

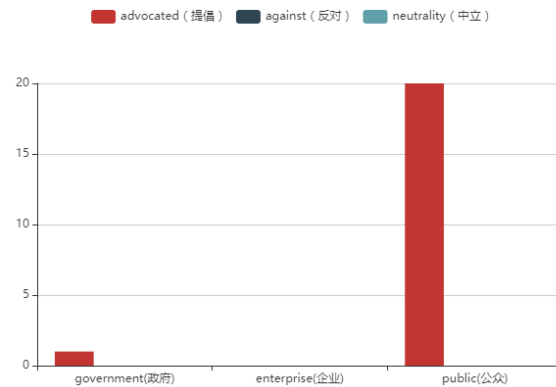
减盐-新闻

Salt Reduction - News

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心血管健康 Cardiovascular health

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综合健康信息 Comprehensive Health Information				
1. 学习雷锋好榜样快乐自己幸福你 Learn Lei Feng's good example, be happy, be happy.		来源：郑州教育信息网 Source: Zhengzhou Education Information Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate 时间：08:54:42 Time: 08:54:42
2019年3月5日上午，郑州市中小学卫生保健站、郑州市教育局实验教学装备管理中心、郑州市职业技术教育教研室、郑州市成人教育教研室、郑州市中小学生实践教育基地、郑州市中小学校外教育教学管理研究中心六家单位爱心志愿者积极响应管城区文明办的号召，在城墙根广场开展了“传承雷锋精神 争做志愿先锋”的活动。				
On the morning of March 5, 2019, six units of caring volunteers from Zhengzhou Primary and Secondary School Health Care Station, Zhengzhou Education Bureau Experimental Teaching Equipment Management Center, Zhengzhou Vocational and Technical Education Teaching and Research Department, Zhengzhou Adult Education Teaching and Research Department, Zhengzhou Primary and Secondary School Practical Education Base, Zhengzhou Primary and Secondary School Outside Education and Teaching Management Research Center responded positively to the call of civilized management of urban areas. The activity of "inheriting Lei Feng's spirit and striving to be a volunteer pioneer" was carried out in the city wall square.				
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				
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高血压 Hypertension				
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浙江
Zhejiang

食物中的钠 Sodium in food				
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高血压 Hypertension				
1. 肝不好，未老人先倒！10大伤肝行为排行，第一名竟是它 The liver is not good, the old man will fall first! In the list of 10 major liver injuries, it ranked first.		来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate 时间：10:33:22 Time: 10:33:22
10大伤肝行为排行，第一名竟是它。惊蛰节气到，养肝很重要。惊蛰过后天气就要开始回暖啦，万物复苏，人体肝阳之气上升。因此，中医认为此后的春三月是养肝的黄金时期。俗话说，养肝就是养命，肝不好，未老先倒！肝脏作为我们人体重要的脏器之一，也是身体里最强大、功能最多的器官。中医认为：“百病之源，根在肝脏”，因此肝养好了，身体也就好了！				
Among the 10 major liver injuries, it ranked first. It is very important to nourish the liver. After the shock, the weather will begin to warm up, everything will recover, and the human liver Yang will rise. Therefore, Chinese medicine believes that the following spring and March is the golden period of liver nourishment. As the saying goes, nourishing the liver is nourishing the life. If the liver is not good, it will fall before it gets old. As one of the most important organs in our body, liver is also the most powerful and functional organ in our body. Traditional Chinese medicine believes that the root of all diseases lies in the liver, so if the liver is well nourished, the body will be well.				
心血管健康 Cardiovascular health				
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 出国后都会长胖？欧阳娜娜也发福，我就放心了 Will you gain weight when you go abroad? Ouyang Nana is also blessed, I am relieved.	来源：加国无忧 Source: Canada has no worries	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：06:10:54 Time: 06:10:54
本来我想给她个眼神自己体会，但是看到我们的留学vlogger，不仅是女生，连男生都想活成她那样的欧阳娜娜，最近也因为长胖上了热搜，好像这个问题值得探讨一下... 还记得去年，娜比和冠希哥在ins互相疯狂点赞，如果不是冠希哥有老婆孩子，不禁让人多想，这两人之间是不是有什么不可告人的秘密？结果就在上个月，一组照片的释出，让两人之间疯狂互动原因才明了，原来娜娜是陈冠希个人品牌新请的出境模特。				
Originally, I wanted to give her a look of my own experience, but when I saw our vlogger studying abroad, not only girls, but also boys wanted to survive her Ouyang Nana. Recently, because of gaining weight, it seems that this problem is worth exploring. I remember last year, Nabi and Guan Xige were crazy about each other in ins. If not Guan Xige had a wife and children, it would make people think a lot about it. Is there any secret between them? As a result, it was only last month that the release of a group of photos made the reason for the crazy interaction between the two people clear that Nana was the newly invited model of Chen Guanxi's personal brand.				
