

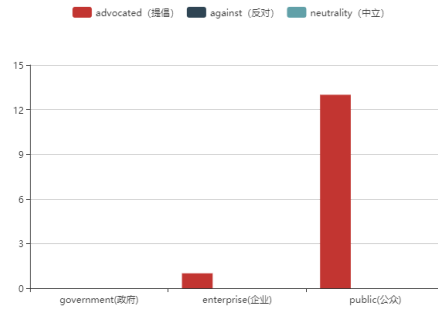
减盐-新闻

Salt Reduction - News

今日(2018-11-21)共监测到14条资讯。请点击标题查看全文。

There are 14 articles monitored today 2018-11-21. 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. 平邑县组织开展第12个“联合国糖尿病日”宣传活动 Pingyi County Organizes the 12th United Nations Diabetes Day Publicity Activity
来源: 中国山东网 来源: 中国山东网
主体: 公众 Subject: public
态度: 提倡 Attitude: advocate
时间: 16:14:33 Time: 16:14:33
为倡导全社会关注家庭支持对糖尿病防治的重要性,充分发挥家庭在糖尿病预防、管理等方面的重要作用,平邑县在第12个“联合国糖尿病日”来临之际,紧紧围绕“家庭与糖尿病”宣传主题,结合全民健康生活方式行动与国家级慢性病综合防控示范区创建工作,组织全县各医疗单位开展了一系列宣传活动。通过此次宣传活动的开展,进一步提高了全县人民的糖尿病防治意识,营造了全民参与防控糖尿病的良好氛围,倡导了“每个人是自己健康第一责任人”的理念,营造了浓厚的宣传氛围。
In order to advocate the importance of family support for the prevention and treatment of diabetes mellitus and give full play to the important role of family in the prevention and management of diabetes mellitus, Pingyi County, at the approaching of the 12th United Nations Diabetes Day, closely focuses on the theme of "family and diabetes", combines the actions of healthy lifestyle of the whole people with the state. A series of publicity activities were organized by the medical units in the county to establish a demonstration area for comprehensive prevention and control of chronic diseases. Through this publicity campaign, the awareness of diabetes prevention and control in the county has been further enhanced, a good atmosphere for the whole people to participate in the prevention and control of diabetes has been created, and the concept of "everyone is the first responsible person for their own health" has been advocated, and a strong publicity atmosphere has been created.
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河南

Henan

食物中的钠 Sodium in food
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安徽

Anhui

食物中的钠 Sodium in food
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浙江

Zhejiang

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综合健康信息 Comprehensive Health Information			
1. 三年前体检正常，三年后心梗死亡！元凶真的是“番茄炒蛋”吗？权威解答...			
来源：汉丰网	主体：公众	态度：提倡	时间：09:20:15
Physical examination was normal three years ago, and myocardial infarction died three years later. Is the culprit really "scrambled eggs with tomatoes"? Authoritative answer...			
来源：汉丰网	Subject: public	Attitude: advocate	Time: 09:20:15

近日，一则关于“55岁体检正常，三年后心梗死亡，医生称番茄炒蛋是‘元凶’”的新闻在微博、微信朋友圈传播。新闻源于一期电视节目，医生分享了一个患者的体检报告：三年前的赵女士，55岁，体检结果完全正常，无吸烟史，饮食偏清淡；三年后却心梗死亡。节目中，医生介绍，患者之前最喜欢“西红柿炒鸡蛋”，西红柿炒鸡蛋看似非常健康的食物，但却藏着猫腻，一步步刺激血管发生病变。“西红柿炒鸡蛋”看起来好像很健康，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。

Recently, a news about "a normal physical examination at 55 years old, died of myocardial infarction three years later, doctors call tomato scrambled eggs the"culprit"spread in the circle of Weibo and Weixin friends. The news came from a TV program. Doctors shared a patient's medical examination report: three years ago, Ms. Zhao, 55 years old, the results of physical examination were completely normal, no smoking history, light diet; three years later, she died of myocardial infarction. In the program, the doctor said that the patient preferred "scrambled eggs with tomatoes" before. Scrambled eggs with tomatoes seemed to be a very healthy food, but they hid cat greasy, step by step stimulating vascular lesions. "Scrambled eggs with tomatoes" seems very healthy, but when cooked with a large amount of sugar, salt and oil, long-term consumption will endanger vascular health and become one of the main culprits of sudden myocardial infarction.

