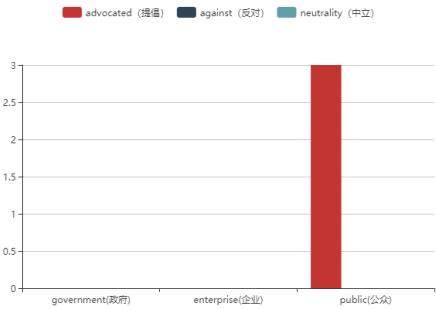


## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-15) 共监测到3条资讯。请点击标题查看原文。  
There are 3 articles monitored today 2018-12-15. 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
没有相关文章!
No such articles!
高血压 Hypertension
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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

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

其他省份

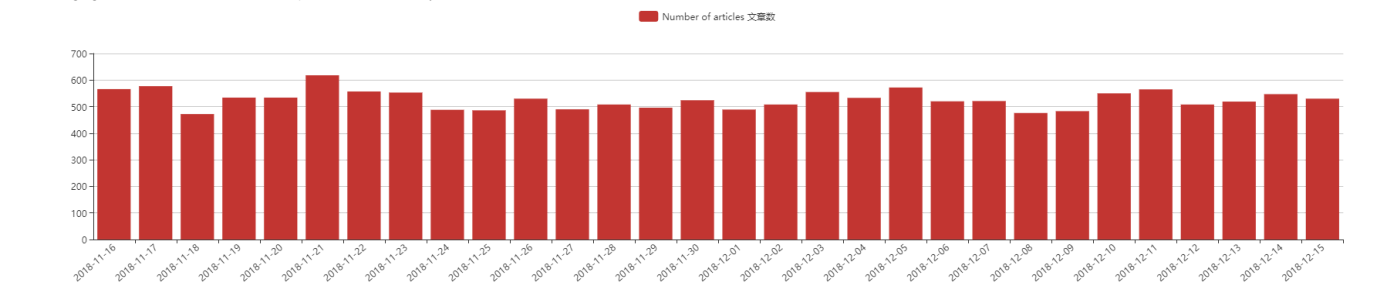
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">怀孕2个月会流产吗</a> <a href="#">Can abortion occur in 2 months of pregnancy?</a>	来源: TOM Source: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 21:58:15 Time: 21:58:15
怀孕2个月会流产吗? 怀上宝宝后, 因为各种原因, 孕妈们难免会担心腹中胎儿不稳定, 出现流产的风险, 尤其是在怀孕前三个月的时候, 胎儿还没有安全着床, 流产的风险也更大。由此可知, 怀孕2个月也是有流产风险的, 下面本文就来给大家说说怀孕2个月的流产征兆, 以及需要注意的地方。 一、怀孕2个月流产征兆。怀孕两个月属于敏感时期, 孕妇应特别注意自身的变化, 如果出现阴道出血、子宫收缩等征兆就要及时到医院进行治疗。				
Will miscarriage occur in 2 months of pregnancy? After conception, for various reasons, pregnant mothers will inevitably worry about the instability of the fetus in the abdomen and the risk of abortion, especially in the first three months of pregnancy, the fetus has not been safely implanted, and the risk of abortion is greater. From this we can see that two months of pregnancy is also at risk of abortion. Here, I will tell you about the signs of abortion in two months of pregnancy, as well as the points needing attention. 1. Abortion symptoms at 2 months of pregnancy. Two months of pregnancy is a sensitive period, pregnant women should pay special attention to their own changes, if there are signs of vaginal bleeding, uterine contraction and so on, it is necessary to timely go to the hospital for treatment.				
高血压 Hypertension				
1. <a href="#">你的血压多少才算正常? 医生提醒: 降血压, 有3招!</a> <a href="#">How much is your blood pressure normal? Doctor reminds: There are three ways to lower blood pressure!</a>	来源: 汉丰网 Source: Hanfeng network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 18:57:15 Time: 18:57:15
你的血压多少才算正常? 医生提醒: 降血压, 有3招! 血压是人体健康的表现之一, 血压过高过低都是让你出现中风、大脑缺血、心梗、绞痛等健康问题。 而年纪大的人容易患上高血压, 这是胖体重过高、平时饮食作息习惯导致的。 那么你的血压标准范围吗? 你家人父母的血压正常吗? 这里有个不同年龄段的正常血压范围, 可以对照下看看: 普通稍微偏高的血压, 不一定需要药物控制, 只需要多注意平时的饮食跟作息, 就能有效的改善。 很多≠体重基数过大的人, 容易患上三高。平时一定需要多运动, 达到控制体重的目的。				
How much is your blood pressure normal? Doctor reminds: There are three ways to lower blood pressure! Blood pressure is one of the manifestations of human health, too high or too low blood pressure is to let you have stroke, cerebral ischemia, myocardial infarction, colic and other health problems. Older people are prone to high blood pressure, which is caused by overweight and normal diet, work and rest habits. So what is your blood pressure standard range? Are your parents' blood pressure normal? Here is a normal range of blood pressure in different age groups, can be compared to see: ordinary slightly higher blood pressure, not necessarily need drug control, just need to pay more attention to the usual diet and rest, can effectively improve. Many people who have a large body weight base are prone to three heights. Usually, more exercise is necessary to achieve the goal of weight control.				
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				
1. <a href="#">新园社区开办老年餐厅让老人吃上热乎饭</a> <a href="#">New Garden Community Opens Old People's Restaurant for Old People to Eat Hot Food</a>	来源: 《西安网》 Source: Xi'an Net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 13:49:03 Time: 13:49:03
随着城市人口老龄化、高龄化和家庭小型化发展趋势的进一步升级, 养老逐渐成为全社会最关心、最直接、最现实的民生问题之一。如何解决老人的就餐问题, 很多基层社区一直在积极尝试。记者在走访中发现, 新园社区通过多次探索, 最终通过引进第三方服务, 再次让老人们吃上了丰盛的热菜热饭。 社区开办老年餐厅, 老年人吃饭不再冷清。 记者走进位于普天小学南侧的新园社区老年餐厅内, 香味儿立刻就钻进了鼻子, 卤鸡腿、海米冬瓜、醋溜西葫芦、西红柿炒鸡蛋、臊子面等多种菜品摆在橱窗中。 虽然才刚过11点, 可餐厅里已经非常热闹了, 老人们都是拍着饭点来排队点餐。				
With the further upgrading of the trend of urban population aging, aging and family miniaturization, pension has gradually become one of the most concerned, direct and realistic livelihood issues of the whole society. Many grassroots communities have been actively trying to solve the problem of eating for the elderly. Reporters in the visit found that Xinyuan community through many explorations, and ultimately through the introduction of third-party services, once again let the elderly eat a rich hot meal. Community restaurants for the elderly, the elderly eat no longer cold. Reporters walked into the old people's restaurant in Xinyuan Community, located on the south side of Putian Primary School. The fragrance immediately got into the nose. Brine chicken leg, sea-rice winter melon, vinegar-slipped zucchini, scrambled eggs with tomatoes, pasta and other dishes were placed in the window. Although it was just after 11 o'clock, the restaurant was already very busy, and the old people were queuing up to order.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

