

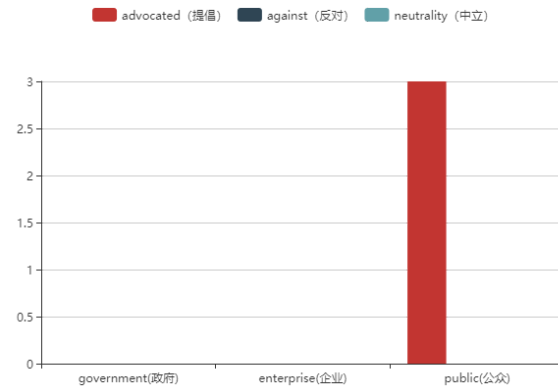
减盐-新闻

Salt Reduction - News

今日 (2018-11-17) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2018-11-17. 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!

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高血压 Hypertension

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决心工程 Resolve To Save Lives
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安徽
Anhui

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浙江
Zhejiang

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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. 素食肉并不健康!调查显示钠含量严重超标比海水还高 Vegetarian meat is not healthy!Investigation shows that sodium content exceeds bid badly is higher than the sea	来源: 江苏网络广播电视台	主体: 公众	态度: 提倡	时间: 12:06
	来源: 江苏网络广播电视台	Subject: public	Attitude: advocate	Time: 12:06
据日本Livedoor新闻网11月14日报道, 一项针对素食肉商品的调查数据显示, 部分素食肉类食品食盐含量严重超标, 甚至比海水中的含盐量还要高。进行这项调查的是伦敦大学皇后玛丽分校, 24名科学家针对半成品食物的含盐量展开了研究。 研究者们对严格素食主义者以及一般素食主义者经常食用的素食培根、素食火腿、素食肉馅以及素食香肠等食品, 向英国各大型超市的一般品牌类目中的15样素食肉类商品进行了抽样检查, 结果显示, 这些商品中的28%含盐量超标。 2017年底, 英国公共卫生厅称其减少食品商品中盐分含量计划已经达成。				
According to a survey of vegetarian meat products, the salt content of some vegetarian meat products is seriously over the standard, even higher than that of seawater, according to a report by Livedoor News Network of Japan on November 14. The survey was conducted at Queen Mary University of London, where 24 scientists studied the salt content of semi-processed foods.Researchers sampled 15 vegetarian meat products from the general brand categories of major supermarkets in the UK, including vegetarian bacon, vegetarian ham, vegetarian meat stuffing and vegetarian sausage, which are often eaten by vegetarians and vegetarians in general. The results showed that 28% of these products contained excessive salt. .By the end of 2017, the British public health department said its plan to reduce salt content in food products has been achieved.				

高血压 Hypertension				
1. 引发高血压的原因有哪些 该如何预防 What are the causes of high blood pressure, how to prevent	来源：99健康网 来源：99健康网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:18 Time: 11:18
<p>高血压是一种以动脉血压持续升高为主要表现的慢性疾病，常引起心、脑、肾等重要器官的病变并出现相应的后果。 高血压是一种常见的 疾病， 会严重影响人的身体 健康， 今天小编给大家讲讲引起高血压的原因以及 预防 方法，下面一起来看看吧。引起高血压的原因 1.遗传：高血压是一种具有遗传因素的疾病，根据 临床 调查分析，有将近33%的高血压患者都是由于遗传病因导致的。如果既有家族病史，又有不良嗜好的，更容易诱发高血压。 2.年龄：发病率有随年龄增长而增高的趋势，40岁以上者发病率高。</p> <p>Hypertension is a chronic disease characterized by continuous elevation of arterial blood pressure, which often causes diseases of heart, brain, kidney and other important organs with corresponding consequences.Hypertension is a common disease, which will seriously affect people's health. Today, we will talk about the causes of hypertension and prevention methods. Let's take a look at them.Causes of hypertension1. Heredity: Hypertension is a disease with genetic factors. According to clinical investigation and analysis, nearly 33% of hypertensive patients are caused by genetic causes. If there is a family history and bad habits, it is more likely to induce hypertension.2. age: the incidence rate increased with age, and the incidence rate was higher in people over 40 years old.</p>				
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. 孕妇吃花生好吗怎么健康饮食 Pregnant women eat peanuts good how to eat a healthy diet	来源： www.fh21.com.cn 来源： www.fh21.com.cn	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： Time:
<p>孕妇在怀孕期间的饮食是有很多要求的，花生是很多人在平时都喜欢吃的一种坚果，孕妇吃花生有哪些好处?吃花生米的注意事项是什么呢?花生与哪些食物一起吃更好?下面就让小编带大家了解一下吧。 孕妇吃花生有哪些好处？ 1、有助减盐。 孕期是需要低盐饮食的，对于那些平时口味较重的妈妈来说无疑是非常痛苦的。如果盐分摄入过多，身体里的水分就会滞留越多，使得孕妈身体肿胀的情况加重，造成孕期水肿。此外，长期的高盐饮食还会影响孕妇的心脏和心血管健康。一般而言，孕妇每天盐的摄入量应比正常人稍低，在3~5克之间</p> <p>There are many requirements for pregnant women's diet during pregnancy. Peanuts are a kind of nuts that many people like to eat at ordinary times. What are the benefits of peanuts for pregnant women? What are the precautions for eating peanuts? What foods do peanuts eat better together? Let's let Xiaobian know about it.What are the benefits of eating peanuts for pregnant women?1, help reduce salt.Pregnancy requires a low-salt diet, which is undoubtedly very painful for those mothers who usually taste heavier. If the salt intake is too much, the more water in the body will be retained, which will aggravate the swollen condition of the mother's body and cause edema during pregnancy. In addition, the long-term high salt diet also affects the heart and cardiovascular health of pregnant women. Generally speaking, the daily intake of salt for pregnant women should be slightly lower than that of normal persons, between 3~5 grams.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2018-11-17, 共监测到576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 576 WeChat public articles were monitored in 2018-11-17. This page shows the top five articles by repeat number today.

