

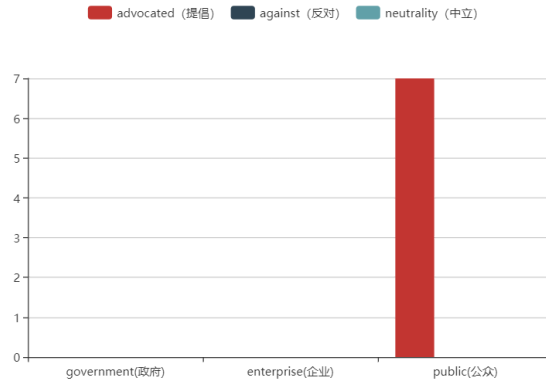
减盐-新闻

Salt Reduction - News

今日 (2018-11-23) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-11-23. 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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1. “西红柿炒鸡蛋”美味、营养, 保护大脑、保护心脏	来源: 中原网	主体: 公众	态度: 提倡	时间: 19:15:33
"Scrambled Eggs with Tomatoes" is delicious and nutritious. It protects the brain and heart.	来源: 中原网	Subject: public	Attitude: advocate	Time: 19:15:33

最近网上有篇文章提到: “健康人因为喜欢吃“西红柿炒鸡蛋”, 出现心梗! 西红柿炒鸡蛋看似非常健康, 但在烹调时放入大量的糖、盐和油, 长期食用将危害血管健康, 成为心梗猝死的元凶之一”。诚然, 无论多么健康的食品, 烹饪方法不当都会对身体造成伤害, 但不能由此否定食物本身的营养价值。下面, 喵医生给大家聊聊这道菜正常烹饪情况下给身体带来的好处。虽然西红柿和鸡

蛋有这么多的营养价值，但是在烹饪时还要掌握好方法，还是很考验您的手艺的，因为越是家常饮食，想要炒出原汁原味来也是不容易的事情！
Recently, an online article mentioned that "Healthy people have myocardial infarction because they like to eat scrambled eggs with tomatoes!" Scrambled eggs with tomatoes seem to be very healthy, but when cooked with a large amount of sugar, salt and oil, long-term consumption will endanger the health of blood vessels and become one of the main culprits of sudden myocardial infarction. It is true that no matter how healthy the food is, improper cooking methods will cause harm to the body, but we can not deny the nutritional value of the food itself. Next, Doctor Miao will talk about the health benefits of this dish under normal cooking conditions. Although tomatoes and eggs have so much nutritional value, but in cooking to master a good method, or very test your craft, because the more homely diet, want to fry the original juice is not easy!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章！
No such articles!

安徽

Anhui

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章！
No such articles!
<div>高血压</div> <div>Hypertension</div>
没有相关文章！
No such articles!
<div>心血管健康</div> <div>Cardiovascular health</div>
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没有相关文章！
No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章！
No such articles!

浙江

Zhejiang

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章！
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<div>高血压</div> <div>Hypertension</div>
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没有相关文章！
No such articles!

其他省份

Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>				
1. 食用菌“另类烹调”没有十八般“厨艺”怎么行	来源：中国新闻网	主体：公众	态度：提倡	时间： 03:04:05
How can mushroom "alternative cooking" be done without eighteen kinds of "cooking skills"	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 03:04:05
双孢菇—菜市场里最常见的白蘑菇，怎么吃？也许你会回答：“当然是炒着吃或者熬汤了。”但在南京农业大学国家食用菌产业技术体系产品加工岗位实验室里，“白白胖胖”的双孢菇有了一种前所未有的另类“烹调方式”：超声破碎、复合酶解、微波干燥、旋转造粒.....经过复杂的技术处理，化身为呈味核苷酸、鲜味多肽和氨基酸等物质，再进一步加工就制得双孢菇盐和双孢菇精两种调味				

品。 “与普通食盐相比，双孢菇盐的钠含量从每100克38.96克降低到14.53克，减钠效果明显。双孢菇盐还有提鲜效果，是味精和盐的天然替代品。”

