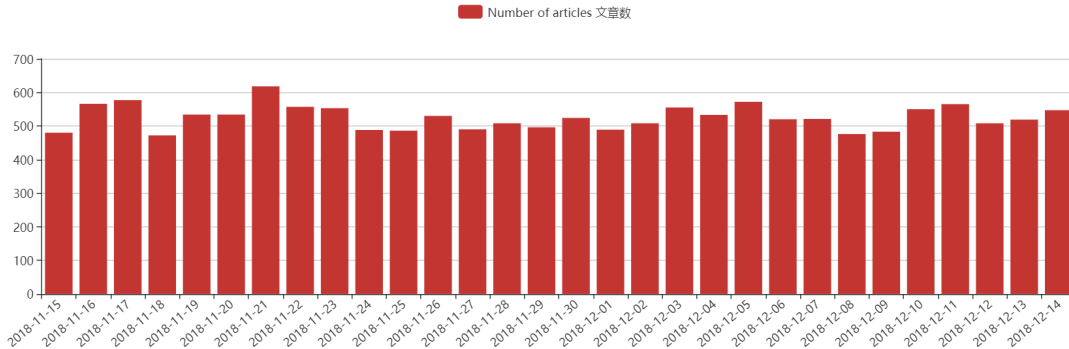
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. [【健康】血压比正常值高一点点, 怎么办?](#)

重复数: 38

日期: 2018-12-14

[\[Health\] What should we do if the blood pressure is a little higher than normal?](#)

Repeat Number: 38

Data: 2018-12-14

处于高血压前期的人该怎么办呢? 目前认为, 采取积极的防控措施, 主要以控制饮食、加强运动和降压治疗为手段, 可以显著降低发生高血压的风险。控制饮食 首先是限盐, 盐摄入越多, 血压水平越高, 严格限盐可有效降低血压。中国营养学会推荐, 健康成人每日食盐摄入量不宜超过6克, 限制钠盐的摄入是预防高血压花费成本最小化的有效措施。

What should people do in the early stages of high blood pressure? Prevention and control measures mainly include diet control, exercise enhancement and antihypertensive treatment. These methods can significantly reduce the risk of developing hypertension. Control the amount of salt in your diet. The more salt intake, the higher the blood pressure level. Strict salt restriction can effectively lower blood pressure. The Chinese Nutrition Society recommends that healthy adults should not consume more than 6 grams of salt per day. Limiting sodium intake is an effective measure to minimize the cost of preventing hypertension.

2. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)

重复数: 10

日期: 2018-12-14

[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

Repeat Number: 10

Data: 2018-12-14

要明确自己的身体健康状况, 有目的地选择。选择哪类产品都不太重要, 但不要盲目地为追求健康或者营养目的购买。对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为好, 降低用盐量是首要原则。

We should make clear our health status and make purposeful choices. It's not important to choose which kind of products, but don't buy them blindly for health or nutrition purposes. For ordinary people, the first goal is to reduce salt intake, less salt means less sodium. Whether eating low sodium salt, fortified nutrients or refined salt, it is better to eat less. Reducing salt consumption is the first principle.

3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 9

日期: 2018-12-14

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

Repeat Number: 9

Data: 2018-12-14

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty taste makes food more delicious, so many people like salty taste. But if you eat too much salty food, blood vessels can't stand it. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

4. [高血压预防“十步曲”](#)

重复数: 6

日期: 2018-12-14

[Ten Steps to Prevent Hypertension](#)

Repeat Number: 6

Data: 2018-12-14

钠在体内可以吸收许多水分, 盐摄入多了, 体内的水分就会聚集在血管中, 加重心脏和血管负担, 造成血压上升。控制每天食盐量在6克以下, 既能保证人体对钠的需要, 也可减轻心血管负担。

Sodium can absorb a lot of water in the body. When the salt is ingested, the water in the body will accumulate in the blood vessels. It increases the burden on the heart and blood vessels and causes blood pressure to rise. Controlling the daily salt content below 6 grams can not only ensure the body's need for sodium, but also reduce the cardiovascular burden.

