

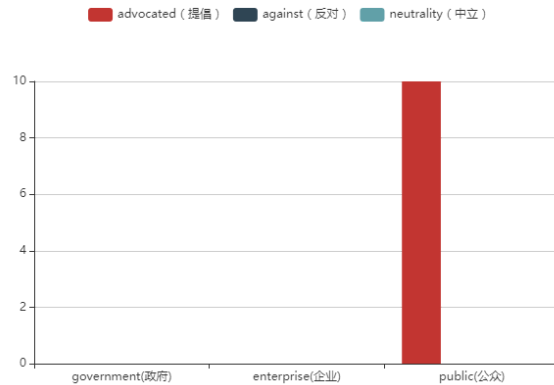
减盐-新闻

Salt Reduction - News

今日 (2019-03-07) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2019-03-07. 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

1. [三餐吃咸菜女子患上高血压专家：吃盐别超量](#)

[Women who eat salted vegetables for three meals suffer from hypertension. Expert: Don't overeat salt](#)

来源：新华网山东频道

Source: Xinhua Shandong Channel

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：10:12:41

Time: 10:12:41

2019年3月4日—10日是第12个“世界减盐周”。“全民健康生活方式行动”是近年来一直在积极倡导“减盐”的健康生活方式，山东省烟台市疾控专家呼吁，每人每天食盐的摄入量不宜超6克，平时养成少盐饮食的习惯，小心“看不见”的盐。常年高盐高油饮食正是导致高血压发病的罪魁祸首。口味重，爱吃腌制的咸菜，摄入的油和盐大大超标，导致身体肥胖，血压也会跟着飙升。

March 4 - 10, 2019 is the 12th World Salt Reduction Week. "National Healthy Lifestyle Action" has been actively advocating a healthy lifestyle of "salt reduction" in recent years. Disease control experts in Yantai City, Shandong Province, appealed that the daily intake of salt should not exceed 6 grams per person. In peacetime, people should develop a habit of eating less salt and be careful of "invisible" salt. Perennial high-salt and high-oil diet is the culprit of hypertension. Heavy taste, love to eat pickled vegetables, intake of oil and salt greatly exceed the standard, leading to obesity, blood pressure will follow the surge.

心血管健康

Cardiovascular health

没有相关文章！

No such articles!

综合健康信息

Comprehensive Health Information

没有相关文章！

No such articles!

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

河南

Henan

食物中的钠

Sodium in food

没有相关文章！

No such articles!

高血压

Hypertension

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!

