

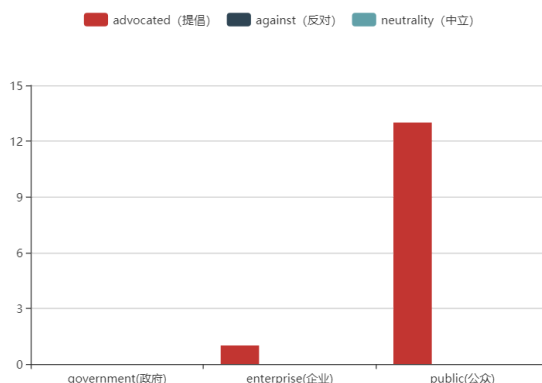
减盐-新闻

Salt Reduction - News

今日 (2018-11-26) 共监测到14条资讯。请点击标题查看原文。

There are 14 articles monitored today 2018-11-26. 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				
1. 雀巢健康儿童全球计划走进青岛莱西 Nestle Healthy Children Global Program Entering Laixi, Qingdao	来源: 汉丰网 来源: 汉丰网	主体: 企业 Subject: industry	态度: 提倡 Attitude: advocate	时间: 11:50:25 Time: 11:50:25
2018年11月20日, 青岛莱西, 由中国营养学会主办, 雀巢(中国)有限公司支持的“中国儿童营养健康教育项目——雀巢健康儿童全球计划”走进青岛九联小学, 与学校近500名师生共同度过难忘的联合国国际儿童日。减糖减盐, 让儿童吃得更健康。雀巢长期关注营养健康领域, 让儿童吃得更加健康, 帮助儿童养成健康生活习惯, 开启营养、健康、幸福的生活。据了解, 雀巢公司通过施行雀巢健康儿童全球计划, 对旗下儿童食品持续减糖减盐, 增加蔬菜量、维生素和矿物质, 并对儿童父母及喂养者提供营养知识和食谱来促进健康积极的生活方式, 以达到在2030年前帮助全球5000万儿童过上健康生活的目标。				
On November 20, 2018, Laixi, Qingdao, sponsored by the Chinese Society of Nutrition and supported by Nestle (China) Limited, entered the Nine United Primary Schools in Qingdao and spent an unforgettable and happy International Children's Day with nearly 500 teachers and students. Reduce sugar and salt to make children eat healthier. Nestle has long been concerned about the field of nutrition and health, so that children can eat more healthily, help children develop healthy living habits, open a nutritional, healthy and happy life. It is understood that Nestle promotes a healthy and active lifestyle by implementing the Nestle Healthy Children's Global Plan, reducing sugar and salt, increasing vegetable, vitamins and minerals, and providing nutritional knowledge and recipes to parents and feeders of children so as to help 50 million children around the world live a healthy and active lifestyle by 2030. The goal of a healthy life.				
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				
1. 我的血压156/98, 通过锻炼现在血压135/85, 还需要服药吗? My blood pressure is 156/98. Now my blood pressure is 135/85 through exercise. Do I need to take any medicine?	来源: 中原网 来源: 中原网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:51:06 Time: 11:51:06
昨天网上有一位朋友问王医生说: 我的血压156/98, 通过锻炼现在血压135/85, 还需要吃降压药吗? 王医生给他点赞! 特别棒! 简单回答: 肯定不需要吃药, 这个血压已经属于正常值, 继续锻炼, 继续观察即可! 我们简单说说这个问题: 1、并不是所有的新发现的高血压都需要吃药。2、当然更不是所有的高血压都能通过锻炼血压恢复正常。第一、能通过锻炼来降压的情况, 对于新发现的高血压, 如果没有合并任何其他疾病, 且血压在160/100以内, 才建议先通过锻炼来控制血压, 暂时不用吃药。锻炼也要讲究科学, 建议有氧运动, 应该是每周3-5次, 每次不少于30分钟的有氧运动, 才有利于血压控制。				

Yesterday, a friend on the Internet asked Dr. Wang, "My blood pressure is 156/98. Now my blood pressure is 135/85 through exercise. Do you need to take antihypertensive drugs?" Doctor Wang gives him some praise! Amazing! Simple answer: definitely do not need to take medicine, this blood pressure has belonged to the normal value, continue to exercise, continue to observe! Let's briefly talk about this problem: 1. Not all newly discovered hypertension needs medication. 2. Of course, not all hypertension can return to normal through exercise. Firstly, in the case of blood pressure reduction through exercise, if there is no other disease associated with newly discovered hypertension and blood pressure is less than 160/100, it is recommended to control blood pressure through exercise first, and not take medicine for the time being. Exercise should also be scientific. It is suggested that aerobic exercise should be done 3-5 times a week, at least 30 minutes each time, in order to facilitate blood pressure 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

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

没有相关文章!

No such articles!

综合健康信息
Comprehensive Health Information

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决心工程
Resolve To Save Lives

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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

没有相关文章!

No such articles!