2. 吃醋致骨质疏松?吃有机食品防癌?真相揭秘	来源：浙江在线	主体：公众	态度：提倡	时间：09:22:54
Osteoporosis Caused by Vinegar? Eating Organic Food to Prevent Cancer? Unveiling the Truth	来源：浙江在线	Subject: public	Attitude: advocate	Time: 09:22:54

随着人民生活水平的提高，对吃的要求也由最初的“吃饱”演变为“吃好”，面对琳琅满目的食品，怎么吃才能在满足味蕾的情况下，又能吃出健康呢？吃醋易致骨质疏松？真相正相反。广州市第一人民医院关节外科肖文德副主任医师表示，骨质疏松是常见的骨骼性疾病，以骨量减少、骨组织结构破坏为特征，骨骼变得脆弱，易发生骨折。在多数成年人中，尤以绝经后妇女为主，骨密度会随年龄逐渐下降，骨质疏松症的患者，骨量流失速度会更加快。

With the improvement of people's living standards, the requirement for food has changed from "satiety" to "eating well". In the face of a wide range of foods, how can we eat healthily while satisfying the taste buds? Is jealousy prone to osteoporosis? The opposite is true. Xiao Wende, deputy director of joint surgery of Guangzhou First People's Hospital, said that osteoporosis is a common skeletal disease, characterized by bone loss and destruction of bone structure. Bone becomes fragile and prone to fracture. In most adults, especially in postmenopausal women, bone mineral density decreases with age. In osteoporosis patients, the rate of bone loss will accelerate.

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其他省份

Other Provinces

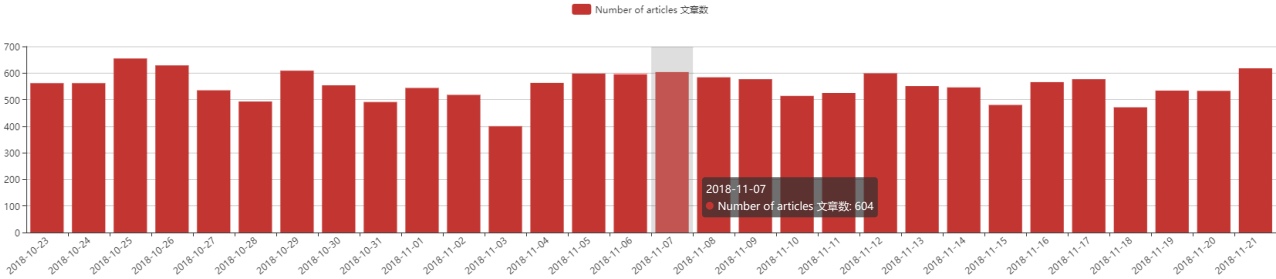
食物中的钠 Sodium in food				
1. 这些食物尽量少吃，热量比你想象中高，极易发胖！	来源：汉丰网	主体：公众	态度：提倡	时间：12:48:27
These foods should be eaten as little as possible. They have higher calories than you think and are very easy to get fat.	来源：汉丰网	Subject: public	Attitude: advocate	Time: 12:48:27
<p>冬天到了，正是贴膘的季节，这时如果不控制饮食，你会胖得一发不可收拾！！那么在减肥中的你有什么高热量食物要特别警惕呢？下面小编为大家介绍。1、面包 面包的烹饪的过程中，多会加入很多糖份来提升口感，有的为了口感还会加入大量的油，比如一个传统的菠萝面包，它的皮是用高筋面粉结合奶油、酥油而成，热量达到300卡路里左右，如果再加上内馅，热量还可能超过400大卡。2、饼干 饼干属于高热量的高糖食物，有的甚至还会加入一些化学剂。所以在平时生活中，最好还是要少碰饼干。</p> <p>Winter is coming. It's the season of putting on fat. If you don't control your diet, you'll get fat all the time!! uuuuuuuuuu So what high-calorie foods do you need to be particularly vigilant about in losing weight? The following is a brief introduction. 1. In the cooking process of bread and bread, a lot of sugar will be added to improve the taste, and some will add a lot of oil for the taste, such as a traditional pineapple bread. Its skin is made of high-gluten flour combined with butter and butter. The calorie is about 300 calories. If you add the filling, the calorie may exceed the calorie. 400 cal. 2. Biscuits are high-calorie, high-sugar foods, and some even add some chemicals. So in ordinary life, it's better to touch less biscuits.</p>				
2. 素食肉并不健康钠含量严重超标比海水还高	来源：中国山东网	主体：公众	态度：提倡	时间：21:06:43
Vegetarian meat is not healthy and its sodium content is higher than that of seawater.	来源：中国山东网	Subject: public	Attitude: advocate	Time: 21:06:43
<p>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格丽分校，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。</p> <p>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, Livedoor News reported 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 .</p>				