2. 常吃这6种食物可以给肠道刮油 Often eating these six foods can scrape oil in the intestine.	来源：中国海洋食品网 Source: China Ocean Food Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:36:41 Time: 15:36:41
现代有些人不注重饮食健康，在平时喜欢吃高脂肪以及高热量的食物，就会导致肠道对油脂过多，容易形成肥胖，甚至会引起肠道疾病。所以大家在平时应该多吃蔬菜和水果，多吃一些能够给肠道刮油的食物，有利于减肥，而且能够保持肠道健康。 哪些食物能够给肠道刮油呢？				
Modern people do not pay attention to dietary health, usually like to eat high-fat and high-calorie food, will lead to intestinal excessive fat, easy to form obesity, and even cause intestinal diseases. Therefore, we should eat more vegetables and fruits in peacetime, eat more food that can scrape oil for intestinal tract, is conducive to weight loss, and can maintain intestinal health. What foods can scrape oil into the intestine?				
高血压 Hypertension				
1. 九种食物缓解肠胃不适 Nine foods to relieve gastrointestinal discomfort	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:10:03 Time: 09:10:03
胃病或者某些食物可能会导致恶心、呕吐等胃部不适。除了吃药或者等待症状自行消失，调整饮食也有助于缓解这些不适。美国《健康》杂志最新文章，刊出乔治城大学医学院消化内科教授罗比尼·朱特坎博士和密歇根州消化内科专家阿密特·巴恩博士总结出的9种有助缓解肠胃不适的食物，肠胃不好的人可以常吃。				
Gastric diseases or certain foods may cause stomach discomfort such as nausea and vomiting. In addition to taking medicine or waiting for symptoms to disappear, adjusting diet can also help alleviate these discomforts. According to the latest article in the American Journal of Health, Dr. Robini Jutkan, professor of gastroenterology at Georgetown University School of Medicine, and Dr. Amit Barn, expert of Gastroenterology in Michigan, summed up 9 kinds of foods that can help alleviate gastrointestinal discomfort. People with gastrointestinal discomfort can often eat them.				
2. 食盐摄入量超标哥斯达黎加人为健康“控盐” Costa Rica's Artificial Health Salt Control	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:07:20 Time: 18:07:20
世界卫生组织(WHO)表示，目前哥斯达黎加人的食盐平均摄入量几乎是建议摄入量的两倍，哥当局为民众健康积极“控盐”。 据哥斯达黎加网站“aDiarioCr.com”消息，哥斯达黎加人的食盐平均摄入量几乎是世界卫生组织建议摄入量的两倍，这引发了哥斯达黎加社会保障局(CCSS)和哥斯达黎加营养与健康教育研究所(INCIENSA)专家的担忧。 报道称，过多摄入钠盐会导致血压升高，而高血压是心血管疾病的主要治病因素之一。				
According to the World Health Organization (WHO), Costa Ricans'average salt intake is almost twice the recommended intake, and the authorities in Colombia are actively "controlling salt" for people's health. According to the Costa Rican website aDiario Cr.com, the average salt intake of Costa Ricans is almost twice that recommended by the World Health Organization, raising concerns among experts from the Costa Rican Social Security Agency (CCSS) and the Costa Rican Institute of Nutrition and Health Education (INCIENSA). Reported that excessive sodium intake can lead to elevated blood pressure, and hypertension is one of the main causes of cardiovascular disease.				
3. 江华：学雷锋义诊活动受瑶胞欢迎 Jianghua: Learning from Leifeng is welcomed by Yao people	来源：永州政府网 Source: Yongzhou Government Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:28:44 Time: 10:28:44
为继承优良传统，弘扬雷锋精神，3月4日，江华瑶族自治县人民医院、县中医院、县妇幼保健院组织青年志愿者来到瑶族图腾园开展学雷锋义诊活动，解决群众就医问题，受到广大瑶胞的欢迎。当天上午9时，义诊现场一派繁忙，有的为瑶胞发放健康宣传资料，有的为居民测血压，有的为群众发放免费药品。“你患有高血压，要多运动，低盐低脂低糖饮食，尽量少饮酒，保持心情舒畅，睡眠要充足。”				
In order to inherit the fine tradition and carry forward Lei Feng's spirit, on March 4, Jianghua Yao Autonomous County People's Hospital, County Traditional Chinese Medicine Hospital and County Maternal and Child Health Hospital organized young volunteers to study Lei Feng in the Yao totem garden to carry out free medical treatment activities to solve the medical problems of the masses, which was welcomed by the majority of Yao people. At 9:00 a.m. on the same day, the free clinic was busy. Some of them distributed health propaganda materials for Yao people, some measured blood pressure for residents, and some distributed free medicines for the masses. "You have high blood pressure, exercise more, eat a low-salt, low-fat and low-sugar diet, drink as little as possible, keep in a good mood, and get enough sleep."				
