

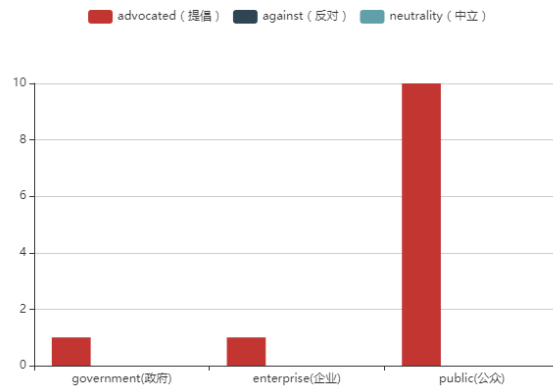
减盐-新闻

Salt Reduction - News

今日 (2019-01-30) 共监测到12条资讯。请点击标题查看原文。

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山东

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食物中的钠 Sodium in food

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高血压 Hypertension

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安徽
Anhui

食物中的钠 Sodium in food
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No such articles!
心血管健康 Cardiovascular health
没有相关文章！
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综合健康信息 Comprehensive Health Information				
1. 【春节服务手册】打年货进入“白热化”看看有啥Spring Festival Service Manual	来源：安徽网 Source: Anhui net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:06:38 Time: 09:06:38
春节越来越近，家家户户打年货也进入到了“白热化”阶段。从传统的炒货、腊肠、挂面圆子，到现在“升级换代”的生鲜礼盒、智能数码产品和健康礼品，从摩肩接踵的集市和超市，到如今足不出户逛遍全球，时代在变，不变的是热热闹闹的年味儿。让我们来一饱眼福。而如今，年货清单也出现了一些新的趋势。今年过年，“80后”的小杭从网上选购了脱脂牛奶、无糖无盐坚果、保健品等作为年货。				

With the Spring Festival approaching, every household has entered the "white-hot" stage of making New Year's Goods. From traditional fried goods, sausages, noodles, to the present "upgrade" of fresh gift boxes, intelligent digital products and health gifts, from shoulder-to-shoulder bazaars and supermarkets, to nowadays not to go out and travel around the world, the times are changing, the same is the lively flavor of the year. Let's have a good eye. Nowadays, there are some new trends in annual inventory. This year's New Year's Eve, Xiaohang, a post-80s generation, bought skim milk, sugar-free and salt-free nuts, health products and so on from the Internet.

决心工程 Resolve To Save Lives
没有相关文章！
No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food				
没有相关文章！				
No such articles!				
高血压 Hypertension				
1. 春节近了要注意血压问题这10件事一定要警惕 The Spring Festival is approaching, we should pay attention to the problem of blood pressure these 10 things must be vigilant	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:35:55 Time: 07:35:55
除了规律吃药，我们还有哪些方法可以应对高血压？高血压吃降压药就行了？其他该吃就吃，该喝就喝？其实这是认识的误区。高血压被认为是遗传易感性和环境因素相互作用的结果。高血压在药物治疗的同时，改善生活行为方式也非常重要。除了规律吃药，我们还有哪些方法可以应对高血压？				
Besides taking medicine regularly, what other ways can we cope with hypertension? Just take antihypertensive drugs for hypertension? What else should we eat or drink? In fact, this is a misunderstanding of understanding. Hypertension is considered to be the result of interaction between genetic susceptibility and environmental factors. It is also very important to improve the lifestyle of hypertension while treating it with drugs. Besides taking medicine regularly, what other ways can we cope with hypertension?				
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!				