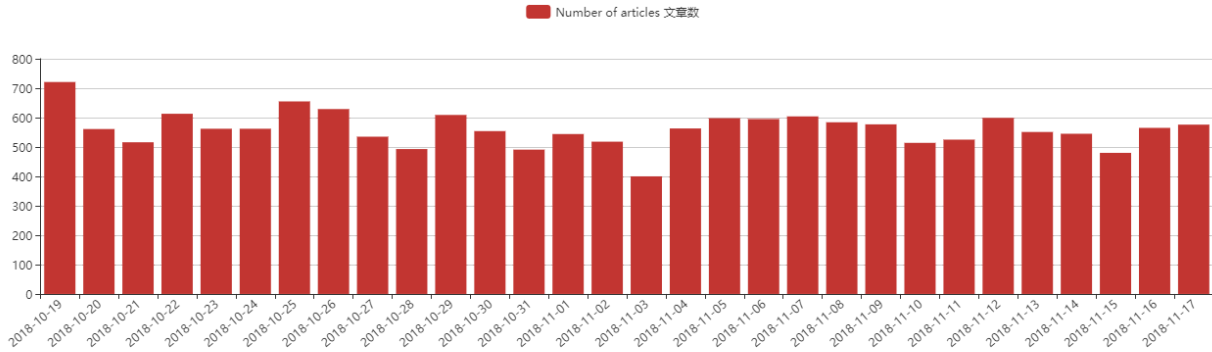
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

重复数: 70

日期: 2018-11-17

Repeat Number: 70

Data: 2018-11-17

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

食盐, 被称为“百味之王”, 是烹饪中最常用的调味料。很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 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。

Salt, known as the "king of the hundred flavors", is the most commonly used seasoning in cooking. Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! 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.

2. 央视曝光! 不吃味精、鸡精的人都看看吧...

重复数: 7

日期: 2018-11-17

Repeat Number: 7

Data: 2018-11-17

[CCTV exposed it! People who don't eat MSG or chicken powder should pay attention to it...](#)

与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Like salt, sodium glutamate, the main component of monosodium glutamate, contains sodium, while excessive sodium intake can lead to cardiovascular and cerebrovascular diseases such as hypertension. Therefore, we should control monosodium glutamate as well as control the intake of salt. Our dietary guidelines recommend that the daily salt intake should be less than 6 grams per person. But the actual intake is generally around 10 grams. If you add sodium in MSG, it will be more.

3. 协和医院: 三高不用愁, 一个“字”搞定! 40岁以后都需要

重复数: 6

日期: 2018-11-17

Repeat Number: 6

Data: 2018-11-17

[Concord Hospital: People with three highs don't have to worry, a "word" can solve all problems! People over the age of 40 need it.](#)

饮食降血压的第一点就是要少吃盐, 食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界上对盐与高血压已研究了100多年, 发现高盐摄入可引起血压升高。流行病学调查结果发现: 居住在北极的爱斯基摩人摄盐量较低, 血压也低, 多在140 / 90毫米汞柱以下。

The first point of diet to lower blood pressure is to eat less salt, the "sodium" in salt can cause sodium retention, leading to increased peripheral vascular resistance, causing blood pressure to rise. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure. Their blood pressure is mostly below 140/90 mm Hg.