<div>高血压</div> <div>Hypertension</div>				
1. 不注意这些事你的血压可能都白测了 If you don't pay attention to these things, your blood pressure may be in vain.				
来源：多维新闻网		主体：公众	态度：提倡	时间：09:39:17
来源：多维新闻网		Subject: public	Attitude: advocate	Time: 09:39:17
血压是血液在血管内流动时对血管壁产生的压力，能够反映心脏和血管的功能状况。很多人都会自己在家量血压，却经常出现血压“起起伏伏”、“不准确”等现象。你知道什么时间更适宜量血压，怎么量更科学吗？自测血压的几种错误。高血压的生活方式管理。高血压病的治疗首要的是血压控制，早降压早获益，长期降压长期获益。除了药物降压治疗外，治疗也包括改变不健康的生活方式。高血压病患者注意事项。				
Blood pressure is the pressure on the wall of blood vessel when blood flows in the blood vessel. It can reflect the function of heart and blood vessel. Many people take their blood pressure at home, but often there are "fluctuations" and "inaccuracies" in blood pressure. Do you know when it is better to take blood pressure and how to measure it more scientifically? Several errors in self-blood pressure measurement. Lifestyle management of hypertension. The primary treatment of hypertension is blood pressure control, early hypotension benefits, long-term hypotension benefits. In addition to antihypertensive drugs, treatment also involves changing unhealthy lifestyles. Notes for patients with hypertension.				
2. 有口福！吃根香蕉能预防中风 Have a good luck! Eating a banana can prevent stroke				
来源：人民网		主体：公众	态度：提倡	时间：08:21:55
来源：人民网		Subject: public	Attitude: advocate	Time: 08:21:55
有口福！吃根香蕉能预防中风。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。				
Have a good luck! Eating a banana prevents stroke. Good news for the eaters! A study published in the Journal of the American College of Cardiology shows that eating bananas every day reduces 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.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
1. [记者稿件] 预防卒中让大脑安全过冬 (Reporter's Notes) Preventing Stroke and Keeping the Brain Winter Safey				
来源：锦州新闻网		主体：公众	态度：提倡	时间：07:59:23
来源：锦州新闻网		Subject: public	Attitude: advocate	Time: 07:59:23
卒中一直高居我国居民死因首位，且患病率和死亡率呈上升趋势。秋冬季节是脑卒中的高发季，为了让大脑安全过冬，卒中高危人群有必要更加清晰地认识卒中，积极做好防治工作。有研究结果显示，90%的卒中归因于可控危险因素。锦州医科大学附属一院神经内科四病区主任刘学文表示，针对脑血管病的危险因素积极控制进行早期干预预防，可减少卒中的发生，因此，加强一级预防势在必行！刘学文介绍，高血压、糖尿病、血脂异常、吸烟等都是卒中的可控危险因素。高血压是卒中的头号危险因素，约70%的卒中死亡和高血压有关。血压越高，卒中风险越高。				
Stroke has always been the leading cause of death among Chinese residents, and the morbidity and mortality are on the rise. Autumn and winter are the high-incidence seasons of stroke. In order to let the brain survive the winter safely, it is necessary for high-risk groups of stroke to have a clearer understanding of stroke and actively do a good job in prevention and treatment. Studies have shown that 90% of stroke is attributed to controllable risk factors. Liu Xuewen, director of the fourth neurology ward of the First Affiliated Hospital of Jinzhou Medical University, said that early intervention and prevention against risk factors of cerebrovascular diseases could reduce the incidence of stroke. Therefore, it is imperative to strengthen primary prevention. According to Liu Xuewen, hypertension, diabetes, dyslipidemia and smoking are all controllable risk factors for stroke. Hypertension is the leading risk factor for stroke, and about 70% of stroke deaths are related to hypertension. The higher the blood pressure, the higher the risk of stroke.				
2. 如何远离心梗？“1120心梗救治日”义诊活动进社区 How to stay away from myocardial infarction? "1120 Myocardial Infarction Rescue Day" free clinic activities into the community				
来源：星辰在线		主体：公众	态度：提倡	时间：10:08:38
来源：星辰在线		Subject: public	Attitude: advocate	Time: 10:08:38
11月20日，芙蓉区定王台街道联合湖南省人民医院在走马楼社区举办“1120心梗救治日”义诊和健康宣教主题活动。活动现场通过远程视频与北京人民日报社主会场进行互动连线，分享省胸痛宣造成效及胸痛中心建设情况。“近年来，临床上对于心脏的救治技术已经取得了很大成绩，抢救时间得到压缩，但光靠院内的努力还远远不够，院外“时间拖延”仍成为阻碍救治成功率的一大重要因素。”中国胸痛中心湖南联盟主席、湖南省人民医院院长祝益民指出。胸痛科专家郑昭珍主任介绍，急性心肌梗死、主动脉夹层、急性肺栓塞、张力性气胸是胸痛患者的“四大杀手”，其中急性心肌梗死最为常见。				