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 8款鸡精对比测评：太太乐鸡味浓家乐鲜味最低年夜饭的鸡精你选对了吗？ Eight kinds of chicken essence: Madam Le Chicken, strong Carrefour and the lowest delicious New Year's Eve dinner chicken essence, did you choose the right one? 来源：东方财富网 Source: Oriental Wealth Network 主体：企业 Subject: industry 态度：提倡 Attitude: advocate 时间： 10:58:43 Time: 10:58:43				
就快过大年了，一想到丰盛的年夜饭，幸福的滋味漫上消道长的心头。这不，近期很多小伙伴也都在问如何才能做出一顿美味的年夜饭呢？要消道长说，鲜味足，鸡味浓的鸡精，你不可缺少！可是究竟哪款鸡精鲜味更足，“鸡味”更浓呢？测试报告告诉你！测试品牌：太太乐、家乐、海天、厨邦、安琪、豪吉、大喜大，大桥。 It's almost New Year's Eve, and the thought of a rich New Year's Eve meal makes the taste of happiness fade into my mind. This is not true. Recently, many small partners are also asking how to make a delicious New Year's Eve meal. Xiaodao Chang said that you are indispensable for the delicious and strong chicken essence. But which chicken is more delicious and "chicken flavor" is stronger? The test report tells you! Test brand: Madame Le, Carrefour, Haitian, Chef Bang, Angel, Haoji, Daxida, Bridge.				
高血压 Hypertension				
没有相关文章！ No such articles!				
心血管健康 Cardiovascular health				
1. 60岁阿姨突发心梗，医生：心梗的祸根找到了，就是这生活习惯！ 60-year-old aunt suddenly suffered from myocardial infarction. Doctor: The root of myocardial infarction has been found, which is the habit of life! 来源：搜狐 Source: Sohu 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间： 00:42:03 Time: 00:42:03				
医生指出：梁阿姨梗发作和爱吃咸菜不吃水果的生活习惯有关。梁阿姨既往一直身体很好，但她因为没有体检，所以没有查出自身其实有高血压、高血脂潜伏体内，这次发病来医院，一直就发现了血压、血脂明显升高，而高血压和高血脂正是心梗的最主要危险因素。医生指出，梁阿姨爱吃咸菜、从来不吃水果的习惯和高血压、高血脂发表密切相关。咸菜吃得多，钠盐摄入增加，必然导致血压升高和高血压发病风险增加。 The doctor pointed out that Aunt Liang's attack of myocardial infarction was related to her habits of eating salted vegetables instead of fruit. Aunt Liang used to be in good health, but because she did not have a physical examination, she did not find out that she actually had high blood pressure and hyperlipidemia latent in the body. When she came to the hospital, she found that blood pressure and lipids were significantly increased. Hypertension and hyperlipidemia were the most important risk factors for myocardial infarction. Doctors pointed out that Aunt Liang's habit of eating pickles and never eating fruits was closely related to hypertension and hyperlipidemia. Salted vegetables eat more, sodium intake increases, will inevitably lead to elevated blood pressure and increased risk of hypertension.				
综合健康信息 Comprehensive Health Information				
1. 张柏芝三胎后苗条复工！靠午餐只吃水煮蛋和生洋葱维持？ Cecilia Cheung is slim after the third child! Maintain by eating only boiled eggs and raw onions for lunch? 来源：环球网 Source: World Wide Web 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间： 10:48:52 Time: 10:48:52				
健康低卡食谱要注意哪3个Tips？Tips1：尽量保证食物多样性。多摄取高蔬果纤维高蛋白的天然食物，避免人工添加剂食物，任何一种单一饮食对身体健康和减脂塑型都不好。碳水化合物要控制，但不是不需要摄取，有碳水化合物才能不致使肌肉流失！有的女生总爱抱怨自己肌肉太多，其实真的主要还是脂肪太多将脂肪细胞撑大，看起来是肌肉块，其实是脂肪过多。能导致你肌肉确实过多的情况，基本就是运动员了。 Which 3 Tips should be noted in a healthy low-calorie diet? Tips1: Ensure food diversity as much as possible. Eat more natural foods with high vegetable, fruit, fibre and protein, avoid artificial additives. Any single diet is not good for health and fat reduction. Carbohydrates need to be controlled, but not not not intake. Carbohydrates can not cause muscle loss! Some girls always complain that they have too many muscles. In fact, the main reason is that too much fat enlarges fat cells. It looks like muscle mass, but in fact, it is too much fat. It can cause you to have too many muscles, basically athletes.				
2. 这些素菜比吃肉更容易长胖！难怪你减不了肥 These vegetarian dishes are fatter than meat! No wonder you can't lose weight. 来源：扬州网 Source: Yangzhou net 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间： 10:50:50 Time: 10:50:50				