# 减盐-微信

## Salt Reduction - WeChat

2018-12-15, 共监测到530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 530 WeChat public articles were monitored in 2018-12-15. 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. <a href="#">十大健康警戒线划出来了, 寿命长短都由它决定!</a> <a href="#">Ten health warning lines have been drawn out, and the length of life depends on it!</a>	重复数: 13 Repeat Number: 13	日期: 2018-12-15 Data: 2018-12-15
食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过 6 克, 这 6 克, 相当于一个啤酒瓶盖大小。		
Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.		
2. <a href="#">【健康】血压比正常值高一点点, 怎么办?</a> <a href="#">[Health] Blood pressure is a little higher than normal. What should we do?</a>	重复数: 13 Repeat Number: 13	日期: 2018-12-15 Data: 2018-12-15
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。		
Salt restriction is the first step in diet control. The more salt intake, the higher blood pressure level. Strict salt restriction can effectively reduce blood pressure. The Chinese Society of Nutrition 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.		
3. <a href="#">调味需谨慎! 小心 “盐多必失” !</a> <a href="#">Seasoning needs to be cautious! Be careful with excess salt!</a>	重复数: 9 Repeat Number: 9	日期: 2018-12-15 Data: 2018-12-15
食盐过多会导致高血压的发生。高盐饮食的人群, 其高血压的发病率远远高于低盐饮食的人群。过多的盐会导致钙流失, 当您食盐过量时, 会将过多的钠随尿液排除体外。研究表明: 每排泄1000毫克的钠, 同时会损耗掉大约26毫克的钙。盐的摄入过多还会增加胃癌发生的几率。		
Too much salt can lead to hypertension. The incidence of hypertension in people with high salt diet is much higher than that in people with low salt diet. Too much salt can lead to calcium loss. When you eat too much salt, too much sodium will be excreted from the body with urine. Studies have shown that about 26 mg of calcium is depleted per 1,000 mg of sodium excreted. Excessive salt intake also increases the risk of gastric cancer.		
4. <a href="#">血栓是吃出来的, 这四种食物一定要少吃或不吃</a> <a href="#">Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.</a>	重复数: 9 Repeat Number: 9	日期: 2018-12-15 Data: 2018-12-15
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。		
Too much to eat high-salt foods, blood vessels can not stand. 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 essence, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.		
5. <a href="#">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</a> <a href="#">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.</a>	重复数: 7 Repeat Number: 7	日期: 2018-12-15 Data: 2018-12-15
食盐 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, 对健康是否害而无一利的。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