心血管健康
Cardiovascular health

1. 专家面对面：心脏骤停前有三种自救措施

来源：浙江在线

主体：公众

态度：提倡

时间：08:32:20

Experts face to face: There are three self-help measures before cardiac arrest

来源：浙江在线

Subject: public

Attitude: advocate

Time: 08:32:20

11月24日，浙江绿城心血管病医院主办举行的“关心您的心脏 健康从心开始”第十七届大型健康教育活动。医院院长沈法荣及各位专家一起，面对面共同探讨关于心脏的健康知识及如何健康饮食与合理用药。上班族成心血管疾病高发人群 由于工作生活节奏快、压力大，如今长期处于精神高度紧张状态的中青年人群，特别是高职位、高压、高薪水的“三高”人群，成为心血管疾病的高发人群。沈法荣院长表示，锻炼减少、饮食结构变化、环境污染等因素，都会引起血管、内分泌系统、免疫系统等生理机能紊乱。

On November 24, Zhejiang Greentown Cardiovascular Hospital sponsored the 17th large-scale health education activity "Care for your heart health from the heart". Shen Farong, president of the hospital, and other experts together face to face to discuss the health knowledge of the heart and how to eat healthily and use drugs rationally. Because of the fast pace of work and life and high pressure, the young and middle-aged people who have been in high mental stress for a long time, especially the "three high" groups with high vocational position, high pressure and high salary, have become the high-risk group of cardiovascular diseases. President Shen Farong said that the reduction of exercise, changes in dietary structure, environmental pollution and other factors, will cause vascular, endocrine system, immune system and other physiological disorders.

综合健康信息
Comprehensive Health Information

1. 国人健康关注度大数据发布看看哪个热词跟你我有关

来源：浙江在线

主体：公众

态度：提倡

时间：08:29:45

Chinese Health Concern Data Release to See Which Hot Words Are Relevant to You and Me

来源：浙江在线

Subject: public

Attitude: advocate

Time: 08:29:45

日前，国人健康关注度大数据发布，90后养生现在竟然成为了热点。他们偏爱枸杞和生姜，一线城市用户更关注健康方面的内容，而癌症热度不减，连续两年位居十大最受关注疾病榜首。2017年10月至2018年10月间的数据显示，公众健康资讯阅读量高达335.8亿，比去年增加了近100亿，增长率为38.8%。90后养生成为热门现象，他们一个保温杯，泡点枸杞的形象可能并非调侃。数据显示，在30岁以下年龄组10大最受关注的养生热词中，枸杞位居第四位。前3个关键词分别为血管、血糖、高血压，后6个关键词依次为泡脚、生姜、肠胃、养肝、尿酸、补肾。

A few days ago, people's health concerns are big data release, after 90 health care has become a hot spot. They prefer Chinese wolfberry and ginger. First-tier city users pay more attention to health, while cancer fever remains unchanged, ranking first in the top ten most concerned diseases for two consecutive years. Data from October 2017 to October 2018 show that public health information reading reached 33.58 billion, an increase of nearly 10 billion over last year, an increase of 38.8%. The post-90s generation has become a hot phenomenon. Their image of soaking Lycium barbarum in a thermos cup may not be ridiculous. According to the data, Chinese wolfberry ranks fourth among the top 10 health-keeping hot words in the age group under 30. The first three keywords were blood vessel, blood sugar and hypertension. The last six keywords were foot soaking, ginger, intestine and stomach, liver nourishing, uric acid and kidney tonifying.

2. 立冬补冬！冬季进补记有三句口诀五道菜	来源：浙江在线	主体：公众	态度：提倡	时间：17:08:50
Winter in winter! Winter Supplementary Note: Three Tips and Five dishes	来源：浙江在线	Subject: public	Attitude: advocate	Time: 17:08:50

俗语“冬季进补，上山打虎”，但是也不能“盲补”。如何进补?中医专家和营养专家给了三句进补口诀和五道营养菜：三句口诀 少年重养，中年重调，老年重保 立冬进“补”，也要因人而异。王雪梅提及，人有男女老幼之别，体(体质)有虚实寒热之辨，中医养生原则，应该是：少年重养，中年重调，老年重保。也就是说，少年阳气正盛，其实可以不补，或者小补;而中年人就要根据最近的身体状况作出相应的调理了，比如最近很劳累，身体损耗太大，就要补一补;现在老年人往往患有多种慢性疾病，更应该多重视保护。

The proverb "winter supplement, go up to the mountains to fight tigers", but also can not "blind supplement". How to replenish? Chinese medicine experts and nutrition experts gave three replenishment recipes and five nutritional dishes: three recipes for adolescent rehabilitation, middle-aged re-adjustment, old age re-protection and winter entry "replenishment", but also different from person to person. Wang Xuemei mentioned that there are differences between men and women, old and young, body (constitution) has the distinction between deficiency and excess, cold and heat. The principle of health preservation in traditional Chinese medicine should be: adolescent re-maintenance, middle-aged re-adjustment, old age re-insurance. That is to say, young people are full of Yang Qi, in fact, can not fill, or small fill; and middle-aged people have to make corresponding adjustments according to recent physical conditions, such as recently very tired, too much physical loss, we need to make up; now the elderly often suffer from a variety of chronic diseases, more attention should be paid to protection.

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
没有相关文章！
No such articles!