临近春节期间，聚会肯定少不了，为了保持身材，不少人在点了荤菜后会下意识的来点素菜，荤素搭配，吃得健康。但素菜真的不会发胖吗？其实，有些素菜背后隐藏的油脂，热量可能比肉还高！随着素食爱好者越来越多，很多仿荤食物也开始流行起来，为了做出类似肉类的口感，很多商家往往会加入过重的调味料，造成盐分、油脂过高；不仅如此，这些仿荤食物本身吃多了也对人体没有好处。 Near the Spring Festival, the party must be indispensable. In order to keep fit, many people will unconsciously order vegetarian dishes after ordering meat dishes, meat and vegetarian collocation, eat healthy. But are vegetarian dishes really not fattening? In fact, some vegetable dishes may contain more fat than meat. With the increasing number of vegetarian fans, many meat-like foods have become popular. In order to make a taste similar to meat, many businesses tend to add excessive seasonings, resulting in excessive salt and fat; moreover, these meat-like foods themselves eat too much, which is not good for the human body.				
3. 每逢佳节胖6斤！肥胖儿童过节应该注意这些事 Every festival, gain 6 kg! Obese children should pay attention to these things during the holidays 来源：金羊网 Source: ycwbb 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间： 17:53:55 Time: 17:53:55				
每到春节，肥胖儿童的饮食往往失去控制，导致节后营养科就诊的小胖墩增加。近日，广州市妇女儿童医疗中心营养科主任刘喜红接受记者采访时表示，节后营养科就诊的饮食不调、肥胖儿童大部分都是增重五六斤。因此专家提醒家长，在节日期间不能放纵孩子，不然节后恢复体重艰难。 Every Spring Festival, obese children tend to lose control of their diet, resulting in an increase in the number of small fatties in the post-festival nutrition department. Recently, Liu Xihong, director of Nutrition Department of Guangzhou Women's and Children's Medical Center, told reporters that after the festival, most of the children in the nutrition department were overweight. Therefore, experts remind parents that they should not indulge their children during the festival, otherwise it will be difficult to regain weight after the festival.				
4. 东村，红红火火迎新春 Dongcun, Spring Festival 来源：人民网 Source: People's net 主体：政府 Subject: government 态度：提倡 Attitude: advocate 时间： 09:21:57 Time: 09:21:57				
1月24日，农历腊月十九，正值寒冬时节，西宁市大通回族土族自治县长宁镇东村的广场上响起了《走进新农村》的歌声，东村的村民们聚集在广场周围，鼓掌喝彩。在传统佳节春节来临之际，为深入学习贯彻习近平新时代中国特色社会主义思想 and 党的十九大精神，省文联和西宁市委宣传部举办的“我们的中国梦·文化进万家”文艺演出活动走进东村。 January 24, the nineteenth lunar month, coinciding with the cold winter season, Xining Datong Hui Tujia Autonomous County Changning Town East Village square sounded "into the new countryside" singing, the villagers of the East Village gathered around the square, applauding and applauding. On the occasion of the traditional Spring Festival, in order to further study and implement Xi Jinping's socialist ideology with Chinese characteristics in the new era and the spirit of the Nineteenth National Congress of the CPC, the literary and artistic performance "Our Chinese Dream and Culture Entering Ten Thousands of Homes" organized by the Provincial Cultural Federation and the Propaganda Department of the Xining Municipal Committee entered Dongcun.				
5. 年夜饭中国胃：“新奇”吃法新做法，中西混搭年夜饭 New Year's Eve Chinese Stomach: A New Way to Eat and a New Way to Mix Chinese and Western New Year's Eve 来源：The ChinaPress Source: The ChinaPress 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间： 11:32:45 Time: 11:32:45				
移民二代、三代已然成长，中国胃遇到了大环境是美国的世界胃——美式快餐、日本寿司、韩国烤肉、印度咖喱、泰国佛.....在丰富的移民饮食影响下，华裔移民后代饮食习惯会怎样？而中西合璧喜结良缘的夫妻，他们又如何调和不同节日的不同家宴？过年，“移后代”之吃法必须照顾。对于移民二代——华裔孩子们的饮食，曾不经意间发现若干特别吃法，时常有被“吓到”的感觉。 The second and third generations of immigrants have grown up. The Chinese stomach meets the general environment of the American world stomach - American fast food, Japanese sushi, Korean barbecue, Indian curry, Thai Buddha... What about the dietary habits of the offspring of Chinese immigrants under the influence of rich immigrant diet? How can Chinese and Western couples reconcile different family feasts on different festivals when they are married? During the Spring Festival, the way of eating "offspring" must be taken care of. For the second generation of immigrants, Chinese children's diet, I have inadvertently found a number of special ways to eat, often feeling "scared".				

