

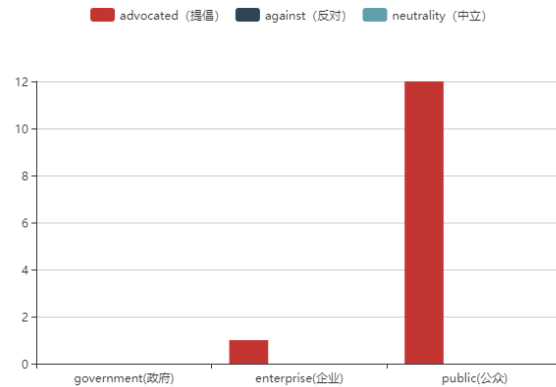
减盐-新闻

Salt Reduction - News

今日 (2019-02-17) 共监测到13条资讯。请点击标题查看原文。

There are 13 articles monitored today 2019-02-17. 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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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				
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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. 春节过后不少市民忙“甩肉” 专家：清淡饮食配合体育锻炼来健身 After the Spring Festival, many citizens are busy "throwing meat" experts: light diet with physical exercise to keep fit				
来源：万家热线 Source: Wanjia Hotline		主体：公众 Subject: public		态度：提倡 Attitude: advocate
时间： 09:58:56 Time: 09:58:56				
<p>春节长假结束了，不少市民节日期间收获的不仅是祝福和红包，还有不知不觉长身上的赘肉。2月15日，记者在走访中发现，春节假期过后，不少市民忙着“甩肉”。节日过后不少市民忙减肥春节期间，亲朋好友的聚会增多，“胡吃海喝”自然是少不了的。</p> <p>The end of the Spring Festival holiday, many citizens during the festival harvest not only blessings and red envelopes, but also unwittingly grow on the body of the fat. On February 15, the reporter found in his visit that after the Spring Festival holiday, many citizens were busy "throwing meat". After the festival, many citizens are busy losing weight during the Spring Festival. The gatherings of relatives and friends are increasing. It is natural that "eating and drinking without food" is indispensable.</p>				
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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心血管健康 Cardiovascular health
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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. 五个迹象提醒你盐吃多了! Five signs remind you that you eat too much salt!		来源：扬子晚报 Source: Yangtse Evening Post	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:14:43 Time: 21:14:43
当你吃盐过多时，会发生令人惊讶的五个短期症状。美国《预防》杂志网站近日对此进行了总结。手指变粗，如果你的体重没有任何增长，但突然间感觉戴的戒指小了两号，这很有可能是水潴留造成的;如果你近期吃了过多的盐，就会发生这种情况。 美国加州圣塔莫妮卡普罗维斯登圣约翰健康中心的主任米拉汉·莫萨基认为：身体是一台复杂的机器，它必须保持体液和电解质的平衡。					

When you eat too much salt, there are five surprising short-term symptoms. Preventive magazine website in the United States recently summarized this. Fingers get thicker, and if you don't gain any weight, but suddenly feel like you're wearing a ring two sizes smaller, it's probably due to water retention; if you've eaten too much salt recently, that's what happens.* Milahan Mosaki, director of St. John's Health Center in Santa Monica Providence, California, believes that the body is a complex machine that must maintain a balance between body fluids and electrolytes.

高血压
Hypertension

1. 神经内科医生忠告：脑梗的祸根找到了，要远离这2个主要危险因素	来源：搜狐	主体：公众	态度：提倡	时间：00:05:12
Neurologist's advice: The root cause of cerebral infarction has been found, and we should stay away from these two major risk factors.	Source: Sohu	Subject: public	Attitude: advocate	Time: 00:05:12

近几十年来，随着经济的迅猛发展，我国居民的血脂、血压水平有上升趋势，高血脂、高血压的发病率逐年增加。其中，生活方式不健康值得重视，当务之急需要积极推广健康生活方式和增强高血压、高血脂相关体检，尽可能减少高血压、高血脂带来的健康危害，日常生活中除了坚持运动锻炼，还需要注意戒烟限酒，少喝浓茶，限制盐摄入量，同时注意少吃肥肉、红肉、油炸食品、甜食如果汁蛋糕类。