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

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

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!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 全国政协委员安庭建议在儿童食品包装上标注糖分含量及警示语 Anting, a member of the CPPCC National Committee, suggested that sugar content and warnings be labeled on children's food packaging	来源：中国质量报 Source: China Quality Daily	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:20:03 Time: 13:20:03
2017年5月，由北京大学公共卫生学院发布的《中国儿童肥胖报告》中指出，我国儿童肥胖率不断攀升，如不采取有效的干预措施，预计到2030年，超重肥胖的儿童数将增至接近5000万人。 随着消费水平的提升，我国儿童肥胖率提升速度明显加快，严重威胁着孩子们的身心健康。 “在这其中，针对儿童的零食类商品起到了 ‘推波助澜’ 的作用。” 全国政协委员、北京希肯国际文化艺术（集团）公司董事长安庭今年带来的提案之一，便是有关控制儿童肥胖率的内容。				
In May 2017, China's Children's Obesity Report issued by the School of Public Health of Peking University pointed out that the obesity rate of children in China is increasing. Without effective intervention measures, the number of overweight and obese children is expected to increase to nearly 50 million by 2030. With the improvement of consumption level, the rate of children's obesity in China has increased significantly, which seriously threatens children's physical and mental health. "Among them, snacks for children have played a role of 'boosting the tide'." One of the proposals put forward this year by Anting, member of the CPPCC National Committee and chairman of Beijing Hiken International Culture and Art (Group) Company, is to control the obesity rate of children.				
2. 泰国儿童肥胖率居高不下，10个孩子中就有1个肥胖儿童 Obesity rates among Thai children are high, with one in 10 obese children.	来源：泰国头条新闻 (新闻发布) (博客) Source: Thai headlines (news releases) (blogs)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:56:15 Time: 15:56:15
3月6日晚，在Miracle Grand Convention酒店举行的关于健康与营养的活动中，前卫生部副部长表示，目前泰国有10%的儿童肥胖，并且这一现象至少持续5年。有数据显示，泰国5岁以下儿童肥胖率为9%，6-14岁儿童肥胖率则有13.1%， 多年来，泰国儿童肥胖率一直居高不下，去年11月的一份报告显示，有10.5%的5岁以下儿童肥胖，2014年的一份报告中显示，有13.9%的6-14岁儿童肥胖，他们中的大多数来自于城市。				
On the evening of March 6, at an event on health and nutrition held at the Miracle Grand Convention Hotel, the former vice-minister of Health said that 10% of children in Thailand were obese and the phenomenon lasted for at least five years. Data show that the obesity rate of children under 5 years old in Thailand is 9%, while that of children under 6-14 years old is 13.1%. Over the years, the obesity rate of children in Thailand has remained high. A report last November showed that 10.5% of children under 5 years old are obese. A report in 2014 showed that 13.9% of children aged 6-14 years are obese, most of them come from cities.				
3. 不甜的食物就没糖吗？不咸的食物就没盐吗？ Is there no sugar in the unsweetened food? Are saltless foods without salt?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:59:52 Time: 19:59:52
有些人认为，不咸的食物就没钠，不甜的食物就不含糖，事实真的如此吗？哪些食物不咸但含钠不少？哪些食物不甜但含糖较多？ 不甜的食物就没糖吗？不咸的食物就没钠吗？ 这得从味觉说起。味觉是因味觉器官的刺激而产生的一种感觉。从生理学的角度，分为酸、甜、苦、咸、鲜5种基本味觉。我们吃一样东西，不是说它含盐，我们吃出来就一定是咸的；也不是说它含糖，我们吃出来就一定是甜的。				
Some people think that no salt food has no sodium, no sweetness food has no sugar. Is that true? Which foods are not salty but contain a lot of sodium? Which foods are not sweet but contain more sugar? Is there no sugar in the unsweetened food? Is there no sodium in salty food? It has to start with taste. Taste is a sensation produced by the stimulation of taste organs. From the physiological point of view, it can be divided into five basic tastes: sour, sweet, bitter, salty and fresh. When we eat something, we do not mean that it contains salt, but that it must be salty when we eat it; nor does it mean that it contains sugar, and that it must be sweet when we eat it.				
高血压 Hypertension				
没有相关文章！				
No such articles!				
心血管健康 Cardiovascular health				
1. 再敲警钟！过量摄入食盐或引起心脏病 Ring the alarm bell again! Excessive salt intake or heart disease	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：20:25:38 Time: 20:25:38
据英国《每日邮报》3月5日报道，美国国家科学院新发布的一项报告显示，减少食盐摄入量会降低患心血管疾病的风险，建议美国人每天的食盐最大摄入量应降至1500毫克。过量摄入食盐会导致人体储存过量水分，致使血压升高，进而导致心脏病这一全球头号杀手。 美国国家科学院最新发布了一项由卫生部等联邦机构资助研究的报告，该报告显示降低钠摄入量会降低心脏病的患病风险。				
According to the Daily Mail of March 5, a new report released by the National Academy of Sciences suggests that reducing salt intake reduces the risk of cardiovascular disease and suggests that Americans should reduce their maximum daily salt intake to 1500 mg. Excessive salt intake can lead to excessive storage of water and elevated blood pressure, leading to heart disease, the world's number one killer. The National Academy of Sciences recently released a study funded by federal agencies such as the Department of Health, which shows that reducing sodium intake reduces the risk of heart disease.				
综合健康信息 Comprehensive Health Information				
1. 危害巴哥犬生命的“5个做法”，你中了几个？ How many of the "5 practices" that endanger the lives of pugs?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:14:34 Time: 15:14:34
危害巴哥犬生命的“5个做法”，你中了几个？ 健康饲养，从饒不膩天然狗粮开始，想了解更多的饲养知识，请关注“饒不膩天然狗粮” 搜狐号。巴哥犬目前最受欢迎的大种之一，相信宠主们在饲养巴哥犬的过程中都会有自己的饲养方法啊，但是如果你有以下这5个做法的话，那么建议你一定要纠正哦，因为这是危害巴哥犬做法的行为，看下你中了几个！				
How many of the "5 practices" that endanger the lives of pugs? Healthy feeding, starting with natural dog food, want to know more about feeding knowledge, please pay attention to Sohu. Pug dog is currently one of the most popular breeds, I believe pet owners in the process of raising Pug dogs will have their own breeding methods, ah, but if you have the following five practices, then you must correct it, because this is harmful to pug dog practices, see how many of you!				
2. 变啦体重管理教练，专属于你的私人教练 Weight Management Coach, Your Personal Coach	来源：大江网 Source: Great river network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:15:21 Time: 17:15:21
减肥一直都是很多人的一大难题，有很多人减肥会选择去健身房，但是坚持下来的人却很少，而且有的人减下来还会反弹。那为了能够摆脱自己一身的赘肉，我们应该怎么办呢？ 据数据显示，健康体质的人体中由5%的无机盐、20%的蛋白质、20%的脂肪和55%的水组成，而肥胖的人体中则含有50%的脂肪，甚至更多。减重并不等于减肥，减脂才是关键。				
Losing weight has always been a big problem for many people. Many people choose to go to the gym to lose weight, but few people stick to it, and some people will rebound when they lose weight. So what should we do in order to get rid of the excess? According to the data, healthy people are composed of 5% inorganic salt, 20% protein, 20% fat and 55% water, while obese people contain 50% fat, or even more. Losing weight is not equal to losing weight. Losing weight is the key.				