高血压 Hypertension				
1. 16岁男孩头晕竟是患高血压高血压也遗传？其实可防可控	来源：扬州网	主体：公众	态度：提倡	时间：08:41:08
Is dizziness in a 16-year-old boy inherited from hypertension and hypertension? In fact, it can be prevented and controlled.	来源：扬州网	Subject: public	Attitude: advocate	Time: 08:41:08

“16岁的孩子怎么会有高血压？”近日，家住市区的张女士（化名）心里一直七上八下的，她儿子小勇（化名）在学校体检时，检出高血压，接下来几天有意识地测血压，小勇的血压都很高，高压甚至有时超过160mmHg。“青少年高压越来越常见。”扬大附院内分泌科博士、主任医师王颖表示，排除因肾上腺瘤等导致的继发性高血压，很多青少年，特别是男性，多是家族遗传史的原发性高血压。16岁胖男孩竟患上高血压。家族遗传+活动少+营养过剩。体检前，小勇时常觉得头晕晕的。

"How can a 16-year-old have high blood pressure?" Recently, Ms. Zhang (pseudonym) who lives in the urban area has been in the mood of ups and downs. Her son Xiaoyong (pseudonym) detected high blood pressure during the school physical examination. In the next few days, she consciously measured blood pressure. Xiaoyong's blood pressure was very high, sometimes exceeding 160 mmHg. "Teenagers' high pressure is becoming more and more common." Wang Ying, a doctor and chief physician in Endocrinology Department of Yangda Affiliated Hospital, said that many adolescents, especially men, were primary hypertension with family genetic history, excluding secondary hypertension caused by adrenal adenoma. Sixteen-year-old fat boy suffered from hypertension. Family inheritance + inactivity + overnutrition. Xiaoyong often feels dizzy before his physical examination.

2. 低盐健康饮食降压效果堪比药物	来源：人民网	主体：公众	态度：提倡	时间：10:11:58
Hypotensive effects of a low-salt healthy diet are comparable to those of drugs	来源：人民网	Subject: public	Attitude: advocate	Time: 10:11:58

低盐健康饮食 降压效果堪比药物 美国一项新研究显示，低盐和健康饮食对早期高血压患者或轻微高血压患者的降压作用堪比药物。在这项研究中，低盐的标准是每天摄入不超过1茶匙盐，这也是美国食品和药物管理局建议的标准。这里的健康饮食指富含水果、蔬菜、粗粮、低脂或脱脂奶制品、鱼、禽、豆、种子、坚果的DASH饮食。DASH是“饮食途径阻止高血压”这一术语的英文简称。研究人员说，人们早就知道低盐和DASH饮食有预防高血压或阻止血压升高的作用，而他们的研究表明，两者相结合的作用更好。

Hypotensive effects of a low-salt healthy diet are comparable to drugs in the United States, a new study shows that low-salt and healthy diet can reduce blood pressure in patients with early hypertension or mild hypertension as compared with drugs. In this study, the standard for low salt intake was no more than 1 teaspoon of salt per day, which was also recommended by the Food and Drug Administration of the United States. The healthy diet here refers to the DASH diet rich in fruits, vegetables, coarse grains, low-fat or skim dairy products, fish, poultry, beans, seeds and nuts. DASH is the English abbreviation of the term "dietary pathway prevents hypertension". Researchers say that people have long known that low salt and DASH diets can prevent hypertension or prevent elevated blood pressure, and their research shows that a combination of the two is better.

心血管健康 Cardiovascular health				
1. 每日超过5g盐心血管疾病找上门！8个妙招教你减盐	来源：新华报业网	主体：公众	态度：提倡	时间：09:38:34
More than 5 g of salt per day for cardiovascular disease! Eight Great Ways to Reduce Salt	来源：新华报业网	Subject: public	Attitude: advocate	Time: 09:38:34

每日超过5g盐，心血管疾病找上门！8个妙招教你减盐。钠的摄入每日超过2克，相当于每日超过5克盐，会引起高血压并加大心脏病和中风的危险。10月31日，在清华大学举行的“减盐与健康生活方式研讨会”上，世卫组织驻华代表处慢病医学官员张新华博士表示，慢病是全世界的主要死亡原因，全球5700万慢病死亡中，就有1700万是死于心血管疾病；中国800万慢病死亡中，就超过300万是死于心血管疾病。为减少中国高血压及相关疾病，在2016年《健康中国2030》制定了减少平均实验摄入量20%的目标。

More than 5g of salt per day, cardiovascular diseases come to your door! Eight great tips for reducing salt. Taking more than 2 grams of sodium a day, equivalent to more than 5 grams of salt a day, can cause high blood pressure and increase the risk of heart disease and stroke. On October 31, at the Symposium on Salt Reduction and Healthy Lifestyle held at Tsinghua University, Dr. Zhang Xinhua, a chronic disease medical official of the WHO Representative Office in China, said that chronic diseases were the leading cause of death worldwide, with 17 million of the 57 million chronic disease deaths worldwide due to cardiovascular diseases and 8 million chronic disease deaths in China. More than three million people die from cardiovascular disease. In order to reduce hypertension and related diseases in China, the target of reducing average experimental intake by 20% was set in Healthy China 2030 in 2016.