4. 1块钱和10块钱的盐, 到底有什么区别? 小心吃错了惹一身病!

重复数: 6

日期: 2018-11-17

Repeat Number: 6

Data: 2018-11-17

[What is the difference between the salt of 1 dollar a pack and 10 dollar a pack? Be careful to the salt you eat which may make you get sick!](#)

盐虽然是炒菜必不可少的调味料, 但一个成年人一天摄入的盐最好不要超过6克(大概就是一满勺的量), 吃太多盐反而对身体有害。盐吃多了, 钠的摄入就多了, 人体会通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。

Although salt is an essential seasoning for cooking, it is best for an adult to consume no more than 6 grams of salt a day (probably a full spoonful). Eating too much salt is harmful to the body. If the salt is eaten more, the sodium intake will be more. The body will discharge excess sodium through the urine. At the same time as urinating, the calcium will also lose a part, so the more calcium is eaten, the more calcium is lost.

5. 咸鸭蛋、榨菜都有可能引发高血压, 今天你吃的盐超标了么?

重复数: 3

日期: 2018-11-17

Repeat Number: 3

Data: 2018-11-17

[Salted duck egg and pickled mustard tuber may cause hypertension. Do you eat too much salt today?](#)

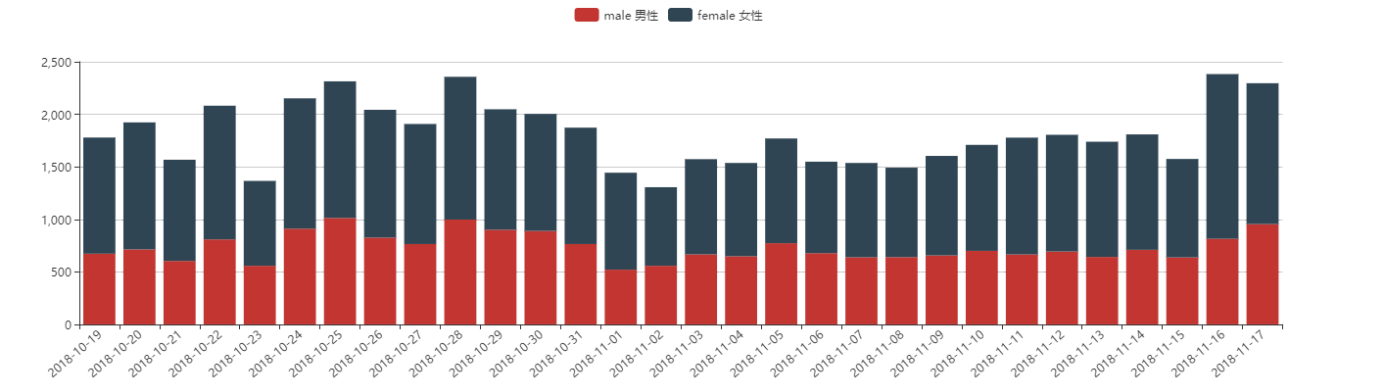
“钠盐过多会对整个神经和内分泌调节系统造成一系列负面影响, 直接增加血压、增加心脏负担, 同时提高脑卒中死亡风险。”WHO驻华代表处慢病医学官员张新华博士告诉搜狐健康, 很多人以为自己吃得很健康, 并不知道自己也是高盐摄入者。实际上, 盐摄入超标已经成为影响我国居民健康和预期寿命的一个严峻的健康隐患。

"Excessive sodium salt can have a series of negative effects on the entire nervous and endocrine regulatory system, such as increasing blood pressure, increasing the burden on the heart, and increasing the risk of death from stroke." Dr. Zhang Xinhua, a chronic disease medical officer at WHO Representative Office in China, said, "Many people think that their diet is very healthy, and they do not know that they are also high salt intake." In fact, excessive salt intake has become a serious health hazard affecting the health and life expectancy of Chinese residents.