3. 极简私家菜奶油菜心
Minimalist Private Vegetable Cream Brassica napus

来源：新浪网 (博客)
Source: Sina (Blog)

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 15:21:59
Time: 15:21:59

喜欢探究美食的朋友，有没有感觉到现在时兴吃私房菜了，特别是随着90后00后步入社会成为了消费主体以后，他们成了追逐私家菜的主流。我们过去津津乐道的传统菜逐渐走下坡路了，曾经门庭若市的老字号现在门可罗雀了。应该说这是一场舌尖上的革命，深层次的原因就是年轻一代人认同的是我的舌尖我做主，而不是你说什么好吃我就吃什么。私家菜有什么奥秘吗？其实所谓私家菜说到底就是吃的与众不同。

Friends who like to explore delicious food, do you feel that private dishes are popular nowadays, especially after 1990's, they have become the mainstream of chasing private dishes. The traditional dishes that we used to enjoy talking about gradually went downhill. The old name of Menting Ruoshi is now crowded with sparrows. It should be said that this is a revolution on the tip of the tongue. The underlying reason is that the younger generation agrees that I am the master of the tip of the tongue, not that I eat what you say is delicious. What's the secret of private dishes? In fact, the so-called private dishes in the final analysis is to eat different.

4. “老年食品”来了！但老年饮食健康需要的，不仅仅是食物Comments>>
“Old age food” is coming! But the dietary health needs of the elderly are not just food.

来源：songshuhui.net
Source: Songshuhui.net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 14:22:00
Time: 14:22:00

老年人对于养生和保健有着巨大的需求。尤其是那些经济条件较好的老年人，为了一点微茫的希望也愿意付出高昂的价格，也就成为了“老年保健品”。“保健食品”最大的忽悠对象群体。而实际上，通过保健品来获得健康只是一种不切实际的愿望。过了50岁，大多数人的味觉就开始退化，各种食物都难以引起他们的食欲。人们经常把这种现象错误地归结为上了年纪之后清心寡欲——实际上，这是衰老引起的的生理变化。

The elderly have a huge demand for health and health care. Especially those elderly people with better economic conditions are willing to pay a high price for a little dim hope, which has become "elderly health care products". "Health Food" is the biggest target group of cheating. In fact, getting health through health care products is just an unrealistic wish. Over the age of 50, most people's taste begins to deteriorate, and all kinds of food are difficult to arouse their appetite. This phenomenon is often mistakenly attributed to the lack of desire in old age - in fact, it is a physiological change caused by aging.