2. 5年死亡率高达50%！进入冬季，老年人更要警惕这个病！	来源：新华网湖南频道	主体：公众	态度：提倡	时间：11:54:12
The 5-year mortality rate is as high as 50%. Entering winter, the elderly should be more vigilant against this disease!	来源：新华网湖南频道	Subject: public	Attitude: advocate	Time: 11:54:12

原来爬几层楼感觉很轻松，现在却感觉很疲惫?经常性气喘、心悸?甚至脚也开始肿了，偶尔还会胸痛?.....如果出现这些症状，要考虑心力衰竭的可能。每年的11月26日为“全国心力衰竭日”。“全国心力衰竭日”是由国家心血管病中心、中国医师协会心力衰竭专业委员会、中国医学科学院阜外医院张健教授等国内心衰学界知名专家学者在2015年联合倡议成立的，旨在提高全民对心衰的认知和关注，提高患者的早诊和早治的意识。在今年“全国心力衰竭日”来临前夕，湖南省人民医院携手韭菜园街道社区卫生服务中心开展义诊活动，该院心内科主任彭建强主任医师提醒，70岁以上的老人中，每10人就有1名心衰患者。有研究表明，慢性心衰确诊后，5年死亡率高达50%。

It used to be easy to climb several floors, but now it feels very tired? Frequent asthma, palpitations? Even feet begin to swell, and occasionally chest pain?... If these symptoms occur, the possibility of heart failure should be considered. November 26 is the National Heart Failure Day every year. "National Heart Failure Day" was established in 2015 by renowned experts and scholars in the field of heart failure, such as the National Center for Cardiovascular Diseases, the Professional Committee on Heart Failure of the Chinese Medical Association, Professor Zhang Jian, Fuwai Hospital of the Chinese Academy of Medical Sciences and so on. It aims to raise the awareness and concern of the whole people about heart failure, and improve the early diagnosis and treatment of patients. Consciousness of early treatment. On the eve of this year's "National Heart Failure Day", Hunan People's Hospital

joined hands with Taocaiyuan Street Community Health Service Center to carry out free clinics. Peng Jianqiang, director of the second Department of Cardiology of the hospital, reminded that every 10 people over 70 years old had one heart failure patient. Studies have shown that after the diagnosis of chronic heart failure, the 5-year mortality rate is as high as 50%.

3. 血管在变老？身体4个症状会“说话”！这些方法帮你“清理”血管	来源：搜狐	主体：公众	态度：提倡	时间：19:10:27
Is the blood vessel getting older? Four symptoms of the body can “talk”! These methods help you “clean up” your blood vessels	来源：搜狐	Subject: public	Attitude: advocate	Time: 19:10:27

血管在变老？身体4个症状会“说话”！这些方法帮你“清理”血管 血管是人体的命脉，血管的寿命会直接影响人体的寿命。但你知道吗？你的血管可能比你的实际年龄要老很多！以下情况，你符合几条： 1.生活不规律，且有吸烟或过量饮酒的习惯； 2.吃饭狼吞虎咽，还吃得很饱； 3.几乎不吃鱼类； 4.腹部突出，出现小肚子； 5.日常生活中很少步行或爬楼梯； 6.完美主义者，不服输，常常感到焦虑； 7.下肢经常感觉冷或麻； 8.有高血压、高血脂或糖尿病。 如果符合2~3条，你的血管正在加速老化！

Is the blood vessel getting older? Four symptoms of the body can “talk”! These methods help you “clean” blood vessels are the lifeblood of the human body, the lifespan of blood vessels will directly affect the lifespan of the human body. But you know what? Your blood vessels may be much older than your age! There are several things you can do as follows: 1. Life is irregular and you have the habit of smoking or drinking excessively; 2. Eating too much and eating too much; 3. Eating too much fish; 4. Protruding abdomen and appearing small belly; 5. Few walking or climbing stairs in daily life; 6. Perfectionists, who refuse to accept defeat, often feel anxious; Lower extremities often feel cold or numbness; 8. High blood pressure, hyperlipidemia or diabetes. If you meet 2 - 3 criteria, your blood vessels are aging faster!

综合健康信息

Comprehensive Health Information

1. 番茄炒蛋不该油汪汪	来源：人民网	主体：公众	态度：提倡	时间：09:20:53
Scrambled eggs with tomatoes should not be oily	来源：人民网	Subject: public	Attitude: advocate	Time: 09:20:53

在中国，番茄炒蛋家家会做、人人爱吃，还是很健康的荤素搭配。鲜艳的色彩、鲜美的味道、柔軟的口感，让人欲罢不能。这道菜，如果归为不健康食品，人们一定会高呼抗议。但这道貌似健康的菜里，其实也藏着很多不健康的隐患，甚至有增肥的风险。做番茄炒蛋，绝大多数家庭会放两次油。炒鸡蛋放一次，然后捞出鸡蛋，再加油炒番茄，最后把炒熟的鸡蛋放在炒软出汁的番茄里。为了把鸡蛋炒香、炒蓬松，不少人都喜欢放很多油。这样一来，一个番茄炒蛋，最终用了40克油一点也不夸张。

In China, scrambled eggs with tomatoes can be cooked at home, everyone likes to eat them, or they are a very healthy combination of meat and vegetable. Bright color, delicious taste and soft taste make people want to stop. If this dish is classified as unhealthy food, people will shout protests. But in this seemingly healthy dish, there are many hidden dangers of unhealthy, even the risk of gaining weight. Making scrambled eggs with tomatoes, most families put oil twice. Scrambled eggs are placed once, then the eggs are pulled out, fried tomatoes with oil are added, and finally the scrambled eggs are put in the tomatoes with soft sauce. In order to fried eggs fragrant and fluffy, many people like to put a lot of oil. In this way, it's no exaggeration that a scrambled tomato egg ended up with 40 grams of oil.