In recent decades, with the rapid development of economy, the level of blood lipid and blood pressure of Chinese residents has increased, and the incidence of hyperlipidemia and hyperlipidemia has increased year by year. Among them, the unhealthy lifestyle deserves attention. It is urgent to actively promote healthy lifestyle and strengthen the health examination related to hypertension and hyperlipidemia so as to minimize the health hazards caused by hypertension and hyperlipidemia. In addition to adhering to exercise in daily life, attention should also be paid to quitting smoking and limiting alcohol, drinking less strong tea, limiting salt intake, and eating less fat, red meat and fried meat. Food, sweets if juicy cakes.

2. 节后社区医院迎来就诊潮看感冒、胃肠道疾病的不少	来源：新华报业网	主体：公众	态度：提倡	时间：21:05:31
After the festival, community hospitals welcome a tide of visits to see a lot of cold and gastrointestinal diseases.	Source: Xinhua News Network	Subject: public	Attitude: advocate	Time: 21:05:31

马国祥称，每年春节后，都有不少中老年人出现血压升高、心绞痛发作等情况。尤其这段时间普遍低温，寒冷天气加快血管收缩，血压容易出现波动。此外，暴饮暴食、过度饮酒、熬夜、劳累、感冒着凉等都容易诱发心脑血管疾病。此时高血压患者应密切监测血压，一旦发现血压控制不佳，应及时就医调整降压药物。

Ma Guoxiang said that every year after the Spring Festival, there are many middle-aged and elderly people with elevated blood pressure, angina attacks and so on. Especially during this period of time, generally low temperature, cold weather accelerates vasoconstriction, blood pressure is prone to fluctuations. In addition, overeating, excessive drinking, staying up late, fatigue, cold and so on are easy to induce cardiovascular and cerebrovascular diseases. At this time, hypertensive patients should closely monitor blood pressure, once found that blood pressure control is not good, they should timely seek medical treatment to adjust antihypertensive drugs.

心血管健康
Cardiovascular health

1. 心脏不好的9个表现8个守护神保护心脏健康	来源：人民网	主体：公众	态度：提倡	时间：09:56:36
9 manifestations of bad heart 8 patrons protect heart health	Source: People's net	Subject: public	Attitude: advocate	Time: 09:56:36

心脏，虽然只有我们拳头一般大小，但却是人体血液的输送地，它的健康与否，直接关乎着我们的生命健康安全。可是现在越来越多的人，长时间的熬夜、酗酒、高油脂的饮食等，导致血管不好的同时，更让心脏不堪重负，稍微受到一些刺激，就很容易有猝死等意外出现，对健康危害严重。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，今天就与你聊聊心脏养护的话题。

The heart, though only about the size of our fists, is the delivery place of human blood. Whether it is healthy or not is directly related to our life, health and safety. But now more and more people, prolonged staying up late, excessive drinking, high fat diet and so on, lead to poor blood vessels at the same time, but also make the heart overwhelmed, slightly stimulated, it is easy to have sudden death and other accidents, serious health hazards. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, and to be your health think tank. Today, I will talk with you about the topic of heart care.

2. 协和博士总结心血管病十大致命误区，看看你中了几招？	来源：搜狐	主体：公众	态度：提倡	时间：16:02:50
Dr. Concorde summarizes ten fatal myths about cardiovascular disease. How many tricks have you taken?	Source: Sohu	Subject: public	Attitude: advocate	Time: 16:02:50

协和博士总结心血管病十大致命误区，看看你中了几招？ 本篇文章来自协和医学院博士创建的公众号《良医济世》。我国心血管病发病率、致残率、致死率都很高，每年死于心血管病约350万人，约占总死亡原因的43%。主要疾病死因中“心血管病”超过肿瘤，居各种疾病之首。我国每天心血管病死亡9590人，估计每小时心血管病死亡400人，每10秒钟心血管病死亡1人。

Dr. Concorde summarizes ten fatal myths about cardiovascular disease. How many tricks have you taken? This article is from the public name "Good Medical Practitioner Aids the World", which was founded by the doctor of Union Medical College. The morbidity, disability and mortality of cardiovascular diseases are very high in China. About 3.5 million people die of cardiovascular diseases every year, accounting for 43% of the total causes of death. Cardiovascular disease is the leading cause of death among the major diseases, which surpasses tumors. Every day, 9590 people die of cardiovascular diseases in China. It is estimated that 400 people die of cardiovascular diseases every hour and 1 person dies of cardiovascular diseases every 10 seconds.