5. 终于找到尿毒症的元凶了，医生说四种习惯，再难也得赶紧扔掉
Finally, the culprit of uremia has been found. The doctor said that four habits must be thrown away as soon as possible.

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 20:49:32
Time: 20:49:32

每年三月份的第二个星期四，被定为世界肾脏病日，它的目的在于提高人们对慢性肾脏疾病的认识。我国慢性肾病的人数高达1.3个亿，也就是说，每十个人中，就有一名慢性肾病的患者。很多人认为肾脏健康没那么重要，因为肾有两个，用坏了一个还有一个，其实这样的观念是大错特错的，不能认为肾脏有两个，它就更强，事实上，人的肾脏是非常虚弱的，稍微一个不注意，就可能给肾脏带来难以估计的伤害。

The second Thursday of March is designated World Kidney Day, which aims to raise awareness of chronic kidney disease. The number of chronic kidney disease in China is as high as 130 million, that is to say, there is one chronic kidney disease patient in every ten people. Many people think that kidney health is not so important, because there are two kidneys, one is used badly and another is used badly. In fact, this idea is wrong. We can't think that two kidneys are stronger. In fact, human kidneys are very weak. A little neglect may cause incalculable damage to the kidneys.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-03-07，共监测到365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 365 WeChat public articles were monitored in 2019-03-07. 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. 世界减盐周！别让食物的“盐值”，成为全家人的“健康杀手”

重复数：12

日期：2019-03-07

[The World Salt Reduction Week. Do not let the "salt value" of food become the "health killer" of the whole family.](#)

Repeat Number : 12

Data : 2019-03-07

世界卫生组织建议成年人每人每天食盐摄入量不超过5克。《中国居民膳食指南》在评估我国居民食盐摄入量及饮食习惯等基础上提出成年人每天食盐摄入量不超过6克。但是中国居民营养状况调查显示：我国居民实际每日盐摄入量在12克左右，是全球食盐摄入量最高的国家之一。食盐摄入过多可导致血压升高，并增加脑卒中、心脏病、胃癌、骨质疏松等疾病的患病风险。

The World Health Organization recommends that adults consume no more than 5 grams of salt a day. Based on the evaluation of salt intake and eating habits of Chinese residents, the Dietary Guidelines for Chinese Residents put forward that the daily salt intake of adults should not exceed 6 grams. However, the nutritional status survey of Chinese residents shows that the actual daily salt intake of Chinese residents is about 12 grams, which is one of the highest salt intake countries in the world. Excessive salt intake can lead to elevated blood pressure and increase the risk of stroke, heart disease, gastric cancer, osteoporosis and other diseases.

2. 世界减盐周，主动“要”少盐

重复数：10

日期：2019-03-07

[World Salt Reduction Week](#)

Repeat Number : 10

Data : 2019-03-07

世界卫生组织建议成年人每人每天食盐摄入量不超过5克。《中国居民膳食指南》在评估我国居民食盐摄入量及饮食习惯等基础上提出成年人每天食盐摄入量不超过6克。而中国居民营养状况调查显示：我国居民实际每日盐摄入量在12克左右。食盐摄入过多可导致血压升高，并增加脑卒中、心脏病、胃癌、骨质疏松等疾病的患病风险。

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3. 日本医疗再次被评为全球第一，中国位居第64，差距在哪里？

重复数：7

日期：2019-03-07

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

Repeat Number : 7

Data : 2019-03-07

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 also eat very little salt, and their 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, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to 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 salt control in all aspects of diet.