4. 咸鱼致癌？其实未必，但这2点是真的损害健康 Salted fish cause cancer? Not necessarily, but these two points are really harmful to health.	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:32:45 Time: 11:32:45
平时我们常会听说，某种食物会致癌，要远离。而在这些致癌食物里，咸鱼常常位居高榜，真是名副其实的“躺着也中枪”。今天想告诉大家的是，“咸鱼致癌”是一种误导性说法。关于咸鱼致癌的真相：1.真正致癌的，是亚硝酸盐。所以说“咸鱼致癌”，是有一定依据的。咸鱼在制作的过程当中，需要经过高浓度盐的腌制，而后暴晒。制作过程中，会产生一种叫做亚硝基化合物的物质，其中大部分为亚硝胺，属于强致癌物质。				
Usually we often hear that a certain kind of food can cause cancer, to stay away. In these carcinogenic foods, salted fish often ranks high, which is truly "lying down and shooting". Today I want to tell you that "salted fish carcinogenesis" is a misleading statement. The truth about salted fish carcinogenesis: 1. The real carcinogen is nitrosamine. There is a certain basis for saying that salted fish causes cancer. In the process of salted fish production, salted fish need to be cured with high concentration of salt and then exposed to the sun. During the manufacture process, a substance called nitroso compounds, most of which are nitrosamines, belong to strong carcinogens.				

5. 患高血压不在意, 29岁孕妇与家人吵架后突发脑溢血 Sudden cerebral hemorrhage after a quarrel between a 29-year-old pregnant woman and her family.	来源：长江网 Source: Yangtze River Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:36:22 Time: 19:36:22
<p>孕期检查出妊娠期高血压，却未引起充分重视，武汉一名孕妇因吵架情绪激动引发血压飙升，导致脑溢血。今年29岁的朱女士家住武汉古田，已怀孕9个多月，近日因家庭琐事与家人发生争吵，情绪激动，随后不久感觉头痛、呕吐。家人立刻将她送到武汉市第四医院。头部磁共振检查显示，患者小脑出血，血肿压迫脑干，危及生命，需要立刻终止妊娠，进行手术以挽救孕妇及胎儿。</p> <p>Pregnancy hypertension was detected during pregnancy, but it did not attract enough attention. A pregnant woman in Wuhan caused blood pressure surge due to quarrel and emotional excitement, resulting in cerebral haemorrhage. Ms. Zhu, 29, who lives in Gutian, Wuhan, has been pregnant for more than nine months. Recently, she had a quarrel with her family because of family trifles. She was emotionally agitated. Soon afterwards, she felt headache and vomiting. Her family immediately sent her to the Fourth Hospital of Wuhan. Head magnetic resonance examination showed that patients with cerebellar hemorrhage, hematoma compression of the brain stem, life-threatening, need to terminate pregnancy immediately, surgery to save pregnant women and fetuses.</p>				
<div>心血管健康 Cardiovascular health</div>				
1. 血管老人就老, 这些食物让血管变年轻 Vessels grow old. These foods make blood vessels younger.	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:15:24 Time: 09:15:24
<p>血管老，人就老。人体就像一棵大树，血管如同根系，它们保持年轻，人才能永葆活力。膳食纤维：控压调脂。膳食纤维，尤其是水溶性膳食纤维可降低血浆胆固醇水平。流行病学调查证实，充足的膳食纤维可降低冠心病、动脉粥样硬化等心脑血管病的风险。健康成人每天应摄入膳食纤维25克。</p> <p>Old blood vessels make old people. The human body is like a big tree, and the blood vessels are like roots. They remain young, so that people can remain vigorous forever. Dietary fiber: pressure control and lipid regulation. Dietary fiber, especially water-soluble dietary fiber, can reduce plasma cholesterol levels. Epidemiological investigation has confirmed that adequate dietary fiber can reduce the risk of cardiovascular and cerebrovascular diseases such as coronary heart disease and atherosclerosis. Healthy adults should take in 25 grams of dietary fiber every day.</p>				
2. 预防血栓形成, 减少心血管意外 Preventing thrombosis and reducing cardiovascular accidents	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:11:30 Time: 15:11:30