Agaricus bisporus, the most common white mushroom in the vegetable market, how to eat it? Maybe you will answer, "Of course, it's fried or boiled soup." But in the National Edible Mushroom Industry Technology System Product Processing Post Laboratory of Nanjing Agricultural University, "white, fat" bisporus mushroom has an unprecedented alternative "cooking method": ultrasonic breaking, complex enzymatic hydrolysis, microwave drying, rotating granulation... Two kinds of condiments, bisporus mushroom salt and bisporus mushroom essence, were prepared after complex technical treatment, which were transformed into flavoring nucleotides, flavoring polypeptides and amino acids. "Compared with common salt, the sodium content of bisporus mushroom salt decreased from 38.96 g to 14.53 g per 100 g, and the effect of reducing sodium was obvious. The bisporus mushroom salt also has the fresh-raising effect, is the natural substitute of monosodium glutamate and salt.

2. 有口福！研究表明每天吃香蕉可使中风几率降低来源：北方网主体：公众态度：提倡时间： 15:46:28
Have a good luck! Studies have shown that eating bananas every day reduces the risk of stroke.来源：北方网Subject: publicAttitude: advocateTime: 15:46:28

吃货们的利好消息！发表在《美国心脏病学会杂志》上的一项研究表明，每天吃香蕉可使中风几率降低。香蕉是含钾最高的水果之一，适量吃对控制血压有利。食品工程与营养硕士李然：《美国心脏病学会杂志》的这项研究指出，每餐吃一根香蕉可使中风几率降低21％。中风的原因60％与高血压相关，而每100克香蕉含钾约256毫克，一根香蕉的钾含量就有500毫克左右，且钠含量相对较低，对降血压有帮助。而近期类似的研究也不止这一项。2014年9月，美国《中风》杂志刊登了一项研究，其同样证明，高钾膳食有助于预防中风。

Good news for the eaters! A study published in the Journal of the American Heart Association found that eating bananas every day reduced the risk of stroke. Bananas are one of the most potassium-containing fruits, and moderate consumption is beneficial to controlling blood pressure. Li Ran, Master of Food Engineering and Nutrition: A study in the Journal of the American College of Cardiology found that eating a banana per meal reduced the risk of stroke by 21%. 60% of the causes of stroke are related to hypertension. For every 100 grams of banana containing about 256 mg of potassium, the potassium content of a banana is about 500 mg, and the sodium content is relatively low, which is helpful for lowering blood pressure. This is not the only recent study. In September 2014, a study published in the American Journal of Stroke also proved that high potassium diet can help prevent stroke.

高血压
Hypertension

1. 妊娠高血压牢记这个饮食原则，还整个孕期太平，真的不想剖腹产来源：搜狐主体：公众态度：提倡时间： 02:16:53
Pregnancy-induced hypertension keeps this dietary principle in mind, and the whole pregnancy is peaceful. It really doesn't want to have a caesarean section.来源：搜狐Subject: publicAttitude: advocateTime: 02:16:53

妊娠高血压牢记这个饮食原则，还整个孕期太平，真的不想剖腹产。有些准妈妈在怀孕期间，没有做好妊娠高血压的预防，以至于在孕晚期被妊娠高血压缠上，果然如此的话，准妈妈就要在饮食中加了以控制。妊娠高血压牢记这个饮食原则，还整个孕期太平，真的不想剖腹产 遵循三高一低的饮食原则 准妈妈遵守“三高一低”的饮食原则，这究竟是什么呢?这就要求准妈妈在孕期饮食中要高蛋白、高钙、高钾、低钠。尿液中会流失大量的蛋白，通过高蛋白饮食可以加以补充，高钙可提升肠道吸收钙质，促进高血压的改善，低钠饮食可让周围血管的阻力减少，达到降压的效果。

Pregnancy-induced hypertension keeps this dietary principle in mind, and the whole pregnancy is peaceful. It really does not want to have a caesarean section. Some expectant mothers fail to prevent pregnancy-induced hypertension during pregnancy, so that they are entangled with pregnancy-induced hypertension in the third trimester of pregnancy. If so, expectant mothers should control their diet. Pregnancy-induced hypertension remembers this dietary principle and the whole pregnancy is peaceful. It really does not want to follow the dietary principle of "three highs and one lows" for expectant mothers. What exactly is this? This requires expectant mothers to have high protein, high calcium, high potassium and low sodium in their diet during pregnancy. Urine will lose a lot of protein, which can be supplemented by a high-protein diet. High-calcium diet can improve the intestinal absorption of calcium, promote the improvement of hypertension. Low-sodium diet can reduce the resistance of peripheral blood vessels and achieve the effect of reducing blood pressure.