2. 加辅食，避免五个错	来源：人民网	主体：公众	态度：提倡	时间：09:22:35
Supplementary Food to Avoid Five Mistakes	来源：人民网	Subject: public	Attitude: advocate	Time: 09:22:35

世界卫生组织、中国营养学会等机构建议，宝宝满6个月可以添加辅食。但在添加辅食过程中，家长们会有一些误区，本期就为大家答疑解惑。 误区1：辅食添加早点晚点没关系。错。一般，婴儿满6个月就得添加辅食。因为，单一的母乳或配方奶粉喂养，满足不了宝宝对能量和营养的需要，晚添加会影响生长发育。另外，这个阶段是宝宝对不同食物口味接受度最高的阶段，如果错过会影响宝宝对食物的味觉体验，长大后容易挑食，影响吞咽功能。过早添加同样不可取，因为宝宝满6个月前，消化器官还没有做好消化母乳以外其他食物的准备，太早添加辅食会增加胃肠道负担，容易消化不良、便秘或腹泻，以及影响正常的母乳喂养。

The World Health Organization (WHO) and the Chinese Society of Nutrition (CAN) recommend that supplementary foods be added to babies after six months. However, in the process of adding supplementary food, parents will have some misunderstandings. This issue will answer questions and answer questions for you. Myth 1: It doesn't matter if the complementary food is added earlier or later. Wrong. Generally, infants must add supplementary food after six months. Because a single breast milk or formula feeding can not meet the baby's energy and nutrition needs, late addition will affect growth and development. In addition, this stage is the highest level of acceptance of different food tastes for babies. If missed, it will affect the taste experience of babies. When they grow up, they are easy to pick food and affect swallowing function. It is also not advisable to add prematurely because the digestive organs are not ready to digest other foods besides breast milk before the baby reaches 6 months. Adding prematurely supplementary foods will increase the burden of gastrointestinal tract, easily lead to indigestion, constipation or diarrhea, and affect normal breastfeeding.

3. 癌症最偏爱这10个字！原来我们是这样把“癌细胞”养大的	来源：搜狐	主体：公众	态度：提倡	时间：06:32:02
Cancer prefers these 10 words! That's how we raised cancer cells.	来源：搜狐	Subject: public	Attitude: advocate	Time: 06:32:02

癌症最偏爱这10个字！原来我们是这样把“癌细胞”养大的。癌症总是让人闻风丧胆！它是公认的三大杀手之一！一旦发展到晚期，总是难以治愈。有什么有效的预防方式呢？吃回去！你信吗？一份刊登在美国《Nature Communications》杂志上的科学报告显示：调整饮食可降低患癌风险！癌症多半都是吃出来的，当然也能吃回去！我们做了一下总结，发现癌症的发生、治愈都与下面10个字有关，你一定要注意了。

Cancer prefers these 10 words! That's how we raised cancer cells. Cancer is always scary! It is recognized as one of the three killers! Once it reaches a late stage, it is always difficult to cure it. What are the effective ways to prevent it? Eat it back! Do you believe it? A scientific report published in the American Journal of Nature Communications shows that adjusting diet can reduce the risk of cancer! Cancer is mostly eaten, of course, can also eat back! We have made a summary, found that the occurrence and cure of cancer are related to the following 10 words, you must pay attention to.

4. 产妇不能吃什么东西	来源：TOM	主体：公众	态度：提倡	时间：19:12:54
What can't a parturient eat?	来源：TOM	Subject: public	Attitude: advocate	Time: 19:12:54

产妇生产后身体会非常虚弱，所以产妇的饮食要更讲究一些。有些食物是不可以食用的，比如过咸或油腻的食物对产妇和婴儿都是会有不好的影响的。凉性的水果和热性的水果也是不宜食用的，中性的水果也不能食用冰镇过的。产妇最好食用一些可以补充身体营养，容易消化的食物。产妇不能吃什么食物 1、产妇不能吃巧克力。产妇最好不要吃巧克力。产妇整天在嘴里嚼着巧克力，会影响食欲，使身体发胖，而必需的营养素却缺乏，这当然会影响产妇的身体健康。 2、产妇不能吃吃过咸食物。产妇忌食过咸食物。

Maternal health after childbirth will be very weak, so maternal diet should be more careful. Some foods are not edible, such as salty or greasy food will have a negative impact on both mothers and babies. Cool fruit and hot fruit are also not edible, and neutral fruit can not be eaten iced. Maternal had better eat some food that can supplement body nutrition and digest easily. What foods can't the puerpera eat? 1. The puerpera can't eat chocolate. It's better for puerpera not to eat chocolate. Maternal chewing chocolate in her mouth all day will affect her appetite and make her body fat, while the necessary nutrients are lacking, which will certainly affect maternal health. 2. Maternal women should not eat salty food. The parturient avoids eating salty food.