综合健康信息
Comprehensive Health Information

1. 早春养好生，防病保健康，看看咱济宁中医专家怎么说	来源：大众网	主体：公众	态度：提倡	时间：08:16:52
Early spring health care, disease prevention and health care, see our Jining Chinese medicine experts how to say.	Source: Volkswagen network	Subject: public	Attitude: advocate	Time: 08:16:52

俗话说“百草回生，百病易发。”早春天气时冷时热，加上细菌活跃，很容易患上感冒导致旧病复发。济宁市中医院治未病科主任医师王乐荣介绍，早春养生保健要注意万物始生和气候多变的特点，来健康养生、预防疾病。在日常生活中，为确保肝脏发挥“将军之官”的职能，首先要力戒暴怒，更忌情怀忧郁，做到心胸开阔，乐观向上，保持心境恬愉的好心态；饮食上经常食用红枣、枸杞等甘味或鱼肉、瘦肉、动物肝脏等补血养肝食物。

As the saying goes, "Every weed comes back, every disease is easy to happen." Cold and hot weather in early spring, coupled with active bacteria, can easily catch cold and lead to relapse of old diseases. Wang Lerong, Chief Physician of Preventive Disease Department of Jining Hospital of Traditional Chinese Medicine, introduced that health care in early spring should pay attention to the characteristics of the birth of all things and the changeable climate in order to keep healthy and prevent diseases. In daily life, in order to ensure that the liver can play the role of "General Officer", we should first try to avoid anger and depression, open-minded, optimistic and upward, and maintain a good mood of tranquility; we often eat sweet or fish, lean meat, animal liver and other blood-nourishing and liver-nourishing food such as jujube, Lycium barbarum.

2. 40条医生才知道的健康知识，2019年你必须掌握！	来源：搜狐	主体：公众	态度：提倡	时间：09:21:38
Forty doctors only know health knowledge, you must master it in 2019!	Source: Sohu	Subject: public	Attitude: advocate	Time: 09:21:38

40条医生才知道的健康知识，2019年你必须掌握！因为不了解，很多时候人们在无意识的情况下，就做了对健康不利的事。今天总结了40条医生才知道的健康知识，每个人都应该看看！1.老人常咬到舌头，可能是中风前兆，偶尔咬到舌头是正常现象，不是想吃肉了。经常被咬着，常见出现的问题可能是中风，脑神经受压迫使舌不能灵活运动。

Forty doctors only know health knowledge, you must master it in 2019! Because I don't know, many times people do unhealthy things unconsciously. Today, I summarized 40 health knowledge that doctors only know. Everyone should look at it. 1. Old people often bite their tongue, which may be a sign of stroke. Occasionally biting their tongue is a normal phenomenon, not to eat meat. Often bitten, the common problem may be stroke, brain nerve compression so that the tongue can not move flexibly.

3. 5大医学期刊忠告：这类食物虽好吃，却有致癌风险，该醒悟了！	来源：搜狐	主体：公众	态度：提倡	时间：08:57:37
Five major medical journals advise: Although this kind of food is delicious, it has the risk of carcinogenesis. It's time to wake up!	Source: Sohu	Subject: public	Attitude: advocate	Time: 08:57:37

5大医学期刊忠告：这类食物虽好吃，却有致癌风险，该醒悟了！正所谓：民以食为天，一向对吃情有独钟的中国人，在美食面前几乎每个人都丧失抵抗力。“油炸”类食物已符合现代人的生活习惯，趁着热气腾腾，外脆内嫩，似乎不赶紧大快朵颐，就对不起上天这份恩赐。油条、鸡蛋灌饼、炸丸子、炸春卷.....这些逢年过节必不可少的佳肴，如此深受欢迎却被世界卫生组织列为垃圾食品之首。