On November 20, Dingwangtai Street of Furong District and Hunan Provincial People's Hospital jointly organized a "1120 Myocardial Infarction Rescue Day" free clinic and health education theme event in Zoumalou community. Through remote video links with the main event of Beijing People's Daily, the event site will share the effectiveness of chest pain propaganda and the construction of chest pain center in the province. "In recent years, great achievements have been made in the clinical treatment of myocardial infarction, and the rescue time has been compressed. However, efforts in the hospital alone are not enough. Outside the hospital, "time delay" is still an important factor hindering the success rate of treatment. Zhu Yimin, chairman of Hunan Union of China Chest Pain Center and President of Hunan People's Hospital, pointed out. Chest pain specialist Zheng Zhaofen introduced that acute myocardial infarction, aortic dissection, acute pulmonary embolism, tension pneumothorax are the "four killers" of patients with chest pain, of which acute myocardial infarction is the most common.				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 广州国民营养计划：人均每日食盐摄入量降低20% Guangzhou National Nutrition Plan: 20% reduction in daily salt intake per capita				
来源：星岛环球网		主体：公众	态度：提倡	时间：08:39:18
来源：星岛环球网		Subject: public	Attitude: advocate	Time: 08:39:18
日前，广州市人民政府办公厅正式印发《广州市国民营养计划（2018—2030年）实施方案》（简称《方案》）。《方案》提出，到2030年，广州力争实现全市营养工作体系更加完善，食物营养健康产业持续健康发展，传统养老服务更加丰富，“互联网+营养健康”的智能化应用普遍推广，居民营养健康素养进一步提高，营养健康状况显著改善等一系列目标。值得注意的是，《方案》明确到2030年前的目标还包括人均每日食盐摄入量降低20%，居民超重、肥胖的增长速度明显放缓。如何进一步提高国民营养健康水平，提升居民身体素质？《方案》提出了六大主要任务。				
Recently, the General Office of the Guangzhou Municipal People's Government officially issued the "Guangzhou National Nutrition Plan (2018-2030) implementation plan" (referred to as the "program"). According to the Plan, by 2030, Guangzhou will strive to achieve a better nutritional work system, a sustained and healthy development of the food nutrition and health industry, more abundant traditional feeding services, widespread application of "Internet + Nutritional Health", further improvement of residents' nutritional and health literacy, and remarkable nutritional and health status. Improvement and other goals. It is noteworthy that by 2030, the target set by the Program also includes a 20% reduction in daily salt intake per capita and a marked slowdown in the growth of overweight and obesity among residents. How to further improve the national nutrition and health level and improve the physical fitness of residents? Six main tasks are put forward in the Plan.				
2. 每天吃一把坚果护心防癌、降低糖尿病风险 Eat a handful of nuts every day! Protect your heart against cancer and reduce the risk of diabetes				
来源：人民网		主体：公众	态度：提倡	时间：08:32:18
来源：人民网		Subject: public	Attitude: advocate	Time: 08:32:18
随着人民生活水平的提高，对吃的要求也由最初的“吃饱”演变为“吃好”，面对琳琅满目的食品，怎么吃才能在满足味蕾的情况下，又能吃出健康呢？人民健康网为“吃货们”量身定制一档《吃货指南》栏目，让您成为一位健康“吃货”。每天10克坚果，降低心脏病、癌症、糖尿病风险。坚果营养丰富，素有“营养高手”的美誉。《国际流行病学期刊》发布的一项研究显示，每天吃10克坚果，心脏病、癌症、糖尿病风险分别降低17%、21%和30%。上海华东医院主任营养师陈霞飞说，其实，坚果在营养方面也各有特长。				
With the improvement of people's living standards, the requirement for food has changed from "satiety" to "eating well". In the face of a wide range of foods, how can we eat healthily while satisfying the taste buds? People's Health Network has tailored a "Eating Guide" column for "Eaters" to make you a healthy "Eating". Ten grams of nuts a day reduces the risk of heart disease, cancer and diabetes. Nuts are rich in nutrients, known as "nutrition experts" reputation. A study published in the International Journal of Epidemiology showed that eating 10 grams of nuts a day reduced the risk of heart disease, cancer and diabetes by 17%, 21% and 30%, respectively. Chen Xiafei, director of nutrition at East China Hospital in Shanghai, said that nuts have their own advantages in nutrition.				