2018-12-15, 共检测到1772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。

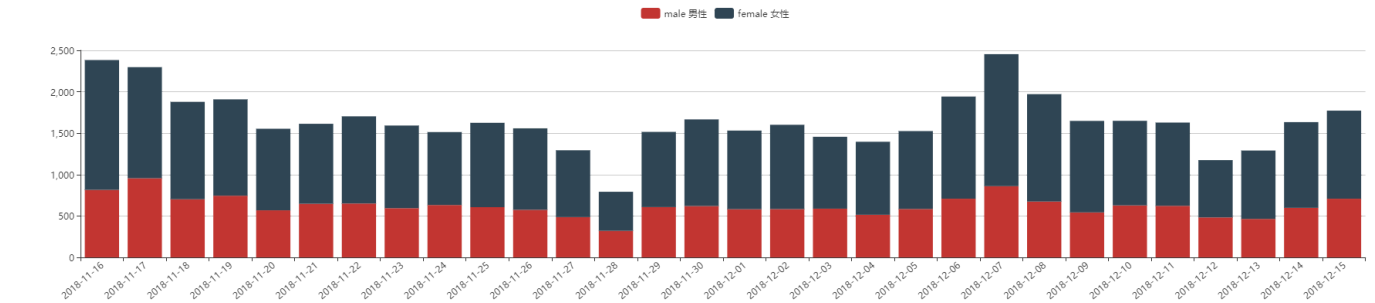
There are 1772 weibos about salt reduction monitored on 2018-12-15.

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.



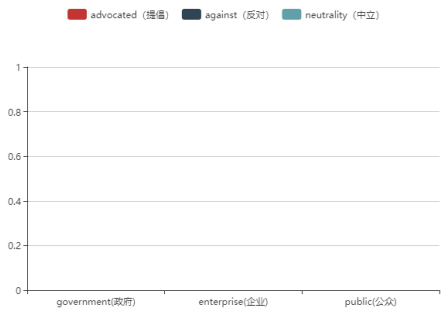
### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-15) 共监测到0条资讯。请点击标题查看原文。  
There are 0 articles monitored today 2018-12-15. 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
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!

## 反式脂肪酸-微信 Transfat - WeChat

2018-12-15, 共监测到297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 297 WeChat public articles were monitored in 2018-12-15. This page shows the top five articles by repeat number today.

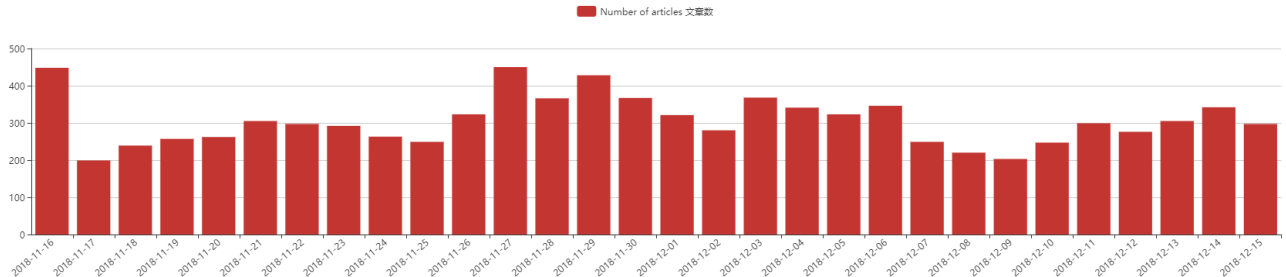
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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, 已被世卫组织的呼吁停用! 就藏在你每天吃的食物里](#)  
[It kills 500,000 people a year and has been called off by WHO. And it is hidden in the food you eat every day.](#)

重复数: 102  
Repeat Number: 102  
日期: 2018-12-15  
Data: 2018-12-15

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!” 这个害人不浅的东西, 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. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)  
[Thrombosis is related to your diet. You should eat less or not eat these four kinds of foods.](#)

重复数: 9  
Repeat Number: 9  
日期: 2018-12-15  
Data: 2018-12-15

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 be unfamiliar to everyone, but in fact we may eat every day. It is hidden in egg yolk pie, cream cake, cookies, biscuits, cakes, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation of vegetable oils. It raises low-density lipoprotein cholesterol while lowering high-density lipoprotein cholesterol. Low-density lipoprotein cholesterol is the culprit in cardiovascular diseases such as elevated blood pressure and arteriosclerosis.