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-26, 共监测到527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 527 WeChat public articles were monitored in 2018-11-26. This page shows the top five articles by repeat number today.

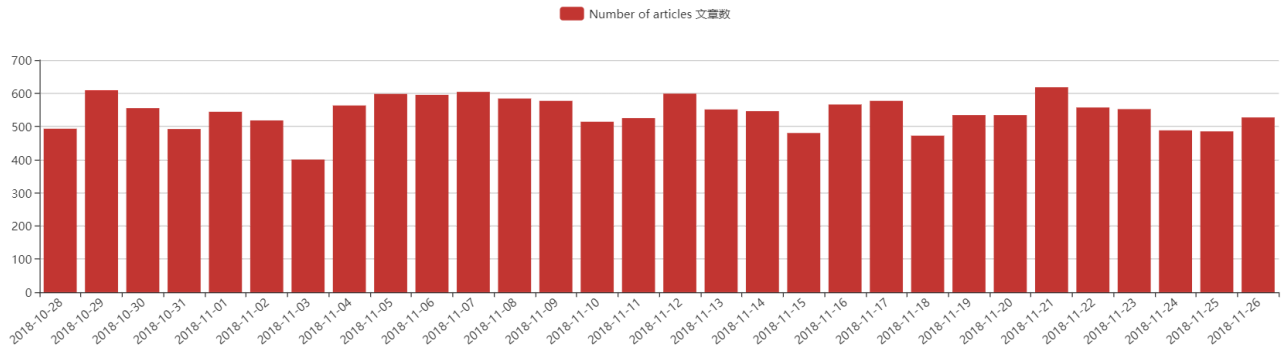
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 想要健康长寿: 少吃三白, 多吃三黑**
[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要由肾脏排出, 加大肾脏负担。健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

重复数: 20
Repeat Number: 20

日期: 2018-11-26
Data: 2018-11-26
- 2. 每日超过5g盐, 心血管疾病找上门! 8个妙招教你减盐**
[If your daily salt intake exceeds 5g, you are susceptible to cardiovascular disease! 8 tips to teach you to reduce salt](#)

在日常生活中有几个妙招可以帮助减少盐的摄入: (1)改变烹饪方法, 减少用盐量, 少用含盐高的调料。比如说用胡椒、大料、花椒、咖喱、辣椒、蘑菇、陈皮可以产生别的宜人风味, 但是不需要那么多盐。(2)尽量少吃或不吃含盐多的食品。减少咸肉、腊肉、咸鱼、咸菜和罐头等传统腌制品。(3)烹调中加用食盐时, 最好使用有计量单位的容器, 如盐勺, 做到心中有数。(4)饭前饭后都不要喝太多汤, 喝汤是许多人忽视的一大盐的来源。

There are several tricks in daily life that can help reduce salt intake: (1) change the cooking method, reduce the amount of salt, and use less salty seasonings. For example, pepper, aniseed, pepper, curry, pepper, mushroom, dried tangerine peel can produce other pleasant flavors, but not so much salt. (2) Try to eat less or not eat salty food. Reduce traditional pickled products such as bacon, bacon, salted fish, pickles and canned food. (3) When adding salt to cooking, it is best to use a container with a measuring unit, such as a salt spoon. (4) Do not drink too much soup before and after meals. Drinking soup is the source of a large salt that many people ignore.

重复数: 3
Repeat Number: 3

日期: 2018-11-26
Data: 2018-11-26
- 3. 吃惯了重口味, 如何减盐、减油、减糖?**
[If you are used to a heavy-tasting diet, how to reduce salt, oil and sugar?](#)

《中国居民膳食指南》推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克, 65岁以上老年人不超过5克。很多人平时做饭只是凭感觉或者口味来添加食盐, 即使知道每日食盐摄入量, 做饭时也不可能用天平或者秤称量。为了防止吃太多盐, 建议大家做饭时使用定量盐勺, 使用2克定量盐勺时, 每一平勺食盐量为2克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old. When cooking food, salt should be less. It is recommended to use quantitative salt spoon to control the amount of salt.

重复数: 2
Repeat Number: 2

日期: 2018-11-26
Data: 2018-11-26
- 4. 吃盐过多会损害健康! 这7个妙招可以帮你减盐, 你做到几个?**
[Eating too much salt can damage your health! These seven tips can help you reduce salt. How many do you do?](#)

吃盐过多会损害健康。正常情况下, 成年人每天的盐摄入量不宜超过6克, 如果摄取过多, 就会引起动脉张力增加, 导致动脉硬化、高血压等慢性心血管疾病及肾病。

Eating too much salt can damage your health. Normally, adults should not consume more than 6 grams of salt per day. If they consume too much salt, they will cause increased arterial tension, which will lead to chronic cardiovascular diseases such as atherosclerosis, hypertension and kidney disease.