5. [跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西](#)

重复数: 4

日期: 2018-12-14

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 4

Data: 2018-12-14

多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入量每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

减盐-微博

Salt Reduction - Weibo

2018-12-14, 共检测到1633条与“减盐”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

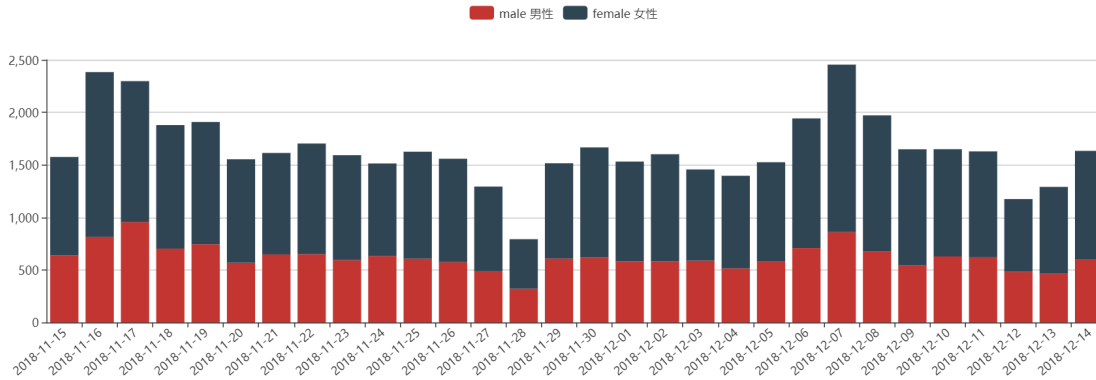
There are 1633 weibos about salt reduction monitored on 2018-12-14.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!

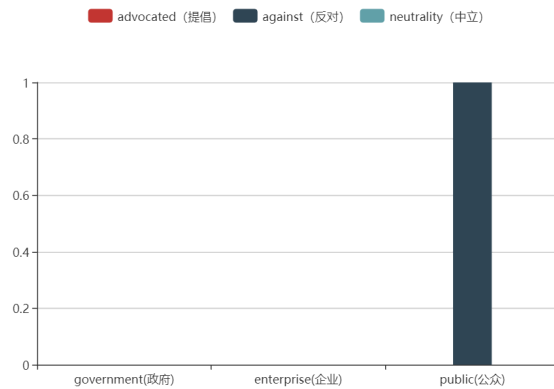
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-14) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-14. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
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河南

Henan

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安徽

Anhui

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浙江

Zhejiang

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其他省份

Other Provinces

反式脂肪酸 Trans fat				
1. 健康必知：生活中的芝麻酱对人体有益还是有害？	来源：搜狐	主体：公众	态度：反对	时间： 01:17:38
Health knows: Sesame sauce in life is good or harmful to human body?	Source: Sohu	Subject: public	Attitude: against	Time: 01:17:38
生活中的芝麻酱对人体有益还是有害？ 芝麻奶油芝麻酱 芝麻种子经常撒在汤，沙拉和主菜上，用于装饰或添加略带坚果的味道。但是你知道这些多功能的种子也可以用来制作富含糊状物，可以补充鹰嘴豆泥，沙拉三明治和皮塔饼吗？这种芝麻籽酱被称为芝麻酱，它是中东，希腊，北非和土耳其菜肴的重要辅助成分。无论您是否品尝过芝麻酱，或者这是您第一次听说它，您应该熟悉这种成分，以了解它提供的健康益处以及如何将其融入您的饮食中。 什么是芝麻酱？ 称为芝麻籽黄油，芝麻酱基本上是由精细研磨的芝麻籽和少量油混合制成的浓稠糊状物。				
Is Sesame Sauce in Life Beneficial or Harmful to Human Body? Sesame butter sesame paste sesame seeds are often sprinkled on soups, salads and main dishes to decorate or add a slightly nutty flavor. But do you know that these versatile seeds can also be used to make pastes rich in chickpea mash, salad sandwiches and pita cakes? This sesame seed sauce, known as sesame sauce, is an important adjunct to Middle Eastern, Greek, North African and Turkish dishes. Whether you've tasted sesame sauce or this is the first time you've heard about it, you should be familiar with the ingredients to understand the health benefits it offers and how to incorporate them into your diet. What is sesame sauce? Called sesame seed butter, sesame sauce is essentially a thick paste made by mixing finely ground sesame seeds with a small amount of oil.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2018-12-14, 共监测到342篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 342 WeChat public articles were monitored in 2018-12-14. This page shows the top five articles by repeat number today.