4. 日本人长寿全球第一！10个秘诀中9个与吃有关！

重复数：6

日期：2019-03-07

[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

Repeat Number : 6

Data : 2019-03-07

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。而我们最近几年才开始鼓励限盐、少盐。此外，日本人非常注意从饮食的方方面面控盐：比如不喝太多的味噌汤，吃拉面时不喝汤；炒菜、炖菜时最后再放盐，这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.

5. 身体出现这5个迹象，提醒你吃盐太多了！

重复数：6

日期：2019-03-07

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

Repeat Number : 6

Data : 2019-03-07

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.

减盐-微博

Salt Reduction - Weibo

2019-03-07, 共检测到1759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。

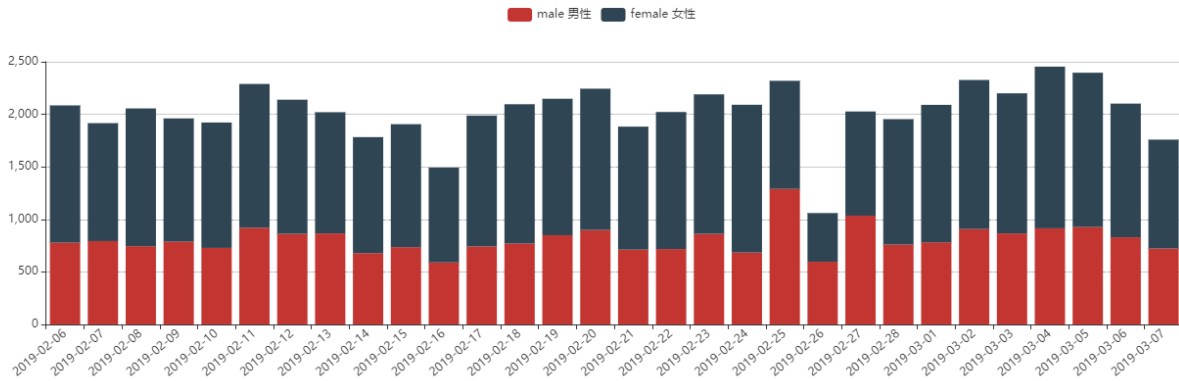
There are 1759 weibos about salt reduction monitored on 2019-03-07.

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

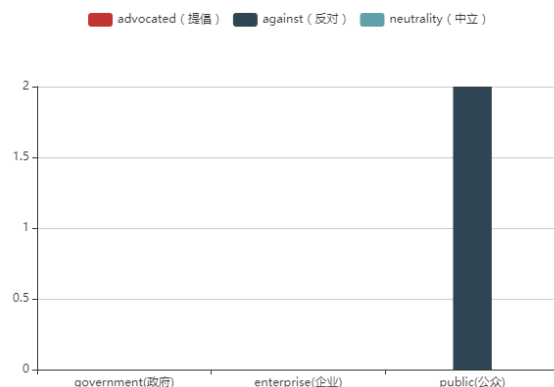
1. 没有相关微博！
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-03-07) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-03-07. 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. 误区！产后瘦身，请摒弃这些坏习惯 Misunderstanding! Abandon these bad habits for postpartum weight loss	来源：新华网山东频道 Source: Xinhua Shandong Channel	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 02:01:31 Time: 02:01:31
<p>产后的宝妈们，翻翻孕前身材窈窕的照片，看看现在肚子上的救生圈，真是欲哭无泪啊。这些你不经意间做着的事，是你减重路上的障碍。口味咸香。吃饭要求要有下饭菜，下饭菜又咸又香，一不小心就容易吃上一大碗米饭，能量也跟着升上去了。宝妈若决定了要减肥，饮食以清淡为好。喜欢吃酥脆食品。要知道，酥香的口感要靠大量脂肪（含反式脂肪酸）、糖以及很多添加剂堆积。高能量高脂肪，想起来就瑟瑟发抖，宝妈能忍则忍吧！</p> <p>Postpartum mothers, turn over the slim photos of their pregnant bodies and look at the life buoys on their stomachs. They really want to cry without tears. These things you inadvertently do are obstacles on your way to weight loss. It tastes salty. Dinner requires a meal, which is salty and fragrant. It is easy to eat a big bowl of rice carelessly, and the energy goes up with it. If Baoma decides to lose weight, it is better to have a light diet. I like crisp food. You know, crisp taste depends on a lot of fat (including trans fatty acids), sugar and many additives accumulation. High energy and high fat, shiver when you think of it, but if BM can bear it, endure it!</p>				
2. 康健园 营养学家亮出“减肥不反弹”升级版 Health Garden Nutritionist Brings Upgraded Version of "Losing Weight and Not Rebounding"	来源：新民网 Source: Xinmin network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:01:33 Time: 18:01:33
<p>今天是“三八妇女节”，爱美女性重提瘦身大计的时刻到来了。申城潮湿的天气并不能阻止气温渐渐回升，女性朋友迫不及待地吧春装穿上身，却发现上衣紧绷，牛仔裤拉链合不上，曼妙身材再次“失联”，怎样才能成功减肥不反弹呢？殊不知，瘦身绝非“不吃甜食和远离懒动”那么直截了当，一些不良生活习惯开始成为减重征程的真正阻碍，只要改掉这些陋习，婀娜身姿将恢复如初。</p> <p>Today is Women's Day on March 8th. It's time for women who love beauty to get back to their weight-loss schemes. The wet weather in Shencheng can't prevent the temperature from rising gradually. Female friends can't wait to put on their spring clothes, but find that their jackets are tight, their jeans zippers don't fit properly, and their graceful figure is lost again. How can they successfully lose weight and not rebound? Little wonder, slimming is by no means "no sweets and stay away from laziness" so straightforward, some bad habits began to become a real obstacle to weight loss journey, as long as these bad habits are removed, graceful posture will be restored as before.</p>				
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