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. 脸上有这三种表现，警惕血脂高了！再拖血管堵了！来源：搜狐主体：公众态度：提倡时间： 18:54:56
There are three manifestations on the face, be alert to hyperlipidemia! Drag the blood vessel again!来源：搜狐Subject: publicAttitude: advocateTime: 18:54:56

血脂包括人体血液中的胆固醇，甘油三酯和磷脂等脂类物质。这些物质是临床上常见的化验项目，大家看化验单的时候并不陌生。化验可以精确查询血脂的含量，但还有一个方法也可以观察到我们体内血脂的情况，那就是“面诊”。这里提到的“面诊”有别于中医里的面诊，就是从自己或者他人的眼睛、眼睑、耳朵上发现高血脂的蛛丝马迹。研究发现，耳垂上有皱纹的老年人患动脉硬化和冠心病的概率比没有皱纹的高。因此，老年人发现耳垂部位有明显的上下斜行的皱纹时，应当引起重视，尤其是双侧耳垂出现皱纹或者一侧耳垂皱纹比较深时，应及时到医院查血脂、血压、心电图方面的化验，以便及时发现问题解决问题。

Blood lipids include cholesterol, triglycerides and phospholipids in human blood. These substances are common laboratory items in clinic. When you look at the test sheet, you are familiar with them. Laboratory tests can accurately inquire about the level of blood lipids, but there is also a way to observe the situation of blood lipids in our body, that is, "face-to-face diagnosis". The "face-to-face diagnosis" mentioned here is different from the face-to-face diagnosis in traditional Chinese medicine. It is to find traces of hyperlipidemia in the eyes, eyelids and ears of oneself or others. Studies have found that older people with wrinkles in the earlobe are more likely to suffer from atherosclerosis and coronary heart disease than those without wrinkles. Therefore, the elderly should pay attention when they find obvious wrinkles in the earlobe, especially when wrinkles in bilateral earlobes or deep wrinkles in one earlobe, they should check blood lipid, blood pressure and electrocardiogram in hospital in time, so as to find out the problems and solve them in time.

2. 世界慢阻肺日到来专家提醒警惕不动声色的“隐形杀手”来源：河北新闻网主体：公众态度：提倡时间： 19:16:52
Experts warn against silent "invisible killers" on the arrival of World Chronic Obstructive Pulmonary Day.来源：河北新闻网Subject: publicAttitude: advocateTime: 19:16:52

11月21日（星期三）是世界慢性阻塞性肺病日，今年的主题为“早防早治，始终不晚”。慢性阻塞性肺病（慢阻肺），是一种危害极为严重的慢性呼吸道疾病，近年发病率和死亡率均逐年增高，我国慢阻肺患者人数已逾一亿人。有关专家指出，慢阻肺发病没有明显的症状，一旦形成不仅呼吸系统受累，还累及骨骼肌肉、心脏等全身多个脏器，引起多种合并症。慢阻肺像一把“慢刀子”慢阻肺与众多慢病“平起平坐”，2018年中国成人肺部健康研究（CPHS）调查结果显示，我国慢阻肺患者人数9990万（约1亿人），已成为与高血压、糖尿病“等量齐观”的慢性疾病，构成我国重大疾病负担。