Five major medical journals advise: Although this kind of food is delicious, it has the risk of carcinogenesis. It's time to wake up! The so-called: people take food as their heaven, and they have always been fond of eating. Almost everyone loses their resistance in the face of food. "Fried" food has been in line with the living habits of modern people, taking advantage of the steaming heat, crisp outside and tender inside, it seems that if you do not eat quickly, you are sorry for this gift. Fried fried dough sticks, egg cakes, fried balls, fried spring rolls, which are indispensable for the holidays, are so popular that they are ranked as the first junk food by the World Health Organization.

4. 新春到，三件健康事值得你坚持一年	来源：中国经济网	主体：公众	态度：提倡	时间：22:18:13
Spring Festival is coming, Three health issues are worth sticking to for a year.	Source: China Economic Network	Subject: public	Attitude: advocate	Time: 22:18:13

猪年新春新气象，现在开始做对这些健康事，坚持一年，会有意想不到的效果。北京大学公共卫生学院营养与食品卫生系教授马冠生指出，健康生活是从早餐开始的，希望大家新年天天吃好早餐。他强调：“吃好早餐才有精力和体力去工作和学习。这么多年，我都尽量保证早餐有谷类、肉蛋、奶、果蔬四样。如果时间太紧张，早餐就简单一点，一杯牛奶、一个包子、一个鸡蛋、几片生菜和

水果。”

New Year of the Pig, Spring and New Year weather, now start to do these health*s, adhere to a year, will have unexpected results. Ma Guansheng, a professor in the Department of Nutrition and Food Hygiene, School of Public Health, Peking University, pointed out that a healthy life begins with breakfast. I hope you will have a good breakfast every day in the New Year. He emphasized: "Breakfast is the only way to have energy and energy to work and study. Over the years, I've tried to make sure breakfast is made up of cereals, meat and eggs, milk, fruits and vegetables. If time is too tight, breakfast should be simple, a glass of milk, a steamed bun, an egg, a few pieces of lettuce and fruit.

5. 控糖有“门道” 水果米饭这样吃

Sugar control has "doorway" fruit and rice to eat like this

来源：东北网

Source: Northeast net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：18:38:24

Time: 18:38:24

目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。

At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients.

6. 宝宝咳嗽期间的饮食“八忌”

Baby's diet during cough

来源：搜狐

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：19:42:21

Time: 19:42:21

秋冬季节不少宝宝出现咳嗽的情况。引起咳嗽的原因很多，肺热，肺寒，痰湿、食积、气虚等都可引起，儿童尤其如此。如果日常饮食中不注意，就会加重或者诱发咳嗽。另外咳嗽期间剧烈活动，兴奋过度都是引起咳嗽加重的原因。一些宝宝咳嗽期比较长，家长很是着急和无奈，中西医都去看过，但唯独没有对饮食的禁忌有所了解，所以治疗起来总是很棘手，来看看咳嗽期间饮食的禁忌有哪些？

Many babies cough in autumn and winter. There are many causes of cough, such as lung heat, lung cold, phlegm and dampness, food accumulation, Qi deficiency and so on, especially in children. If you don't pay attention to your daily diet, it can aggravate or induce coughing. In addition, intense activity and excessive excitement during cough are the causes of aggravation of cough. Some babies have a long cough period. Parents are very anxious and helpless. Both Chinese and Western medicine have visited them, but they have no knowledge of the dietary taboos, so it is always difficult to treat them. What are the dietary taboos during the cough period?