2019-03-07，共监测到181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 181 WeChat public articles were monitored in 2019-03-07. This page shows the top five articles by repeat number today.

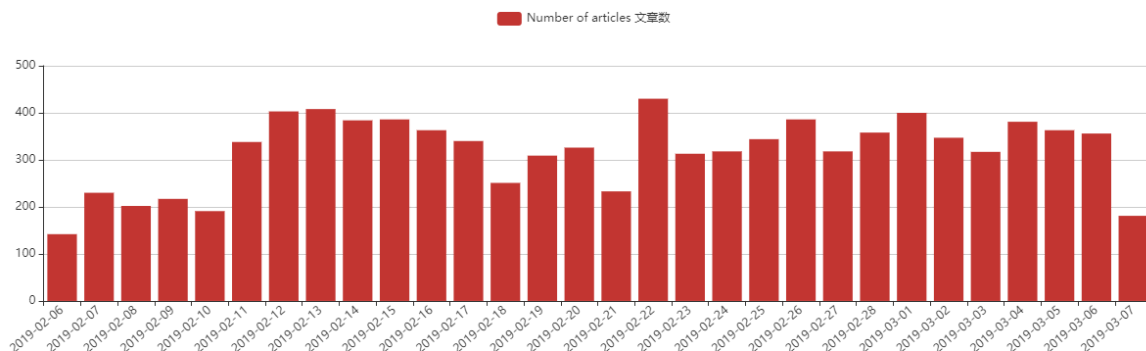
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 血栓是吃出来的，这四种食物一定要少吃或不吃

重复数：9

日期：2019-03-07

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

Repeat Number : 9

Data : 2019-03-07

反式脂肪酸，这个名字可能大家听着比较陌生，但事实上我们可能每天都在吃，它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程，它能升高低密度脂蛋白胆固醇，同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。生活中，要想预防脑血栓，保护血管

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

2. 被奶茶毁掉的中国姑娘

重复数：6

日期：2019-03-07

[Chinese girl destroyed by milk tea](#)

Repeat Number : 6

Data : 2019-03-07

所谓的奶精，主要成分是氢化植物油，是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说：别看有植物两字，其实含的饱和脂肪酸比猪油还多！经过人工氢化之后，还会产生大量的反式脂肪酸！反式脂肪酸对人体危害极大，不仅会增加心血管疾病和糖尿病的风险，还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