Wednesday, November 21, is World Chronic Obstructive Pulmonary Disease Day. This year's theme is "Early prevention and early treatment, never too late". Chronic obstructive pulmonary disease (COPD) is a very serious chronic respiratory disease. In recent years, the incidence and mortality of COPD have increased year by year. The number of COPD patients in China has exceeded 100 million. Relevant experts pointed out that the onset of COPD has no obvious symptoms, once formed, not only the respiratory system is involved, but also the skeletal muscle, heart and other organs throughout the body, causing a variety of complications. Chronic obstructive pulmonary disease (COPD) is like a "slow knife" COPD and many chronic diseases. According to the results of the Chinese Adult Pulmonary Health Research (CPHS) survey in 2018, the number of COPD patients in China is 99.9 million (about 100 million people). It has become a chronic disease of the same magnitude as hypertension and diabetes mellitus and constitutes a major disease in China. Burden.

3. 向春能：公公婆婆的“贴身小棉袄”来源：红网主体：公众态度：提倡时间： 12:33:13
Xiangchunneng: The "Close-fitting Cotton Jacket" of Grandpa, Grandpa and Grandpa来源：红网Subject: publicAttitude: advocateTime: 12:33:13

提起向春能，在原怀化针织厂家属区内无人不晓。“百善孝为先。”向春能悉心照料患病的公公婆婆，受到邻居称赞。今年3月，向春能被评为孝老爱亲“湖南好人”。针织厂家属区位于怀化市鹤城区中街道三角坪社区。11月21日，记者来到向春能家，她正在给婆婆杨秀珍老人梳头、涂药按摩。“常言道，闺女是父母的‘贴身小棉袄’。”百善孝为先，但知易行难。行孝关键在“行”，要像向春能一样，从小事做起，时时行、事事行，并长期坚持，以孝为乐，以孝为荣。“老吾老以及人之老，幼吾幼以及人之幼。”孝老爱亲是中华民族的传统美德，应当在每个人身上得到发扬光大。

When it comes to Xiangchunneng, no one in the original Huaihua knitting factory is unaware of it. "All kindness and filial piety are the first." Xiangchunneng took good care of his sick parents-in-law and was praised by his neighbours. In March this year, Xiangchun was named "Hunan Good Man" for filial piety and loving relatives. Knitting factories are located in the triangle flat community of Hecheng District, Huaihua City. On November 21, the reporter came to Xiangchunneng's home. She was combing her hair and massaging her mother-in-law, Yang Xiuzhen. "As the saying goes, a girl is her parents' little cotton jacket." Filial piety comes first, but it is easy to know and difficult to do. The key to filial piety lies in "acting". Like Xiangchunneng, we should start from small things, do everything from time to time, and persist for a long time, take filial piety as pleasure and take filial piety as honor. "The old and the old, the young and the young." Filial piety is the traditional virtue of the Chinese nation, which should be carried forward in everyone.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-11-23, 共监测到551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 551 WeChat public articles were monitored in 2018-11-23. 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.	重复数: 28 Repeat Number: 28	日期: 2018-11-23 Data: 2018-11-23
The optimal amount of salt ingested by healthy people is no more than 6 grams per day - the amount of a bottle cap of a regular beer bottle.		
2. 吃惯了重口味, 如何减盐、减油、减糖? If you are used to a diet that tastes heavy, how do you reduce salt, oil, and sugar?	重复数: 5 Repeat Number: 5	日期: 2018-11-23 Data: 2018-11-23
Experts recommend 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.		
3. 《一图了解“三减三健”》之减盐篇 "A picture to understand "three minus three health"" - salt reduction	重复数: 3 Repeat Number: 3	日期: 2018-11-23 Data: 2018-11-23
The Chinese Dietary Guidelines (2016) mentions that most residents in China have excessive salt intake, and excessive salt intake is associated with high blood pressure, stomach cancer and stroke, so it is necessary to reduce salt intake.		
4. 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.	重复数: 3 Repeat Number: 3	日期: 2018-11-23 Data: 2018-11-23
The daily salt intake of Chinese people has exceeded the standard seriously. Hu Minyu, secretary-general of Hunan Nutrition Society, said that the "Dietary Guidelines for Chinese Residents 2016" recommended that adults consume no more than 6 grams of salt per day, but the average actual intake of Chinese residents is 10.5 grams.		
5. 冬季养生须做到八多八少 The regimen in winter should observe the regulation of "eight-more-eight-less".	重复数: 3 Repeat Number: 3	日期: 2018-11-23 Data: 2018-11-23
"Huang Di's Canon of Internal Medicine" said that "salty food is not good for the kidneys." Modern medical research has also shown that the onset of high blood pressure is associated with excessive intake of salt. Therefore, "a light diet is good for the body" is reasonable. While vinegar is sour and warm, it can promote digestion, and eating more vinegar is good for the body.		