7. 海天全家福：舌尖上的百亿调味品帝国

Haitian Family Fortune: Ten Billions of Seasoning Empire on Tongue Tip

来源：华尔街见闻

Source: On Wall Street

主体：企业

Subject: industry

态度：提倡

Attitude: advocate

时间：17:43:28

Time: 17:43:28

海天老字号系列（酱油）海天老字号系列，中国高端酱油，传300年精湛工艺，承老字号经典味道，滴滴都是酱油精华中的精华，包括第一道、零添加、淡盐、365高鲜。目前海天老字号系列已是1亿级以上的单品。2019年，零添加、低盐、有机这几类带有健康化的产品将继续增加。“应该说，“健康化”是近几年里调味品行业最具规模的发展趋势，可能仅次于酱油行业的高鲜化。

Haitian Old Brand Series (Soy Sauce) Haitian Old Brand Series, China's high-end soy sauce, 300 years of exquisite craft, inherit the classic taste of the old brand, drops are the essence of the essence of soy sauce, including the first, zero addition, light salt, 365 high-freshness. At present, Haitian Old Brand Series is over 100 million single products. In 2019, the number of health products with zero additions, low salt and organic will continue to increase. It should be said that "health" is the most large-scale development trend of condiment industry in recent years, which may be second only to the high freshness of soy sauce industry.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信 Salt Reduction - WeChat

2019-02-17, 共监测到476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 476 WeChat public articles were monitored in 2019-02-17. 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. 身体出现这5个迹象, 提醒你吃盐太多了!

[These five signs remind you that you eat too much salt!](#)

重复数: 19

日期: 2019-02-17

Repeat Number: 19

Data: 2019-02-17

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

2. 日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?

[Japan's health care is once again ranked the first in the world. China ranks 64th. Where is the gap?](#)

重复数: 12

日期: 2019-02-17

Repeat Number: 12

Data: 2019-02-17

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。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese eat very little salt, and the 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 of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

3. 终生不得癌症的铁律, 你能守住几条?

[Can you follow a few conditions that don't have cancer for life?](#)

重复数: 10

日期: 2019-02-17

Repeat Number: 10

Data: 2019-02-17

高盐饮食与胃癌的发生有着密切关系。日本癌症中心研究所针对4万名中年人进行为期11年的随访发现, 对男性而言, 食盐多者患胃癌风险比食盐少者高一倍。而在女性中, 食盐多者患胃癌风险也显著高于食盐少的人。研究者表示, 这是因为人体食用过量高盐食物后, 食盐的高渗透压会对胃黏膜造成直接损害, 随之发生一系列病理改变。

High salt diet is closely related to the occurrence of gastric cancer. An 11-year follow-up of 40,000 middle-aged people by the Japan Cancer Center Institute found that men who ate more salt had twice the risk of gastric cancer as those who ate less salt. In women, the risk of gastric cancer in those with more salt was also significantly higher than that in those with less salt. Researchers say this is because the high osmotic pressure of salt causes direct damage to the gastric mucosa and a series of pathological changes occur after people eat too much high-salt food.

4. 【健康】一家三口相继患癌, 竟跟长期吃这种食物有关! 很多人还在吃

[\[Health\] Three people in a family suffer from cancer one after another, which is related to eating this food for a long time!](#)

[Many people are still eating it.](#)

重复数: 5

日期: 2019-02-17

Repeat Number: 5

Data: 2019-02-17

高盐的高渗性会破坏胃黏膜, 所以长期以往食用重口味的食物, 就会造成诱发胃癌的风险。中国东北地区、西北地区以及沿海地区是胃癌的高发地区。因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。

High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet.

5. 吃三七能清理血管? 大错特错! 真正能通血管的是这3件事情

[Can you clean the blood vessels by eating Sanqi? Big mistake! It is these three things that really clean the blood vessels.](#)