减盐-微博

Salt Reduction - Weibo

2018-11-17, 共检测到2296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 2296 weibos about salt reduction monitored on 2018-11-17.
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. 昵称: 时尚生活邦

地区: 江苏

认证: 个人

Nickname: 时尚生活邦

Area: Jiangsu

Identity: Person

时间: 2018-11-17 00:07

来自: 微博 weibo.com

转发数: 466

评论数: 61

点赞数: 34

Time: 2018-11-17 00:07

Source: 微博 weibo.com

Repost: 466

Comment: 61

Like: 34

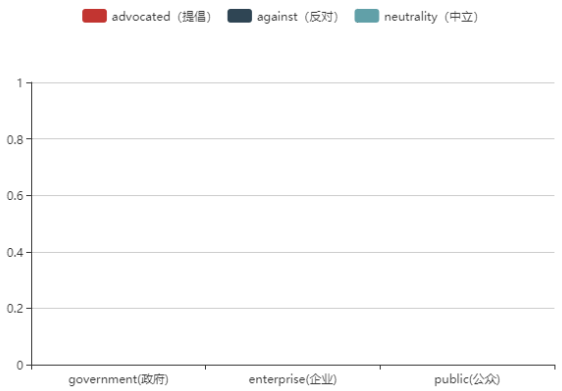
【运动后吃香蕉】在运动的过程中身体会排出大量的汗液，很多矿物质随着汗水排出体外，特别是钾和钠。这两者中钠比较容易从食物中得到补充，但钾元素在体内含量较少，因此运动后补充含有丰富钾元素的食物非常必要。香蕉富含钾元素，是补充钾最理想的选择。

[Eating bananas after exercise] During exercise, the body will expel a lot of sweat, and many minerals are excreted with sweat, especially potassium and sodium. In these two cases, sodium is easier to replenish from food, but potassium is less in the body, so it is necessary to supplement foods rich in potassium after exercise. Banana is rich in potassium and is the ideal choice for potassium supplementation.

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-17) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2018-11-17. 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
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Anhui

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浙江

Zhejiang

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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

2018-11-17, 共监测到199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 199 WeChat public articles were monitored in 2018-11-17. This page shows the top five articles by repeat number today.

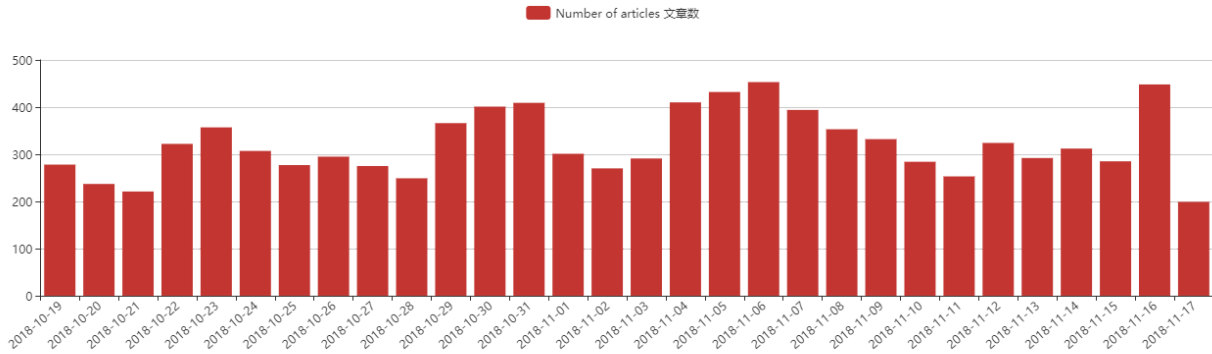
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年...](#)

重复数: 3

日期: 2018-11-17

[Go shopping in the supermarket, first understand these buy! I didn't expect to lose so many years.](#)

Repeat Number: 3

Data: 2018-11-17

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled \"zero trans fatty acids\" may actually contain a small amount of trans fatty acids. In addition, the foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

2. [这些“人造的”, 你还敢吃吗?](#)

重复数: 3

日期: 2018-11-17

[Do you dare to eat these \"artificial food\"?](#)

Repeat Number: 3

Data: 2018-11-17

人造黄油也是反式脂肪酸, 对心血管的危害比天然黄油的饱和脂肪酸还要厉害, 会显著增加心血管疾病以及糖尿病的发病率, 并影响婴幼儿的发育。中国农业大学食品安全系胡小松教授指出, 每天也不可避免地食用含反式脂肪酸的食品, 像饼干、面包、巧克力派、沙拉酱、冰淇淋、珍珠奶茶等都是反式脂肪酸的“重灾区”。

Margarine is also trans fatty acid, which is more harmful to the cardiovascular system than saturated fatty acid of natural butter. Margarine can significantly increase the incidence of cardiovascular diseases and diabetes, and affect the development of infants and young children. Professor Hu Xiaosong, Department of Food Safety, China Agricultural University, pointed out that trans-fatty acid-containing foods such as biscuits, bread, chocolate pie, salad dressing, ice cream and pearl milk tea were unavoidably eaten every day.