3. 量健康的番茄和重为什么炒成不健康 Why are the healthiest tomatoes and eggs unhealty				
来源：新华报业网		主体：公众	态度：提倡	时间：09:45:27
来源：新华报业网		Subject: public	Attitude: advocate	Time: 09:45:27
前天，一则关于“55岁体检正常，三年后心梗死亡，医生称番茄炒蛋是‘元凶’”的新闻在微博、微信朋友圈传播。新闻源于一期电视节目，医生分享了一个患者的体检报告：三年前的赵女士，55岁，体检结果完全正常，无吸烟史，饮食偏清淡；三年后却心梗死亡。节目中，医生介绍，患者之前最喜歡“西红柿炒鸡蛋”，西红柿炒鸡蛋看似非常健康的食物，但却藏着猫腻，一步步刺激血管发生病变。“西红柿炒鸡蛋”看起来好像很健康，但在烹制时放入大量的糖、盐和油，长期使用将危害血管健康，成为心梗猝死的元凶之一。该新闻一出立刻引起了网友热议，甚至引发不少网友为“西红柿炒蛋加不加醋”吵翻了。但也有很多网友理性地表示：“跟西红柿炒鸡蛋并没有关系，主要问题是高油高糖的饮食。”				
The day before yesterday, a news about "a normal physical examination at 55 years old, died of myocardial infarction three years later, doctors called tomato scrambled eggs the 'culprit' spread in Weibo and Weixin circles of friends. The news came from a TV program. Doctors shared a patient's medical examination report: three years ago, Ms. Zhao, 55 years old, the results of physical examination were completely normal, no smoking history, light diet; three years later, she died of myocardial infarction. In the program, the doctor said that the patient preferred "scrambled eggs with tomatoes" before. Scrambled eggs with tomatoes seemed to be a very healthy food, but they hid cat greasy, step by step stimulating vascular lesions. "Scrambled eggs with tomatoes" seems very healthy, but when cooked with a large amount of sugar, salt and oil, long-term consumption will endanger vascular health and become one of the main culprits of sudden myocardial infarction. The news immediately caused a heated discussion among netizens, and even caused a lot of netizens to argue about "scrambled eggs with or without sugar with tomatoes". But there are also many netizens rationally said: "It has nothing to do with fried eggs with tomatoes, the main problem is a high-fat and high-sugar diet."				
4. 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：中国经济网		主体：企业	态度：提倡	时间：16:47:26
来源：中国经济网		Subject: industry	Attitude: advocate	Time: 16:47:26
11月20日，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名师生共度难忘愉快的联合国国际儿童日。联合国设立的国际儿童日，旨在促进儿童保护、福利和教育等事业发展。号召大家给予儿童更多关注，在保障儿童权利、改善儿童生活等方面做出了不懈努力。九联小学学生正在尝试自己制作健康沙拉、减糖减盐，让孩子们吃得更健康。仪式结束后，雀巢健康儿童项目为青岛九联小学带来了趣味游戏、家长围炉会、厨师训练营、树洞小屋、创意涂鸦等丰富的互动体验，和学校近500名师生及家长共度过了一场国际儿童日狂欢。				
On November 20, the Nestle Healthy Children's Global Plan, a Chinese Children's Nutrition Health Education Project supported by Nestle (China) Limited and sponsored by China Nutrition Society, entered Julian Primary School in Qingdao and spent an unforgettable and happy International Children's Day with nearly 500 teachers and students. The International Day for Children, established by the United Nations, aims to promote the development of child protection, welfare and education. It calls for more attention to children and makes unremitting efforts to protect children's rights and improve their lives. Julian primary school students are trying to make their own healthy salad, reduce sugar and salt, so that children can eat healthier. After the ceremony, the Nestle Healthy Children Project brought interesting games, parents'enclosure, chef training camp, tree cave cabin, creative graffiti and other rich interactive experience for Qingdao Julian Primary School. It also spent an International Children's Day carnival with nearly 500 teachers, students and parents.				
5. 专家：心梗患者年轻化趋势明显 Expert: The younger trend of patients with myocardial infarction is obvious.				
来源：新华网黑龙江频道		主体：公众	态度：提倡	时间：15:39:14
来源：新华网黑龙江频道		Subject: public	Attitude: advocate	Time: 15:39:14