减盐-微博 Salt Reduction - Weibo

2018-11-23, 共检测到1592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。

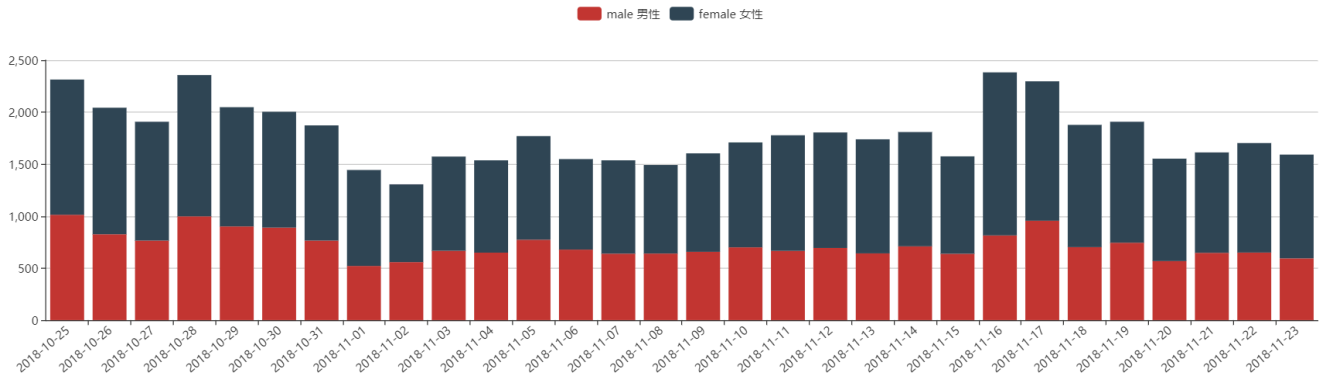
There are 1592 weibos about salt reduction monitored on 2018-11-23.

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

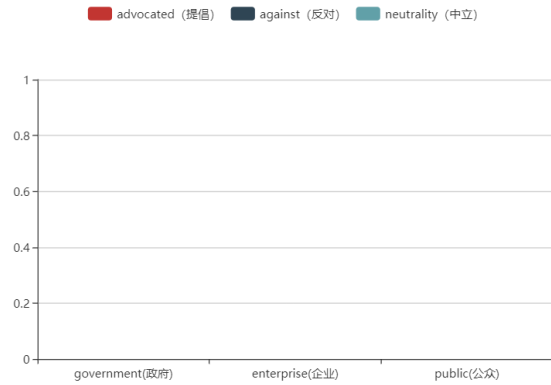
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-23) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-11-23. 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

2018-11-23, 共监测到291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 291 WeChat public articles were monitored in 2018-11-23. This page shows the top five articles by repeat number today.

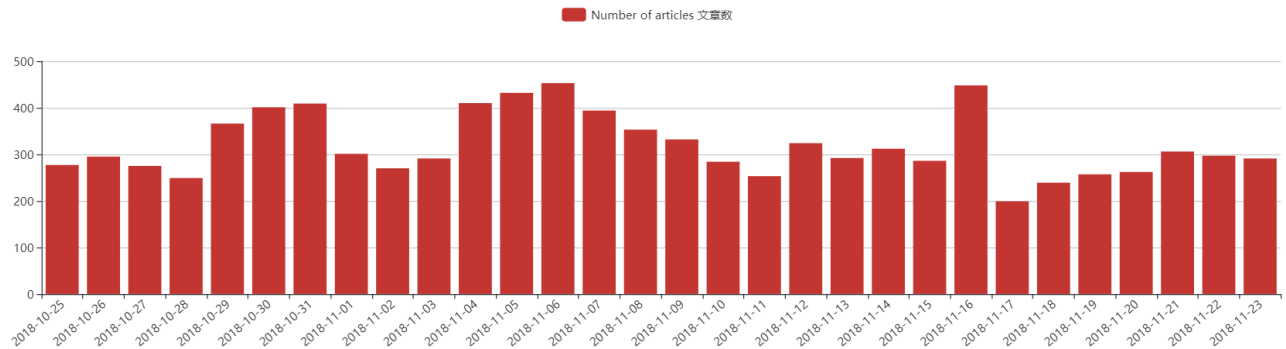
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The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. [喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手](#)
[喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手](#)