<p>栓是很常见的一个心血管问题，是隐藏在我们身体中的一个“高危炸弹”，而且一不注意就有可能造成心血管疾病突发，对我们的健康乃至生活影响很大，在年轻的时候找到预防的方式是避免血栓形成的有效方式。血栓作为心血管问题的一种，那和饮食问题就脱不了干系，明慈心血管专科医院的专家提示我们要在生活中改变自己的饮食习惯，现代人们生活条件普遍都比较好，很多人的一日三餐都是高热量饮食，血压、血脂、胆固醇升高、肥胖等问题严重，这些都是会引起血栓的形成。</p> <p>Thrombus is a common cardiovascular problem. It is a "high-risk bomb" hidden in our body. It may cause cardiovascular disease outbreak if we do not pay attention to it. It has a great impact on our health and life. Finding a way to prevent thrombosis is an effective way to avoid thrombosis when we are young. As a kind of cardiovascular problem, thrombosis is closely related to dietary problems. Experts from Mingci Cardiovascular Hospital suggest that we should change our eating habits in our life. Modern people's living conditions are generally better. Many people eat three meals a day with high calories. Blood pressure, lipid, cholesterol and obesity are serious problems, which can cause blood loss. The formation of embolus.</p>				
3. 养好肾就能延寿！晚上九点泡脚最护肾 A good kidney can prolong life! Kidney protection is best when you soak your feet at 9:00 p.m.	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：15:28:16 Time: 15:28:16
<p>什么是健康的食品？生活中如何预防身体的疾病？这都成为了大家关注的焦点。养好肾就能延寿。清华大学第一附属医院肾内科主任卢方平说，每个年龄段的人都有可能发生肾炎或肾病，婴幼儿、青少年容易发生原发性肾炎，老年人可能因“三高”等引起肾脏损害。因此，坚持健康的生活方式，管理好肾脏疾病很重要。健康人群要做好预防。饮食宜清淡，减少盐的摄入，每人每天摄盐量不超过6克。</p> <p>What is healthy food? How to prevent physical diseases in life? This has become the focus of attention. A good kidney can prolong life. Lu Fangping, director of Nephrology at the First Affiliated Hospital of Tsinghua University, said that nephritis or nephropathy may occur in people of every age group. Primary nephritis may occur in infants and adolescents, and kidney damage may occur in the elderly due to "three highs". Therefore, it is important to adhere to a healthy lifestyle and manage kidney diseases well. Healthy people should do a good job of prevention. Diet should be light, reduce salt intake, each person daily intake of salt does not exceed 6 grams.</p>				
<div>综合健康信息 Comprehensive Health Information</div>				
1. 春季控糖多吃“青” Control Sugar and Eat Green in Spring	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:08:43 Time: 09:08:43
<p>新鲜蔬菜是平衡膳食的重要组成部分，武警总医院营养科主任李卉建议糖尿病患者一般每日至少要摄入400克的蔬菜，以便更好的控制血糖，春季，大量的青菜正新鲜上市，糖友们不妨趁着青菜鲜嫩多选择几种来吃。空心菜：植物胰岛素。空心菜，因其含胰岛素样成分被称为植物胰岛素，较适合糖尿病患者经常食用，常吃还可以增进食欲。空心菜富含可溶性膳食纤维，能促进肠蠕动、通便解毒的作用，因此有预防肠道肿瘤的功能，有口臭、便秘者宜多食、常食。</p> <p>Fresh vegetables are an important part of a balanced diet. Li Hua, director of Nutrition Department of the Armed Police General Hospital, suggests that diabetic patients should take at least 400 grams of vegetables a day in order to better control blood sugar. In spring, a large number of vegetables are fresh on the market. Sugar pals may as well choose several kinds of vegetables while the vegetables are fresh and tender. Water spinach: plant insulin. Cabbage, because of its insulin-like components known as plant insulin, is more suitable for diabetic patients to eat frequently, often can also increase appetite. Hollow cabbage is rich in soluble dietary fiber, which can promote intestinal peristalsis, relieve constipation and toxicity. Therefore, it has the function of preventing intestinal cancer. Those with bad breath and constipation should eat more and eat more often.</p>				
2. [记者稿件] 第12个“世界减盐周”，专家建议：外出就餐或点外卖可要求少放盐 [Reporter's Note] The 12th World Salt Reduction Week, experts suggest: go out for dinner or take-out can require less salt	来源：锦州新闻网 Source: Jinzhou News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:02:38 Time: 08:02:38