重复数: 2
Repeat Number: 2

日期: 2018-11-26
Data: 2018-11-26
- 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**
[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.](#)

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。如果心脏血管动脉硬化, 那就会导致心肌梗死、冠心病的出现。如果是脑血管变脆、变薄, 就会出现脑溢血、脑梗等。

Eating more salt can cause high blood pressure and increase plasma cholesterol. Our blood vessels will become thinner and brittle, which is the terrible atherosclerosis. If the cardiovascular arteries are hardened, it can lead to myocardial infarction and coronary heart disease. If the cerebral blood vessels become brittle and thin, cerebral hemorrhage and cerebral infarction will occur.

重复数: 2
Repeat Number: 2

日期: 2018-11-26
Data: 2018-11-26

减盐-微博 Salt Reduction - Weibo

2018-11-26, 共检测到1558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。

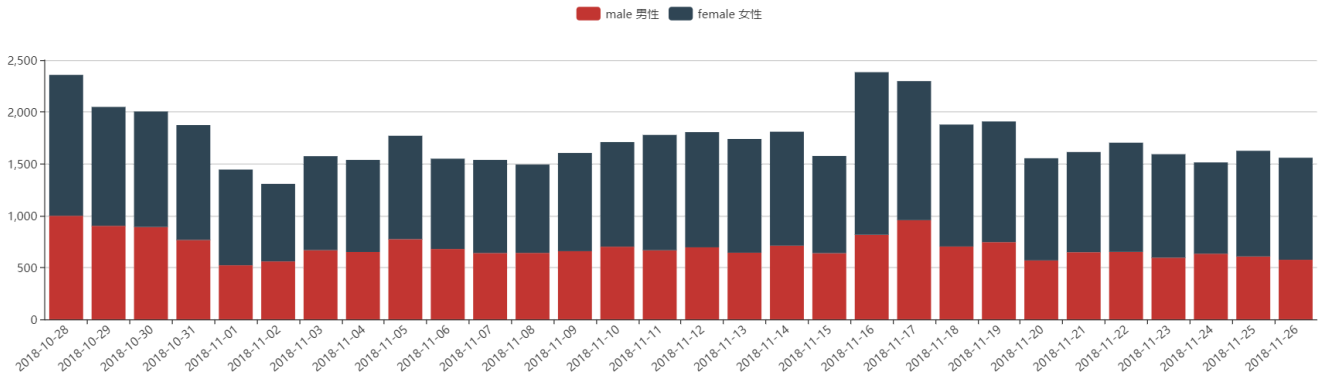
There are 1558 weibos about salt reduction monitored on 2018-11-26.

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

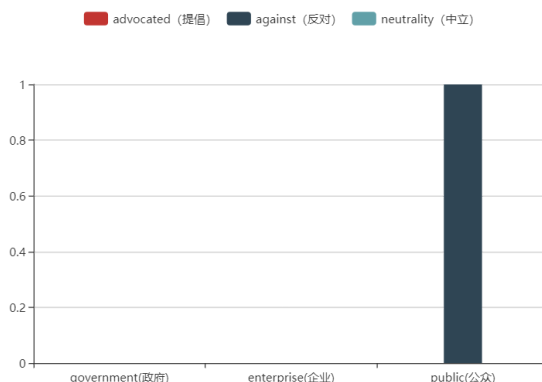
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-26) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-26. 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. [健康饮食或因人因时而异](#)
[Healthy diet or people vary from time to time](#)

来源：科学时报

来源：科学时报

主体：公众

Subject: public

态度：反对

Attitude: against

时间：09:14:40

Time: 09:14:40

一饮一啄，并非普适，健康饮食或因人因时而异。饮食影响着人类健康的多个方面，与肥胖、II型糖尿病和心血管等疾病等慢性代谢疾病有着千丝万缕的联系。几十年来，饮食建议总是基于这样一个前提：高脂肪摄入会导致肥胖、糖尿病、心脏病甚至癌症。实际上，营养学家指出，有关人们应该吃什么存在的分歧反映了人体科学研究的不足，需要进行更多研究以解决什么是最佳饮食，以及饮食如何因不同生命阶段及个人而异的问题。近日，《科学》推出“饮食与健康”特刊，用4篇论文探索了食物与健康的关系，以及在这一领域中持续存在的各种争议。

Drinking and pecking is not universal. Healthy diet or people vary from time to time. Diet affects many aspects of human health, and is inextricably linked to chronic metabolic diseases such as obesity, type 2 diabetes mellitus and cardiovascular diseases. For decades, dietary advice has been based on the premise that high fat intake can lead to obesity, diabetes, heart disease and even cancer. In fact, nutritionists point out that the disagreement about what people should eat reflects the inadequacy of human science research, and more research is needed to solve the problem of what is the best diet and how diet varies according to different stages of life and individuals. Recently, Science launched a special issue of "Diet and Health", exploring the relationship between food and health with four papers, as well as the persistent disputes in this field.