心肌梗死作为严重的心脏疾病，并不是老年人的“专属疾病”，如今的上班族成为心血管疾病的高发人群，而年轻人往往容易忽视心血管疾病的先兆症状，没有得到及时治疗，心脏病猝死的病例连年递增。调查显示，尽管心肌梗死的发病高峰是60~70岁的老年人，但年轻患者的数量却在不断增加，正呈现出年轻化的趋势。所以无论是老年人还是年轻人都应该重视心梗的预防，保证作息规律，不要经常熬夜，保证休息；饮食健康，每天按时三餐、少盐少油，多吃水果蔬菜，不酗酒不大吸烟；保持好心情。				
As a serious heart disease, myocardial infarction is not the "exclusive disease" of the elderly. Nowadays, working people are at high risk of cardiovascular diseases. Young people tend to ignore the precursor symptoms of cardiovascular diseases and fail to get timely treatment. Sudden cardiac death is increasing year after year. The survey shows that although the peak incidence of myocardial infarction is in the elderly aged 60 to 70 years, the number of young patients is increasing, showing a trend of younger. Therefore, both the elderly and young people should pay attention to the prevention of myocardial infarction, ensure regular work and rest, do not often stay up late, ensure rest; eat healthy, three meals a day on time, less salt and oil, eat more fruits and vegetables, do not drink and smoke a lot; maintain a good mood.				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-11-21, 共监测到618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 618 WeChat public articles were monitored in 2018-11-21. 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: 38 Repeat Number: 38	日期: 2018-11-21 Data: 2018-11-21
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。如果已经确诊高血压, 每天最好不要超过3克。		
Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. And excess sodium needs to be excreted from the kidneys, which increases 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.		
2. 冬季养生须做到八多八少 Winter health should do more of these eight things and do less of other eight things.	重复数: 14 Repeat Number: 14	日期: 2018-11-21 Data: 2018-11-21
《黄帝内经》说“咸伤肾”, 现代医学研究也证明, 高血压的发病与过量摄入盐有关, 因此, “淡食多补”是有一定道理的。而醋味酸、性温, 能促进消化, 多吃些醋对身体有益。		
"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.		
3. 吃惯了重口味, 如何减盐、减油、减糖? After getting used to a heavy-tasting diet, how to reduce salt, oil and sugar?	重复数: 12 Repeat Number: 12	日期: 2018-11-21 Data: 2018-11-21
《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. Many people add salt just by feeling or taste when cooking. Even if they know the daily salt intake, it is impossible to weigh with a balance or a scale when cooking. In order to prevent eating too much salt, it is recommended that you use a quantitative salt spoon when cooking. When using 2 grams of quantitative salt spoon, the amount of salt per plate is 2 grams.		
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 The food you eat everyday may decrease the life scale of heart, the calcium content of calcaneus and also can cause cancer...	重复数: 12 Repeat Number: 12	日期: 2018-11-21 Data: 2018-11-21
高盐饮食有导致血压升高的作用, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。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, 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。		
A high-salt diet has the effect of raising blood pressure. A daily increase in salt intake of 0.5 grams increases the risk of stroke by 17%. 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.		
5. 它跟骨头抢钙, 跟心脏抢寿命! 赶紧管住嘴 It grabs calcium with bones and grabs life with the heart! We have to control the diet.	重复数: 6 Repeat Number: 6	日期: 2018-11-21 Data: 2018-11-21
高血压、动脉粥样硬化、脑组织损害等因素都会引发脑中风。美国有研究发现, 食盐摄入过多, 不仅容易诱发心血管疾病, 还会损害机体动脉, 伤害脑组织结构, 将大大增加中风的发病风险。		
Hypertension, atherosclerosis, brain tissue damage and other factors can cause stroke. Studies in the United States have found that excessive salt intake not only easily induces cardiovascular disease, but also damages the body's arteries and brain tissue structure, which will greatly increase the risk of stroke.		