重复数: 8

日期: 2018-11-23

Repeat Number: 8

Data: 2018-11-23

If the snack ingredients list shows these, all of them should be eaten less! But unfortunately, many snacks in the supermarket contain these ingredients. There are trans fatty acids in the milk tea made with creamer. Chocolate-flavored pastries have trans fatty acids. The pastry cake made from margarine also has trans fatty acids.

2. [去超市购物, 这个小东西里藏着大秘密! 买前一定要看看](#)

重复数: 5

日期: 2018-11-23

[Go shopping in the supermarket. There's a big secret in this little thing! Be sure to check it out before you buy it.](#)

Repeat Number: 5

Data: 2018-11-23

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

3. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#)

重复数: 4

日期: 2018-11-23

[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

Repeat Number: 4

Data: 2018-11-23

Many studies have confirmed that trans fatty acids contained in these products can greatly increase the risk of cardiovascular disease and diabetes, and may also endanger the health of the brain.

4. [这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)

重复数: 3

日期: 2018-11-23

[These six kinds of milk are absolutely not for children to drink, and the second kind you may buy every day!](#)

Repeat Number: 3

Data: 2018-11-23

A closer look at the ingredients list reveals that in addition to milk powder and white sugar, it also contains creamer, which contains trans fatty acids. Not only is it not good for your baby's health, it also affects your mental development, and most of your milk tablets have added flavors. Excessive consumption can affect your baby's health.

反式脂肪酸-微博 Transfat - Weibo

2018-11-23, 共检测到93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。

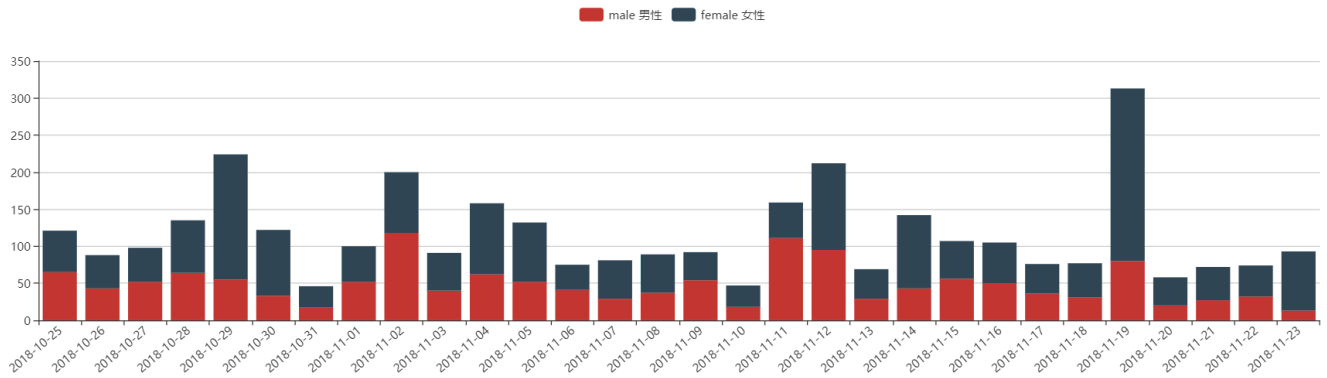
There are 93 weibos about transfat reduction monitored on 2018-11-23.

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!