3. [此物每年致死50万人, 被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)  
[It kills 500,000 people a year and is called off by WHO. It's in the food you eat every day.](#)

重复数: 8  
Repeat Number: 8  
日期: 2018-12-15  
Data: 2018-12-15

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。由于生产工艺的差别, 氢化植物油中反式脂肪的含量大不相同, 有的高达20%, 有的则低于1%。但植物油的氢化反应是有机反应, 通常都伴随着逆反应、副反应, 反式脂肪就是逆反应的产物之一, 所以说, 要想完全没有, 是几乎不可能的。

Artificial trans fats mainly come from incomplete hydrogenated vegetable oils, which are generally produced in the cooking of oils and fats. Due to the difference of production process, the content of trans fats in hydrogenated vegetable oils varies greatly, some as high as 20%, some less than 1%. However, the hydrogenation of vegetable oil is an organic reaction, usually accompanied by adverse reactions and side reactions. Trans fats are one of the products of the adverse reaction, so it is almost impossible to have no trans fats at all.

4. [一天吃下80种添加剂? 再不注意, 后悔就晚了!](#)  
[Eat 80 kinds of additives a day? If you don't pay attention to it, you will regret it!](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-12-15  
Data: 2018-12-15

反式脂肪用于延长食品的保存期限。许多研究表明, 反式脂肪会增加胆固醇水平, 增加心脏病发作、心脏病和中风的风险, 并可能导致糖尿病和其他健康问题。存在于: 人造黄油、薯片和饼干、烘焙食品、油炸快餐食品中。

Trans fats are used to extend the shelf life of foods. Many studies have shown that trans fats increase cholesterol levels, as well as the risk of heart attack, heart disease and stroke, and can lead to diabetes and other health problems. It is found in margarine, potato chips and biscuits, baked goods, and fried snack foods.

5. [这些零食吃一口相当于几碗米饭, 求求你不要再吃了!](#)  
[A bite of these snacks are equivalent to a few bowls of rice. Please don't eat any more!](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-12-15  
Data: 2018-12-15

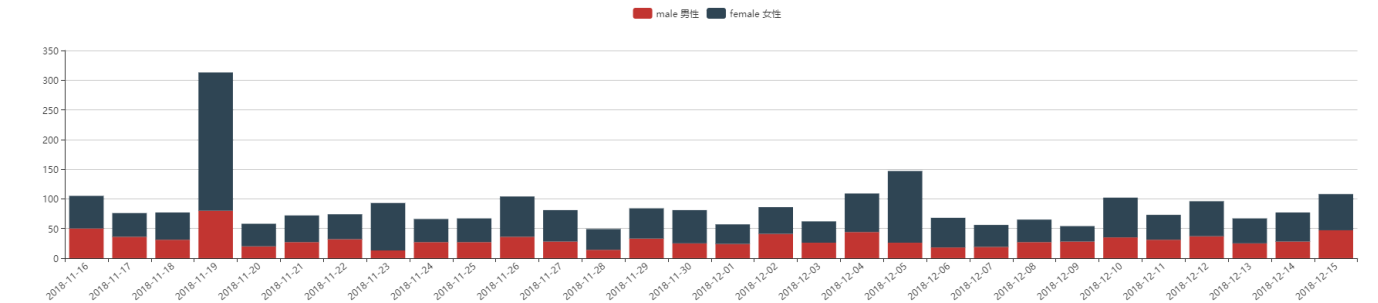
烘烤类点心为了口感更加酥脆, 一般都加了黄油, 黄油分为动物黄油和人造植物黄油, 前者成本较高, 因此, 目前的市场上大部分用的人造植物黄油, 但是这种黄油不仅含有大量添加剂, 还含有很多反式脂肪酸, 极易增加心血管疾病发生的风险。

In order to make baking snacks more crisp, butter is usually added. Butter is divided into animal butter and artificial vegetable butter. The former is more expensive. Therefore, most of the artificial vegetable butter is used in the market at present, but this butter not only contains a lot of additives, but also contains a lot of trans fatty acids, which is easy to increase the risk of cardiovascular disease.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-12-15, 共检测到108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 108 weibos about transfat reduction monitored on 2018-12-15.  
 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 imformation.  
 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!