减盐-微博 Salt Reduction - Weibo

2018-11-21, 共检测到1613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。

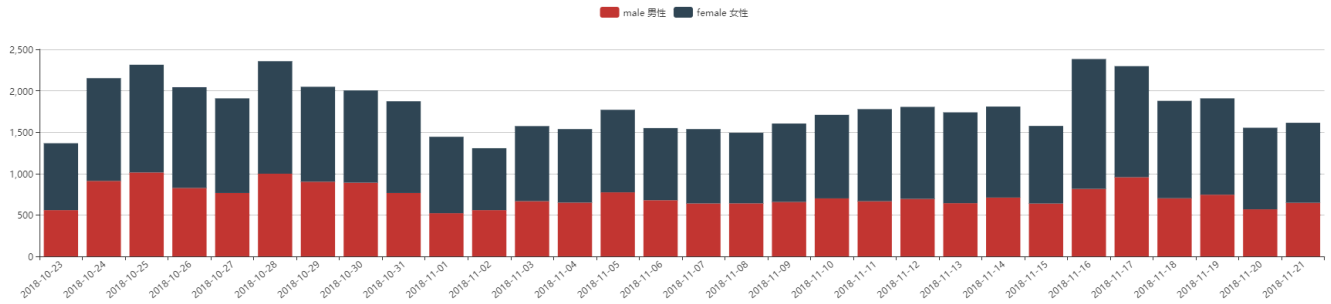
There are 1613 weibos about salt reduction monitored on 2018-11-21.

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.



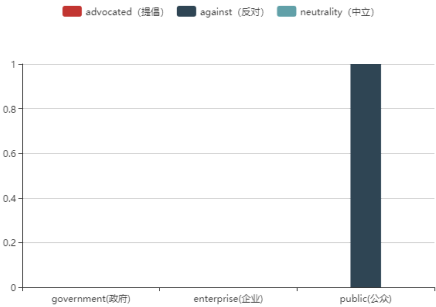
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-21) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-11-21. 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	来源： 人民网 来源： 人民网	主体： 公众 Subject: public	态度： 反对 Attitude: against	时间： 13:42:48 Time: 13:42:48
1. 胰腺癌是“吃”出来的吗? Is pancreatic cancer "eaten"?	防胰腺癌，从识别假胃痛开始！ 俗话说，“病从口入”。而且“癌”字三个口，自然而然地，很多人也认为，“癌症是吃出来的”。研究胰腺癌的科学家们对此也很感兴趣，我们一起来看看胰腺癌与“吃”的故事。很多研究发现高蛋白高胆固醇饮食(饱和脂肪和/或肉类摄入量高，尤其是熏肉或加工肉类)可促进胰腺癌的发生，但结论并不是一致的。 回顾研究发现摄入新鲜蔬菜和水果降低胰腺癌风险，但前瞻研究尚未证实。			
To prevent pancreatic cancer, start by identifying false stomachache! As the saying goes, "sickness comes from the mouth" and "cancer" three mouth, naturally, many people also believe that "cancer is eaten out". Scientists studying pancreatic cancer are also interested in this. Let's look at the story of pancreatic cancer and "eating". Many studies have found that a high protein and cholesterol diet (high saturated fat and/or meat intake, especially bacon or processed meat) can promote the development of pancreatic cancer, but the conclusions are not consistent. Recalling studies have found that eating fresh vegetables and fruits reduces the risk of pancreatic cancer, but prospective studies have not yet confirmed it.				
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

2018-11-21, 共监测到306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 306 WeChat public articles were monitored in 2018-11-21. This page shows the top five articles by repeat number today.

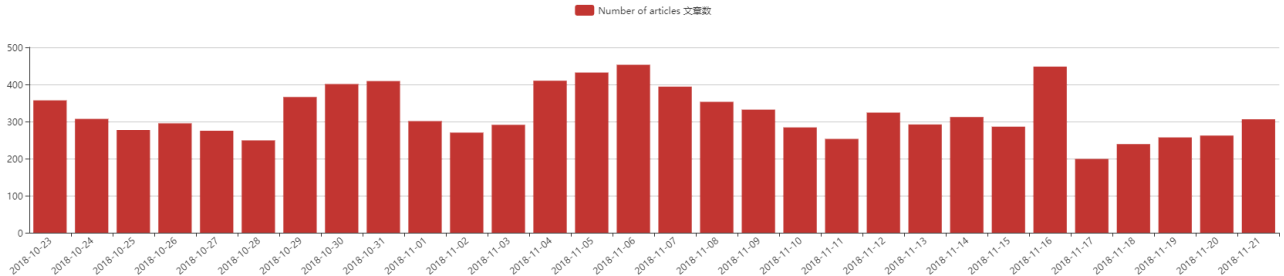
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 你以为的健康食品, 却是隐形杀手