重复数: 5

日期: 2019-02-17

Repeat Number: 5

Data: 2019-02-17

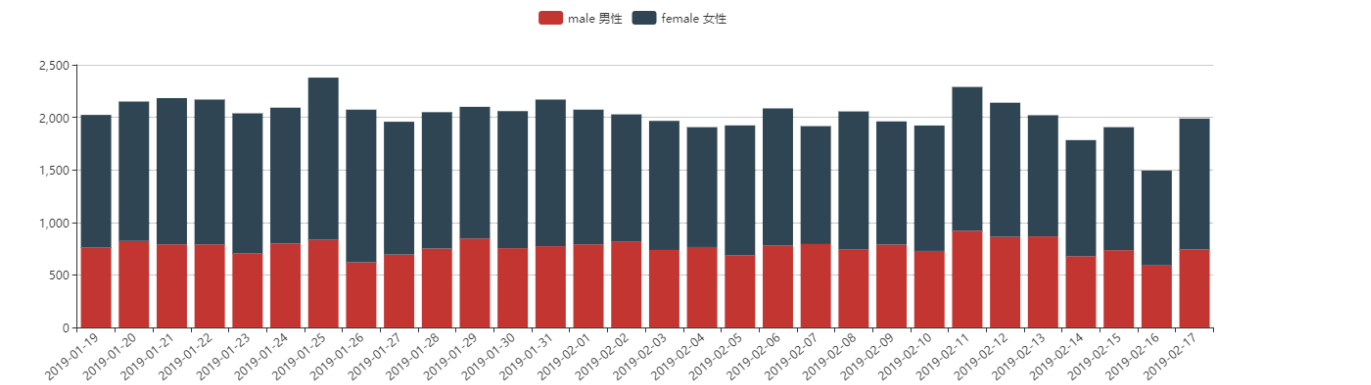
人体的正常运转过程中, 心脏通过血管泵出血液时会产生一定量的氧化氮, 从而就会使得我们的血管适当放松, 促进血流顺畅程度。如果食盐摄入过多, 本身就会抑制一氧化氮的释放, 从而就会妨碍血管的扩张能力, 这样还会增加患动脉硬化的风险。

During the normal operation of the human body, the heart pumps blood through the blood vessels to produce a certain amount of carbon monoxide, which will make our blood vessels relax properly and promote the smooth degree of blood flow. If too much salt is ingested, it will inhibit the release of carbon monoxide itself, which will hinder the ability of blood vessels to expand, which will also increase the risk of atherosclerosis.

减盐-微博

Salt Reduction - Weibo

2019-02-17, 共检测到1988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 1988 weibos about salt reduction monitored on 2019-02-17.
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.

没有相关微博!
No such weibos!

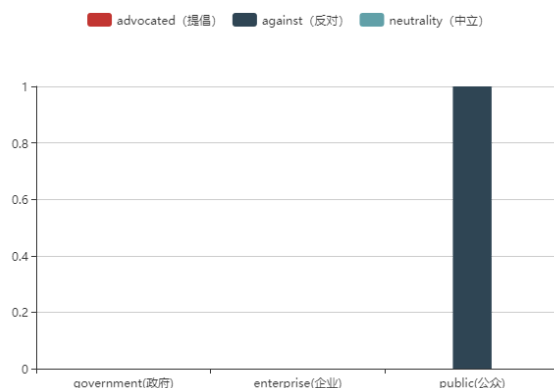
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-17) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-17. 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
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. 如何选择正确的食用油? How to choose the right cooking oil?	来源：生物谷 Source: Biological Valley	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:31:19 Time: 16:31:19
油是我们做饭过程中最常用的原料之一，也是奶油及人造奶油的健康替代品。每汤匙的所有的食用油（包括橄榄油，菜籽油和花生油）都包含14克脂肪，大约120卡路里。因此需要仔细测量需要的量，因为即使一些脂肪对健康有益且这些都是很好的选择，但是他们仍然含有大量的卡路里。对于高温烹饪（例如油炸食品和烤肉时），应该使用高烟点油，如菜籽油、葡萄籽油和红花油等。				
Oil is one of the most commonly used ingredients in our cooking process. It is also a healthy substitute for butter and margarine. Every tablespoon of all cooking oils (including olive oil, rapeseed oil and peanut oil) contains 14 grams of fat, about 120 calories. So you need to measure the amount carefully, because even though some fats are good for your health and these are good choices, they still contain a lot of calories. For high temperature cooking (such as fried food and roast meat), high smoke point oils such as rapeseed oil, grape seed oil and safflower oil should be used.				
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