6. 国家食品安全风险评估中心：春节期间如何合理饮食 National Food Safety Risk Assessment Center. How to Reasonable Diet during the Spring Festival	来源：金羊网 Source: ycwbb	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:33:19 Time: 15:33:19
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春节是中国的传统佳节，是最重要的团聚假日，来自四面八方的亲朋好友相聚团圆，互相的宴请成为必不可少的活动。宴请的菜肴多以鸡、鸭、鱼、肉、虾、蟹等高蛋白、高脂肪、高热量的食品为主，而杂粮、蔬菜和水果摄入相对较少，加上频繁的举杯畅饮，常常容易出现身体不适或体重剧增，那么，我们欢度春节的同时应该如何更加合理地饮食呢？

The Spring Festival is a traditional Chinese Festival and the most important reunion holiday. Reunions of relatives and friends from all sides make banquets an indispensable activity. Banquet dishes are mostly chicken, duck, fish, meat, shrimp, crab and other high-protein, high-fat, high-calorie foods, while the intake of miscellaneous grains, vegetables and fruits is relatively small, coupled with frequent cup-raising, often prone to physical discomfort or weight gain. So, how should we eat more reasonably while celebrating the Spring Festival?

7. 空气炸锅是怎么回事 What's wrong with the air frying pan?	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:34:19 Time: 09:34:19
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很多人喜欢吃油炸食物，但又苦于油盐太多，不利于健康。为解决这个难题，近些年来，市场上一种叫做“空气炸锅”的烹饪家电应运而生。空气炸锅是什么，比传统油炸好在哪里？顾名思义，空气炸锅，是利用空气进行油炸。中国农业大学食品科学与营养工程学院副教授朱毅告诉《生命时报》记者，其具体原理是利用机器内的烘烤装置快速加热空气，在密闭空间内形成循环热流，使食物快速变熟，同时带走食材表面的水分，以达到酥脆的口感。

Many people like to eat fried food, but suffer from too much salt and oil, which is not conducive to health. In order to solve this problem, in recent years, a kind of cooking household appliances called "air frying pan" has emerged in the market. What's an air frying pan? What's better than traditional frying? As the name implies, air frying pan is the use of air for frying. Zhu Yi, an associate professor at the School of Food Science and Nutrition Engineering, China Agricultural University, told the Life Times that the principle is to use the baking device in the machine to quickly heat the air and form a circulating heat flow in the closed space to make the food ripen quickly, while taking away the moisture on the surface of the food to achieve a crisp taste.

8. 营养师年夜饭建议让你健康过猪年 Nutritionist's New Year's Diet Suggestions for a Healthy Pig Year*	来源：壹凸新闻 Source: One touch news	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 22:34:34 Time: 22:34:34
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农历新年将届，今年春节九天假期，过年期间开心与亲友相聚吃大餐是必要行程，零食更是必备物品；不论是各地年货大街亦或是网路团购，皆可以购买到美味的零食。但美食大多令人难以抗拒一口接一口，年假结束当体重失守、肥肚上身，各项检验数值也跟著失控，营养师对此提供建议，让民众欢度猪年的同时，不让自己年假结束后被旁人调侃「胖得跟猪一样」。传统年菜常见的有蹄膀、红烧鱼、佛跳墙、海鲜羹汤、嫩全鸡、红蟳米糕等，卫生福利部南投医院陈佳祺营养师表示上述美食多为高油、高盐、少纤维的食物。

The Lunar New Year is coming. During the nine-day holiday of the Spring Festival this year, it is a necessary journey to have a big meal with relatives and friends. Snacks are even more essential items. Delicious snacks can be purchased in the annual shopping streets and online group shopping. But most of the food is hard to resist, and when the end of the annual leave is over, the weight loss and the fat belly are all out of control. The nutritionists offer advice on how to let the people celebrate the pig year without letting their old year's holiday be ridiculed by others.Traditional New Year's dishes include hoofs, braised fish, Buddha jumping wall, seafood soup, stewed whole chicken, rice cake and so on. Chen Jiaqi, a nutritionist at Nantou Hospital of the Ministry of Health and Welfare, said that the above-mentioned delicacies are mostly high-oil, high-salt and low-fiber foods.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-30, 共监测到483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 483 WeChat public articles were monitored in 2019-01-30. This page shows the top five articles by repeat number today.