重复数: 10

日期: 2018-11-21

[Tomato scrambled eggs can cause heart stagnation: the food you think is healthy may be a stealth killer.](#)

Repeat Number: 10

Data: 2018-11-21

脂肪是脂肪酸和甘油形成的甘油三酯。脂肪酸又分顺式脂肪酸和反式脂肪酸。对人体危害最大的, 当属臭名昭著的人造反式脂肪酸。人造反式脂肪酸这玩意, 不容易被消化, 很容易累积在腹部, 形成肥胖; 还会增加血液粘稠度, 形成导致血栓。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。”

Fat is a triglyceride formed by fatty acids and glycerol. Fatty acids are divided into cis fatty acids and trans fatty acids. The most harmful substance to the human body is artificial trans fatty acids. Artificial trans fatty acids are not easily digested and can easily accumulate in the abdomen and form obesity. It also increases blood viscosity and leads to thrombosis. Qin Shuqi, a researcher at Capital Medical University: "In recent years, a large number of studies have shown that excessive intake of foods containing trans-fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease, and diabetes."

2. 去超市购物, 这些你注意了吗? 先看懂这些再买!

重复数: 4

日期: 2018-11-21

[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it!](#)

Repeat Number: 4

Data: 2018-11-21

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

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. 脸要穷养, 脚要富养: 心要穷养, 肺要富养.....

重复数: 3

日期: 2018-11-21

[Raising face in poor way and feet in rich way: Raising heart in poor way and lung in rich way...](#)

Repeat Number: 3

Data: 2018-11-21

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. Maintaining waist circumference will reduce the incidence of cardiovascular diseases.

4. 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: 3

日期: 2018-11-21

[Tomato scrambled eggs can cause heart stagnation: the food you think is healthy may be a stealth killer.](#)

Repeat Number: 3

Data: 2018-11-21

人造反式脂肪酸不容易被消化, 很容易累积在腹部, 形成肥胖; 还会增加血液粘稠度, 形成导致血栓, 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。鉴于反式脂肪酸有这么多害处, 就在今年5月4日, 世界卫生组织宣布了一项计划, 准备在5年内, 在世界范围内全面消除食物中的人造反式脂肪酸。

Artificial trans fatty acids are not easily digested. It is easy to accumulate in the abdomen and cause obesity. It also increases blood viscosity and leads to thrombosis. Excessive intake of foods containing trans fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease and diabetes. In view of the many harms of trans-fatty acids, on May 4 this year, the World Health Organization announced a plan to completely eliminate artificial trans-fatty acids in foods within five years.

5. 奶茶! ↑正在毁掉这一代人...

重复数: 2

日期: 2018-11-21

[Milk tea is destroying this generation...](#)

Repeat Number: 2

Data: 2018-11-21

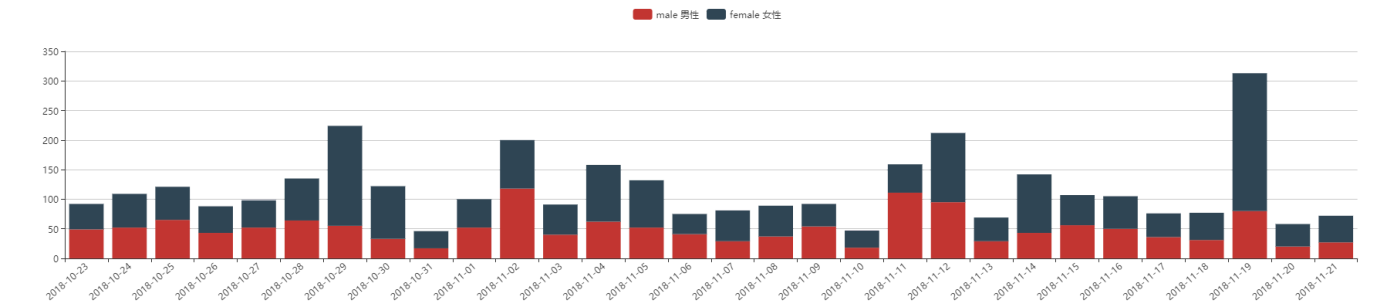
反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。每日反式脂肪酸摄入量不得超过2g, 过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。每日反式脂肪酸摄入量不得超过2g, 过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

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. The daily intake of trans fatty acids should not exceed 2g. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

反式脂肪酸-微博

Transfat - Weibo

2018-11-21, 共检测到72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 72 weibos about transfat reduction monitored on 2018-11-21.
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!