3. 快戒了吧！这几类饮食很伤脑 但你每天都在吃

重复数：4

日期：2019-03-07

[These kinds of diets are brain-hurting, but you eat them every day.](#)

Repeat Number : 4

Data : 2019-03-07

饼干、糕点、爆米花等烘焙食品常用氢化植物油制造酥脆或滑润口感，但植物油氢化不完全会产生危害健康的「反式脂肪」。台北荣临床毒物与职业医学科主任杨振昌指出，许多研究发现，反式脂肪和饱和脂肪相比，对人体的危害更高，因会增加心血管疾病风险，也很可能引起脑血管型失智。

Baked foods such as biscuits, pastries, popcorn, etc. are often made with hydrogenated vegetable oil to make a crispy or smooth mouthfeel, but incomplete hydrogenation of vegetable oils can produce health-friendly trans fats. Yang Zhenchang, director of the Department of Clinical Toxicology and Occupational Medicine at Taipei Rong, pointed out that many studies have found that trans fats are more harmful to humans than saturated fats. They increase the risk of cardiovascular disease and are also likely to cause cerebral vascular dementia.

4. 大脑最爱的食物，核桃只排第4名，第1名谁都想不到！

重复数：4

日期：2019-03-07

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

Repeat Number : 4

Data : 2019-03-07

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。

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.

5. 奶茶“时尚”

重复数：2

日期：2019-03-07

[Milk Tea "Fashion"](#)

Repeat Number : 2

Data : 2019-03-07

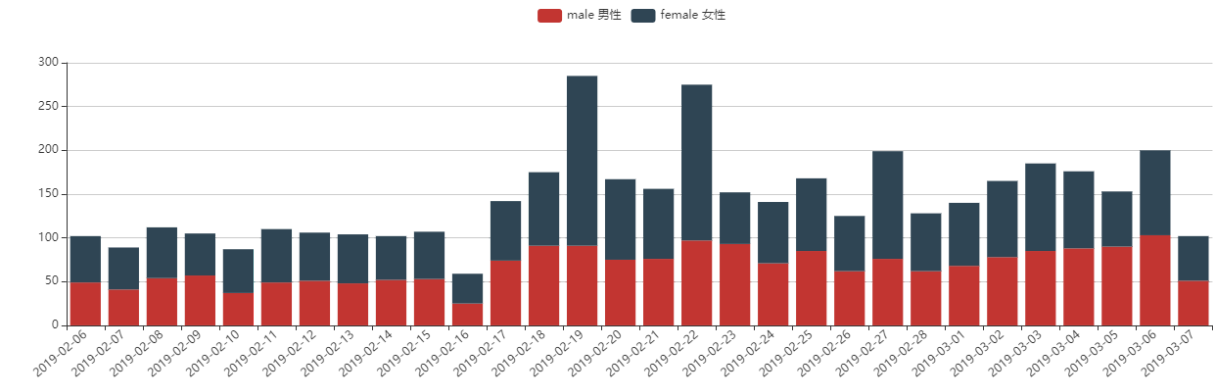
被叫做“奶茶”的饮品，实际上里面并没有多少牛奶。那奶味哪里来？自然要靠奶精。奶精通常由天然植物油加工成氢化油（含反式脂肪酸），再添加各种香精、添加剂等制成，而反式脂肪酸是一类对健康不利的不饱和脂肪酸，长期摄入富含反式脂肪酸的食品会增加患心血管疾病的风险。

The drink called "milk tea" actually doesn't have much milk inside. Where does the milk taste come from? Naturally depends on the creamer. Creamers are usually made from hydrogenated oils (containing trans fatty acids) processed from natural vegetable oils, and various flavors, additives, and the like added. Trans fatty acids are unhealthy fatty acids that are unhealthy for health. Long-term intake of foods rich in trans fatty acids increases the risk of cardiovascular disease.

反式脂肪酸-微博

Transfat - Weibo

2019-03-07，共检测到102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 102 weibos about transfat reduction monitored on 2019-03-07.
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!