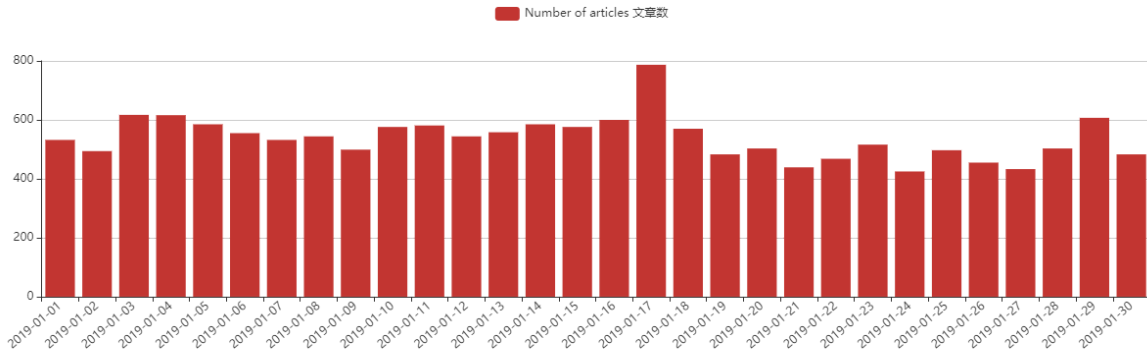
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 终于发现脑瘫“真凶”!医生:大脑最怕3样食物,戒掉一个就增寿~

重复数: 9

日期: 2019-01-30

[Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

Repeat Number : 9

Data : 2019-01-30

现在人们吃了太多的好东西, 所以食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Nowadays people eat too many good things, so the feeling of food has not become so obvious, which also leads to more and more salt intake every day. Many areas also like to eat pickles or bacon and other foods, these are high-salt and high-sodium foods. Excessive intake of high-salt and high-sodium foods will not only increase the filtration burden of the kidneys, but also reduce the elasticity of blood vessels. Increased internal pressure of the blood vessels increases the risk of cardiovascular and cerebrovascular diseases.

2. 日本医疗再次被评为全球第一, 中国位居第八....

重复数: 5

日期: 2019-01-30

[Japan's medical service is once again ranked the first in the world, and China ...](#)

Repeat Number : 5

Data : 2019-01-30

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。

The Japanese also eat very little salt, and their daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns.

3. 陋习健康:40岁后, 开始戒掉这些坏习惯, 因为关乎你的健康和寿命!

重复数: 3

日期: 2019-01-30

[After 40 years old, you should start to give up these bad habits, because it is about your health and longevity!](#)

Repeat Number : 3

Data : 2019-01-30

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of giving up high-salt diet are obvious. Because of salt restriction, life expectancy of men increased by three years and that of women increased by 3.5 years in Nagano Prefecture of Japan in 10 years.

4. 日本心血管教授: 高血压人群, 坚持做到这3点, 血压正常不再难!

重复数: 3

日期: 2019-01-30

[Japanese Cardiovascular Professor: If high blood pressure people insist on doing these 3 points, it is no longer difficult to keep blood pressure normal!](#)

Repeat Number : 3

Data : 2019-01-30

过量吃盐, 是导致高血压的罪魁祸首。因为长期高钠盐的摄入, 会导致人体血管壁受到刺激收缩, 从而导致血管中的血压升高, 长期如此, 高血压问题就形成了。因此, 高血压人群想要血压降低、血压稳定, 就需要格外注意每日盐分的摄入量。 如何控制摄盐量: 国际推荐人们每日的摄盐量为6克

Excessive salt consumption is the main cause of hypertension. Because the long-term intake of high sodium salt will lead to the stimulation and contraction of human blood vessel wall, which will lead to the rise of blood pressure in blood vessels. In the long run, the problem of hypertension is formed. Therefore, people with hypertension need to pay more attention to daily salt intake if they want to reduce their blood pressure and keep their blood pressure stable. How to Control Salt Consumption: International Recommendation for People's Daily Salt Consumption of 6 grams

5. 全国“尿毒症”患者上百万, 医生忠告: 3种食物, 会让肾“报废”

重复数: 2

日期: 2019-01-30

[There are millions of uremic patients in China. Doctors advise that three kinds of food will make kidneys "scrap".](#)

Repeat Number : 2

Data : 2019-01-30

我国仅35%的成年居民食盐摄入量低于每天6g, 34%的居民食盐摄入量超过了每天10g。营养监测表明, 每标准人钠的总摄入量为5706.7mg/d, 其中盐的摄入量为10.5g, 提供钠4127mg, 即膳食中盐提供的钠占72%。食盐的只要成分是钠, 钠主要通过肾脏排出体外, 吃盐过多增加肝肾代谢负担。高盐膳食会增加肾脏负担, 导致肾脏损伤, 可能会加大患肾脏疾病的风险。