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

2018-11-26, 共监测到323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 323 WeChat public articles were monitored in 2018-11-26. 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. 喜欢吃番茄炒蛋, 心梗猝死: 你以为是健康食品, 却是隐形杀手

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction: The food you think is health may be a invisible killer.](#)

重复数: 6

日期: 2018-11-26

Repeat Number: 6

Data: 2018-11-26

首都医科大学的研究人员秦书琪: “近年来, 大量研究表明, 过量摄入含反式脂肪酸的食物易导致动脉粥样硬化、冠心病、糖尿病等慢性疾病的发生。”据报道, 每年有50多万人因摄入反式脂肪酸而死于心脑血管疾病。(来源: BTV新闻) 美国加州大学圣地亚哥分校的研究人员发现, 饮食中反式脂肪酸含量越多, 越容易发生记忆功能衰减。还有美国研究人员发现, 大量食用反式脂肪酸的老年人, 容易患上老年痴呆症。

Qin Shuqi, a researcher at Capital Medical University, said: "In recent years, a large number of studies have shown that excessive intake of trans fatty acids in foods can easily lead to chronic diseases such as atherosclerosis, coronary heart disease and diabetes mellitus." It is reported that more than half a million people die from cardiovascular and cerebrovascular diseases every year because of trans fatty acids intake. (Source: BTV News) Researchers at the University of California, San Diego, found that the more trans fatty acids in the diet, the more likely memory loss is. Other American researchers have found that older people who eat a lot of trans fatty acids are prone to Alzheimer's disease.

2. 多吃几口就相当于一碗米饭的食物, 你还在吃吗?

[Eating a small amount of this food is equivalent to eating a bowl of rice. Are you still eating?](#)

重复数: 6

日期: 2018-11-26

Repeat Number: 6

Data: 2018-11-26

桃酥口感酥脆, 是很多人家里必备的小零食, 大人小孩儿都爱吃, 但实际上, 桃酥的热量真的灰常高, 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。

Walnut cookie is a must-have snack for many people, and adults and children love it. But in fact, the heat of the walnut cookie is really very high. Baking snacks are usually buttered in order to make the taste more crisp. Butter is divided into animal butter and artificial plant butter, the former is more expensive. Therefore, most of the artificial plant butter used in the market today, but this butter not only contains a large amount of additives, but also contains many trans fatty acids, which is very likely to increase the risk of cardiovascular disease.

3. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

[These 6 kinds of milk can not be given to children. The second one you may buy every day!](#)

重复数: 6

日期: 2018-11-26

Repeat Number: 6

Data: 2018-11-26

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 5

日期: 2018-11-26

Repeat Number: 5

Data: 2018-11-26

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.

5. 小知识|对吃素的正确认知

[Little Knowledge | Correct Cognition of Vegetarianism](#)

重复数: 1

日期: 2018-11-26

Repeat Number: 1

Data: 2018-11-26

实际上, 不少加工食品都是以植物性原料制成, 但是其中大多用精白米和精白面粉制作, 除了其中的膳食纤维, 并添加了大量的油、糖或盐, 并不能替代新鲜天然食品的健康作用。针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含的“氢化植物油”成份会引入“反式脂肪酸”, 而它会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, many processed foods are made from plant-based raw materials, but most of them are made from polished rice and white flour, which are not a substitute for the health effects of fresh natural foods. In response to people's preference for vegetarian and botanical foods, some products even use "plant cream" as a promotional point. In terms of the effect on blood lipids, such "oil" is worse than animal oil. A number of studies have confirmed that the "hydrogenated vegetable oil" ingredients contained in these products introduce "trans fatty acids", which greatly increase the risk of cardiovascular disease and diabetes, and may also harm the health of the brain.

反式脂肪酸-微博 Transfat - Weibo

2018-11-26, 共检测到104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。

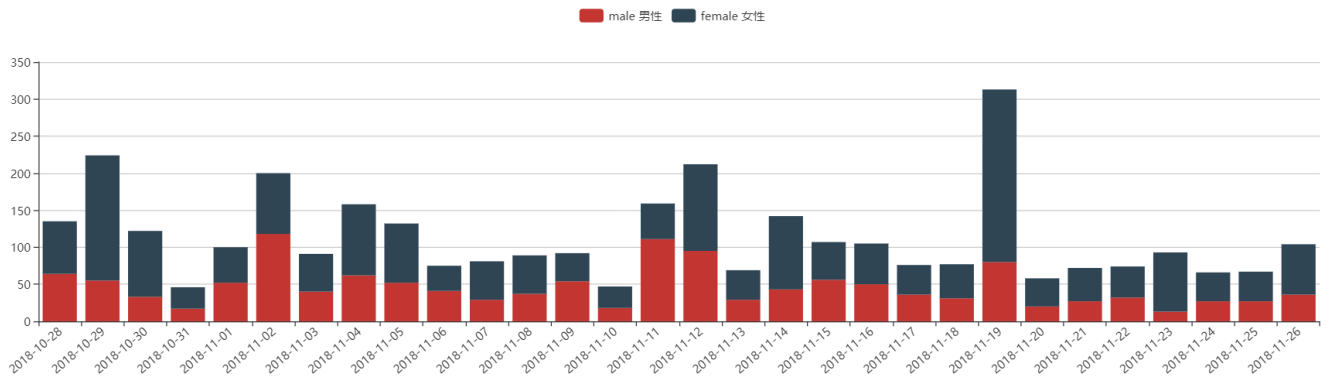
There are 104 weibos about transfat reduction monitored on 2018-11-26.

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!