3. [【育儿分享】0-3岁大脑发育及营养供给特点 \(1\)](#)

重复数: 1

日期: 2018-11-17

[Parenting: characteristics of brain development and nutrition supply at age 0-3 \(1\)](#)

Repeat Number: 1

Data: 2018-11-17

像有一些坏的脂肪, 那坏的脂肪, 比如说有一些通过高温烹制, 温度太高了, 在油温加热的过程中, 让这些油脂发生了变化, 产生了反式脂肪酸或产生了过氧化氢, 这些氧化脂肪, 这些对我们的健康、对我们大脑都是有害的。

Like some bad fat, for example, some food cooked by high temperature, the temperature is too high in the process of heating the oil to let these fats change produce trans fatty acids or produce Hydrogen peroxide. These hydrogenated fats, are harmful to our health and to our brains.

4. [吃这些头发容易掉光!](#)

重复数: 1

日期: 2018-11-17

[Eating these hair is easy to get rid of!](#)

Repeat Number: 1

Data: 2018-11-17

富含饱和脂肪和氢化油的食物会堵塞毛孔, 甚至会堵塞头皮, 这可能会导致脱发。所以, 拒绝任何用反式脂肪制成的物品, 如硬质人造黄油、烘焙食品或饼干。

Foods rich in saturated fats and hydrogenated oils can clog pores and even the scalp, which can lead to hair loss. So, reject anything made from trans fats, such as hard margarine, baked goods or biscuits.

5. [一点点, 幸福侯彩播、鹿角巷.....嘉兴抽检8家网红奶茶店的结果来了](#)

重复数: 1

日期: 2018-11-17

[A little bit, happiness Hou Caizhen, Antler Lane... The sampling results of the 8 Jiahong web star Milk Tea Shops in Jiaxing came out.](#)

Repeat Number: 1

Data: 2018-11-17

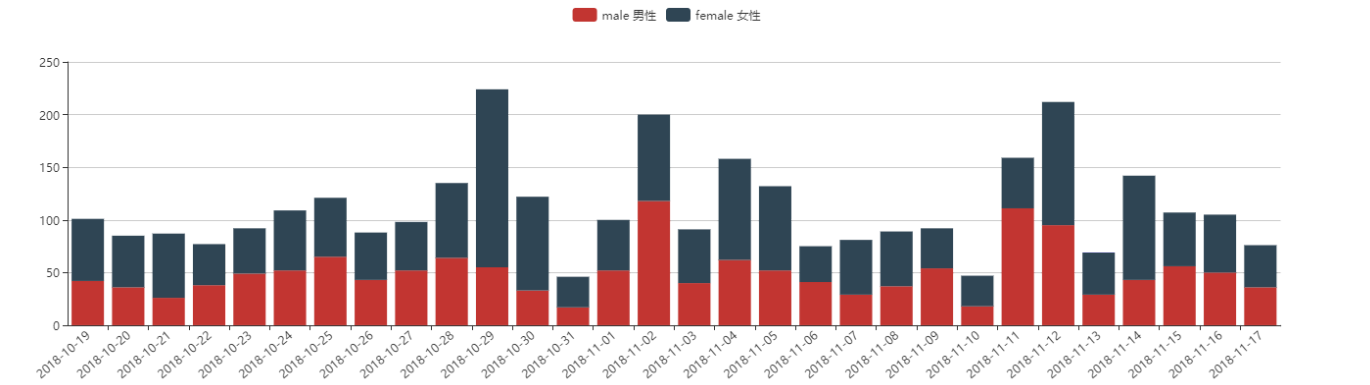
WHO的建议, 每天来自反式脂肪的热量不超过食物总热量的1% (大致相当于2克), 过多摄入可能会导致血液胆固醇增高。一杯奶茶以500g计, 反式脂肪酸含量一杯最高可达2.88g。我们追求的目标, 应该是“尽可能低”。

The content of trans fatty acids in milk tea is directly proportional to the content of trans fatty acids in hydrogenated vegetable oils such as the non-dairy creamer. The higher the trans fatty acid content in the raw material, the higher the trans fatty acid content in the finished milk tea. However, with the improvement of modern hydrogenation synthesis technology, the content of trans fatty acids can be controlled.

反式脂肪酸-微博

Transfat - Weibo

2018-11-17, 共检测到76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 76 weibos about transfat reduction monitored on 2018-11-17.
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!