In China, only 35% of adult residents consume less than 6g of salt per day, and 34% of residents consume more than 10g of salt per day. Nutritional monitoring showed that the total intake of sodium per standard person was 5706.7 mg / d, of which the salt intake was 10.5 g, providing 4127 mg of sodium, that is, the sodium provided by the salt in the diet accounted for 72%. As long as the salt is composed of sodium, sodium is mainly excreted through the kidneys. Eating too much salt increases the metabolic burden of the liver and kidney. A high-salt diet increases kidney burden, causes kidney damage, and may increase the risk of kidney disease.

减盐-微博

Salt Reduction - Weibo

2019-01-30, 共检测到2059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。

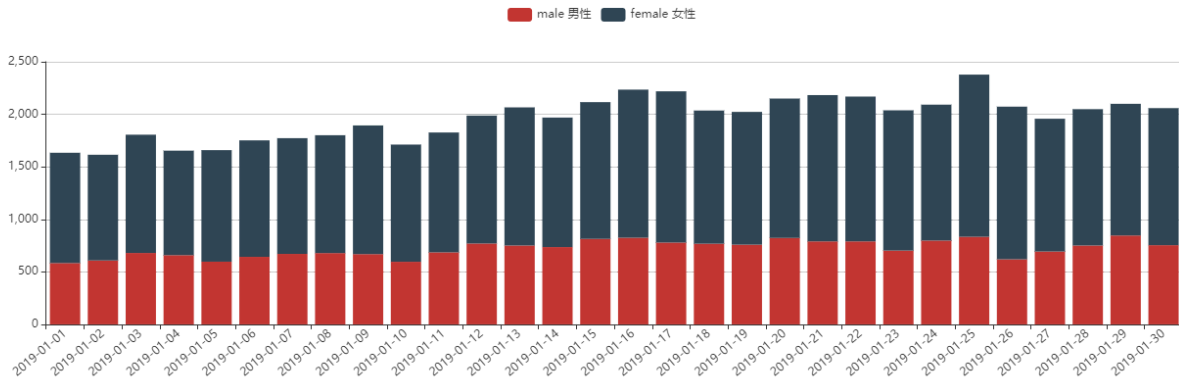
There are 2059 weibos about salt reduction monitored on 2019-01-30.

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!

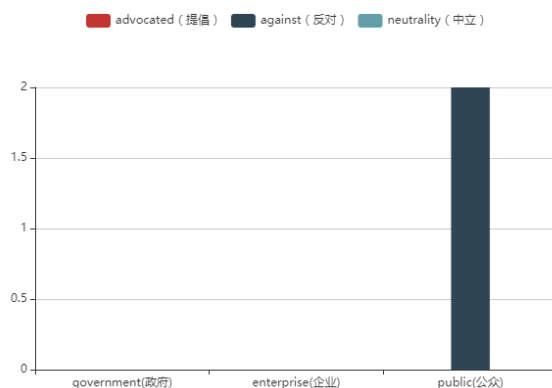
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-30) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-30. 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！

No such articles!

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

河南

Henan

反式脂肪酸
Trans fat

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!

安徽

Anhui

反式脂肪酸
Trans fat

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!

浙江

Zhejiang

反式脂肪酸
Trans fat

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!