2019-02-17, 共监测到342篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 342 WeChat public articles were monitored in 2019-02-17. 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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 38

日期: 2019-02-17

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

Repeat Number: 38

Data: 2019-02-17

心要穷养: 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。保养要点: 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

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

2. 奶茶, 正在毁掉中国的三代人

重复数: 14

日期: 2019-02-17

[Milk tea is destroying three generations in China](#)

Repeat Number: 14

Data: 2019-02-17

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

3. 奶茶, 正在毁掉我们下一代

重复数: 7

日期: 2019-02-17

[Milk tea is destroying our next generation](#)

Repeat Number: 7

Data: 2019-02-17

结果检测发现一杯奶茶, 就超过三天的量了 也就是说 原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出 对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。对此, 消保委提醒商家, 应对原材料严格把关, 了解加工工艺的效果, 标明奶茶的成分含量及不适用人群。

The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

4. 医生告诫: 生病千万别吃它, 后果不堪设想

重复数: 3

日期: 2019-02-17

[Doctors warn: Never eat it when you are sick. The consequences are unimaginable.](#)

Repeat Number: 3

Data: 2019-02-17

炸鱼的油经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。浓茶。含有较多的咖啡因, 可能导致心率加快。红烧肉。含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。蛋黄派。蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

When fried fish oil is heated at high temperature, it produces a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea. High levels of caffeine may lead to increased heart rate. Pork braised in brown sauce. The content of "medium chain saturated fatty acid" is higher, and the ability to raise blood lipid and cholesterol level is very strong. Egg yolk pie. Egg yolk pie and other tastes are achieved by using "shortening", the main ingredient of shortening is "partially hydrogenated vegetable oil", which is extremely harmful to the cardiovascular system.

5. 大脑最爱的10种食物, 核桃只排第4名, 第1名谁都想不到!

重复数: 3

日期: 2019-02-17

[Among the 10 favorite foods in the brain, walnuts rank only 4th, and the 1st place is unexpected!](#)

Repeat Number: 3

Data: 2019-02-17

黑芝麻中含有的脂肪大多数为不饱和脂肪酸, 不饱和脂肪酸被认为拥有延年益寿的神奇功效。常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Black sesame contains most of the fat is unsaturated fatty acid, unsaturated fatty acid is considered to have a magical effect of longevity. Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. These foods contain a large amount of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

反式脂肪酸-微博 Transfat - Weibo

2019-02-17, 共检测到142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。

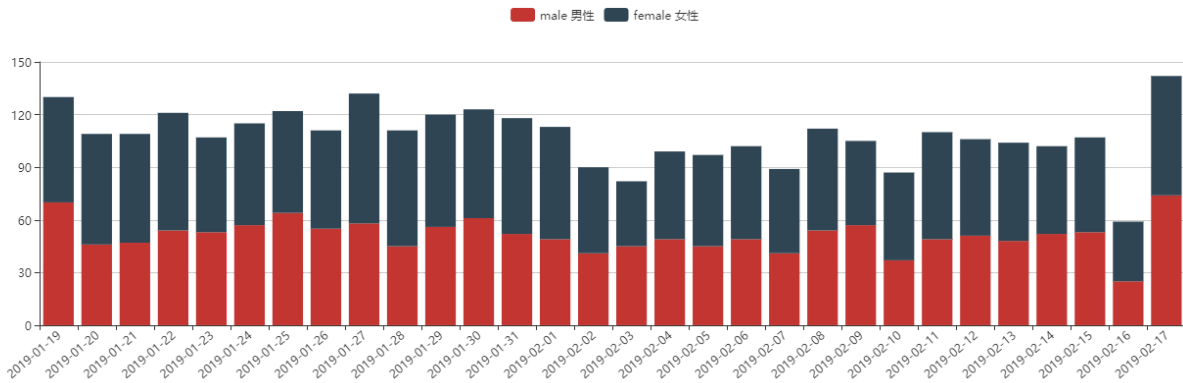
There are 142 weibos about transfat reduction monitored on 2019-02-17.

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. 没有相关微博!
No such weibos!