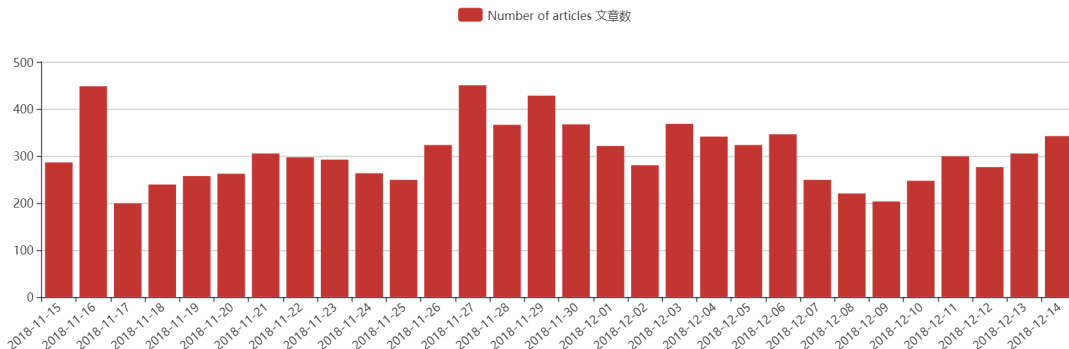
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#) 重复数: 90 日期: 2018-12-14
[It kills 500,000 people a year and has been called off by WHO, which is hidden in the food you eat every day.](#) Repeat Number: 90 Data: 2018-12-14

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在每天吃的食物里...](#) 重复数: 6 日期: 2018-12-14
[It kills half a million people each year and have been called off by WHO! It's hidden in the food you eat every day...](#) Repeat Number: 6 Data: 2018-12-14

反式脂肪藏在哪儿? 都在你常吃的美食里 反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。它分为两类。第一类是天然反式脂肪, 主要存在于牛羊肉和牛奶等奶制品中。这类天然的反式脂肪不但对人体没什么害处, 还有部分研究显示其可减少脂肪堆积, 因此可以放心食用。第二类则是人造反式脂肪, 主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。

Where is the trans fat hidden? They are all in the food you eat. Trans fat, also known as trans fatty acid, is the abbreviation for a large class of fatty acids containing trans double bonds. It is divided into two categories. The first type is natural trans fat, which is mainly found in dairy products such as beef, mutton and milk. This kind of natural trans fat is not only harmful to the human body, but some studies have shown that it can reduce fat accumulation, so it can be safely consumed. The second type is artificial trans fat, which is mainly derived from incompletely treated hydrogenated vegetable oil, which is generally produced in the processing and cooking of oils and fats.

3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 3 日期: 2018-12-14
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#) Repeat Number: 3 Data: 2018-12-14

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day. It is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好](#) 重复数: 3 日期: 2018-12-14
[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#) Repeat Number: 3 Data: 2018-12-14

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

5. [此健康杀手每年致死50万人, 就藏在你每天吃的食物里, 怎么躲开?](#) 重复数: 3 日期: 2018-12-14
[This health killer kills 500,000 people every year and hides in the food you eat every day. How can you avoid it?](#) Repeat Number: 3 Data: 2018-12-14

老老实实地自己买菜做饭, 自己动手, 丰衣足食。新鲜的蔬菜水果、粮食谷物、肉蛋奶中, 不含有反式脂肪。多用蒸煮炖等传统烹调方法, 避免炒菜时油温过高, 避免反复煎炒烹炸, 就不会产生明显的反式脂肪。

Buy food and cook by yourself. Fresh vegetables, fruits, grains, and egg milk do not contain artificial trans fats. It is best to use the cooking method. Avoid high oil temperature and repeated frying and frying during cooking, so that no obvious trans fat will be produced.

反式脂肪酸-微博 Transfat - Weibo

2018-12-14, 共检测到77条与“反式脂肪酸”相关的微博。
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

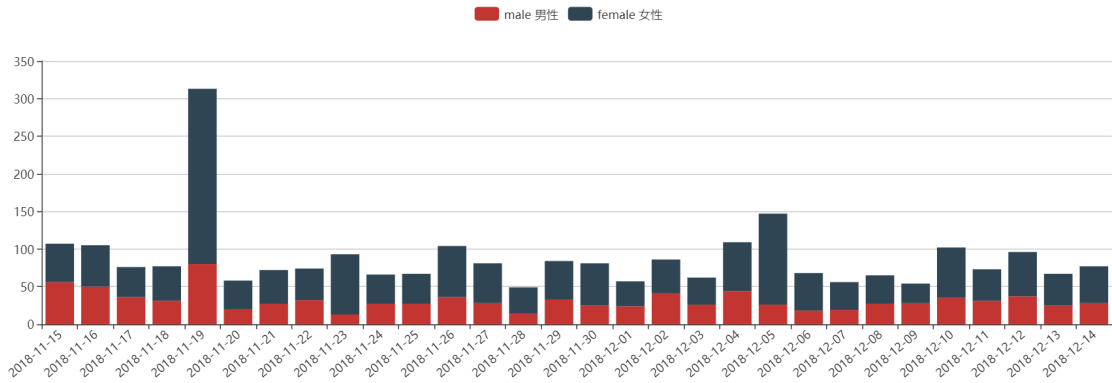
There are 77 weibos about transfat reduction monitored on 2018-12-14.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!