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 爱吃糖就要多交税？这是健康措施还是苛捐杂税Comments>>	来源：songshuhui.net	主体：公众	态度：反对	时间：07:47:28
Do you have to pay more taxes if you like sugar? Is this a health measure or an exorbitant miscellaneous tax Comments?	Source: Songshuhui.net	Subject: public	Attitude: against	Time: 07:47:28
糖对健康的危害越来越深入人心，政府是否该采取行动来进行调节？2018年4月6日，英国开始对含糖饮料额外征税——含糖量8%以上的饮料，每升加税24便士；含糖量在5%到8%之间，则每升加收18便士；果汁和乳饮料因为含有其他营养成分而被“豁免”。各种经典碳酸饮料的含糖量都在10%左右，而各种“低糖饮料”，含糖量也在5%以上。这意味着，含糖饮料基本上都在收税之列。				
The health hazards of sugar are getting more and more popular. Should the government take action to regulate them? On April 6, 2018, the UK began imposing an additional tax on sugary drinks - drinks with more than 8% sugar, 24 pence a litre; drinks with 5% to 8% sugar, 18 pence a litre; and juices and milk drinks were "pardoned" because they contained other nutrients. The sugar content of all kinds of classical carbonated drinks is about 10%, and that of all kinds of "low-sugar drinks" is more than 5%. This means that sugary drinks are basically taxed.				
2. 黄浦区有16家老字号年收入过亿创新激发老底子活力	来源：新浪网	主体：公众	态度：反对	时间：08:50:38
There are 16 old brands in Huangpu District whose annual income is over 100 million to stimulate the vitality of Laozi	Source: Sina network	Subject: public	Attitude: against	Time: 08:50:38
老字号是海派文化的缩影，承载着上海人的感情寄托。黄浦区是上海现代品牌的发源地，老字号企业最集聚的区域。近年，在黄浦区政府引导与支持下，黄浦区的老字号努力擦亮经年店招，一些老字号老品牌焕发出青春。据统计，55家区属老字号企业净资产45.97亿元，年收入440.63亿元；其中，年收入超过亿元的企业有16家，占总量的29%；涌现出老凤祥、天宝龙凤、宝大祥、新世界股份、杏花楼和古今等上海老字号品牌企业中的领军者。				
Old brand is the epitome of Shanghai culture, bearing the emotional sustenance of Shanghai people. Huangpu District is the birthplace of Shanghai's modern brand, and the most concentrated area of old-fashioned enterprises. In recent years, under the guidance and support of the government of Huangpu District, the old brands of Huangpu District have made great efforts to polish the shop signs of the past years, and some old brands have been glowing with youth. According to statistics, 55 districts belong to the old brand enterprises with net assets of 4.597 billion yuan and annual income of 44.063 billion yuan. Among them, 16 enterprises with annual income of more than 100 million yuan, accounting for 29% of the total; Lao Fengxiang, Tianbao Longfeng, Bao Daxiang, New World Share, Xinghualou and the leaders of the old brand enterprises in Shanghai have emerged.				
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

2019-01-30, 共监测到173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 173 WeChat public articles were monitored in 2019-01-30. This page shows the top five articles by repeat number today.

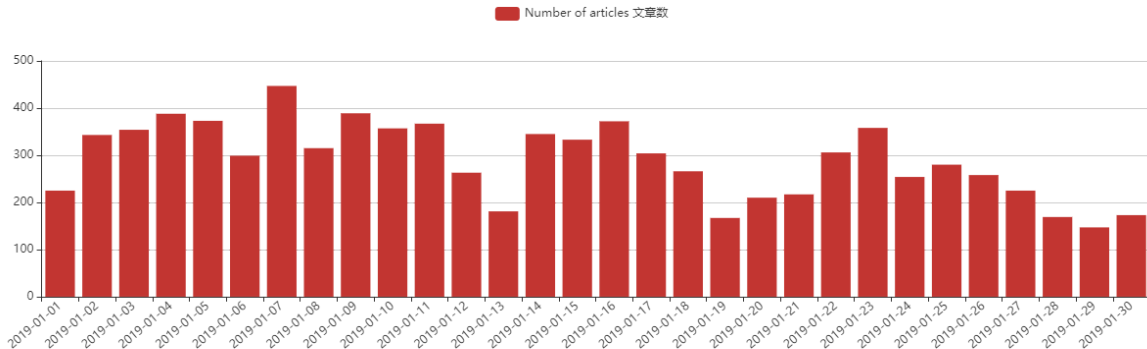
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 年货黑名单：这八类千万不要买！

重复数：18

日期：2019-01-30

[Blacklist of New Year's Goods: Never buy these eight categories of food!](#)

Repeat Number : 18

Data : 2019-01-30

事实上奶糖并不以牛奶为主, 甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右, 脂肪达6%, 蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。吃这类糖果, 相当于吃白糖+植物奶油。当然, 无论是奶糖还是果糖、酥糖、软糖、高粱饴.....都建议都少吃。

In fact, milk sugar is not based on milk, and even no milk ingredients. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and vegetable cream. Of course, whether it is toffee or fructose, sugar, soft candy, sorghum, etc., it is recommended to eat less.

2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数：10

日期：2019-01-30

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number : 10

Data : 2019-01-30

少吃加工食品 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。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.

3. 常吃燕麦好处多, 减肥、控糖、营养好, 可惜很多人第一步就错了

重复数：3

日期：2019-01-30

[Eating oatmeal is good for your health. It can lose weight and control sugar. Unfortunately, many people are wrong in the first step.](#)

Repeat Number : 3

Data : 2019-01-30

不要选择添加奶精、植脂末、植物油的产品, 这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸, 反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品, 因为此类产品的燕麦含量一般都会在50%以上。

Do not choose products that contain cream, fat powder and vegetable oil. Oatmeals of this type contain more trans and saturated fatty acids, but increase the risk of cardiovascular disease. Oats were chosen as the first product in the ingredient list, because the oat content of these products is usually more than 50%.

4. 可怕的6种食物, 是残忍的“衰老加速器”, 多喝水帮你减龄

重复数：3

日期：2019-01-30

[Six terrible foods are cruel accelerators of aging. Drink plenty of water to help you reduce age.](#)

Repeat Number : 3

Data : 2019-01-30

据WHO估计, 每年有50多万人因摄入反式脂肪 (含有反式脂肪酸的脂肪) 而死于心血管疾病。反式脂肪酸名称多, 氢化大豆油、人造奶油、氢化油、起酥油、植物起酥油、精炼植物油、植物黄油、植物奶油、代可可脂、植脂末、奶精等都属于氢化植物油, 不要被其名称迷惑。

WHO estimates that more than half a million people die of cardiovascular disease each year from trans fats (fats containing trans fats). Trans fatty acids have many names. Hydrogenated soybean oil, margarine, hydrogenated oil, shortening, vegetable shortening, refined vegetable oil, vegetable butter, vegetable butter, cocoa butter, vegetable butter powder, cream and so on are all hydrogenated vegetable oils. Don't be confused by their names.

5. 癌症患者治疗期间要如何补充营养?

重复数：2

日期：2019-01-30

[How to supplement nutrition for cancer patients during treatment?](#)

Repeat Number : 2

Data : 2019-01-30

反式脂肪的来源包括休闲食品和用部分氢化植物油或植物起酥油制成的烘焙食品 (少吃, 或不吃)。当植物油加工成固体时, 例如人造黄油或起酥油, 会形成反式脂肪。反式脂肪也在一些动物产品中天然存在, 如乳制品。反式脂肪可以提高坏胆固醇, 降低好胆固醇。要尽可能避免食用反式脂肪。

Sources of trans fats include snack foods and baked foods made from partially hydrogenated vegetable oils or vegetable shortening (eat less or not). Trans fatty acids are formed when vegetable oils are processed into solids, such as margarine or shortening. Trans fats are also found naturally in some animal products, such as dairy products. Trans fats can raise bad cholesterol and lower good cholesterol. Avoid trans fats as much as possible.

反式脂肪酸-微博 Transfat - Weibo

2019-01-30, 共检测到123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。

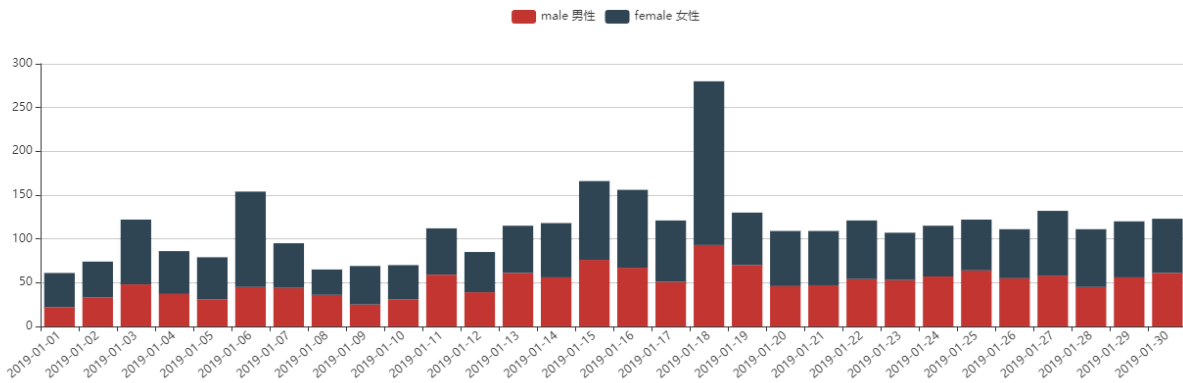
There are 123 weibos about transfat reduction monitored on 2019-01-30.

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!