<p>3月4日—10日是第12个“世界减盐周”，3月5日，市全民健康保障中心(市疾控中心)地方病与慢性病防制科科长于雷向记者介绍，近年来一直在积极倡导“减盐”的健康生活方式，但在日常生活中仍然经常被忽视。据于雷介绍，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。</p> <p>March 4-10 is the 12th "World Salt Reduction Week". On March 5, Yu Lei, head of endemic and chronic disease prevention and control section of the Municipal National Health Insurance Center (Municipal CDC), introduced to reporters that he has been actively advocating a healthy lifestyle of "salt reduction" in recent years, but it is still often ignored in daily life. According to Yu Lei, 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.</p>				
3. 贵州省卫生健康委团工委组织开展形式多样的“学雷锋”志愿服务活动 Guizhou Provincial Health Commission and League Work Committee organize various forms of "Xue Leifeng" volunteer service activities	来源：搜狐 Source: Sohu	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：17:02:52 Time: 17:02:52
<p>在毛泽东同志发出“向雷锋同志学习”题词56周年和第20个中国青年志愿者服务日之际，为进一步弘扬雷锋精神和“奉献、友爱、互助、进步”的志愿服务精神，3月5日，贵州省卫生健康委直属机关团工委组织志愿者深入全省20个极贫乡镇之一的紫云县大营镇三合村开展了形式多样的“学雷锋”志愿服务活动。</p> <p>On the 56th anniversary of Comrade Mao Zedong's inscription "Learn from Comrade Lei Feng" and the 20th Chinese Youth Volunteer Service Day, in order to further promote Lei Feng's spirit and the spirit of volunteer service of "dedication, friendship, mutual assistance and progress", on March 5, the Youth League Committee of Guizhou Health Commission organized volunteers to go deep into Sanhe Village, Daying Town, Ziyun County, one of the 20 extremely poor townships in Guizhou Province. Various forms of "learning Leifeng" volunteer service activities were carried out.</p>				

4. 寿命长短由它决定！牢记12个健康警戒线... Life span depends on it! Keep 12 health warning lines in mind.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:04:43 Time: 13:04:43
凡事都有度，过犹不及。想长寿、想健康，也要把握住这个原则。这12条健康警戒线决定寿命长短，不妨对照一下，如果超过了警戒线，一定要提高警惕了！1、颈围警戒线。35厘米，脖子粗，血管差！美国《临床内分泌学与代谢》杂志上的一篇研究就提出，脖子越粗的人，心血管疾病风险就越大，数十年后患心血管疾病的比率也更高。双下巴、脖子短粗都可能是心脏不健康的信号。				
Everything is spent, too much is too late. If you want to live a long life and be healthy, you should also grasp this principle. These 12 health warning lines determine the length of life, may wish to contrast, if beyond the warning line, we must be vigilant! 1. Neck circumference cordon. 35 cm, thick neck, poor blood vessels! A study in the American Journal of Clinical Endocrinology and Metabolism suggests that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in decades to come. Both jaws and necks may be signs of unhealthy hearts.				
5. [记者稿件] 餐馆用油盐比在家烹饪多一半建议市民减少外出就餐或点外卖 [Reporter's Note] Half of restaurants use more oil and salt than they cook at home, suggesting that citizens cut back on eating out or ordering takeaway.	来源：锦州新闻网 Source: Jinzhou News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:08:10 Time: 07:08:10
每年“世界减盐周”期间，世界各国都积极开展“盐与健康”的宣传活动，以提高公众对高盐饮食危害健康的认识，鼓励每个人在日常生活中做出更健康的选择；同时号召政府、食品企业、餐饮行业采取行动，设定减盐目标、制定减盐策略，共同营造有利于人群健康的社会环境。今年3月4日—10日是第12个“世界减盐周”。我国《全民健康生活方式行动方案(2016—2025年)》中提出“三减三健”行动方案，其中“减盐”专项行动就一直在倡导“减盐”的健康生活方式。				
Every year during World Salt Reduction Week, countries all over the world actively carry out "Salt and Health" publicity activities to raise public awareness of the dangers of high salt diet to health and encourage everyone to make healthier choices in their daily lives. At the same time, they call on the government, food enterprises and catering industry to take action to set salt reduction targets and formulate salt reduction strategies to jointly create health benefits for the population. Kang's social environment. March 4-10 this year is the 12th World Salt Reduction Week. The Action Plan of National Healthy Lifestyle (2016-2025) put forward the Action Plan of "Three Reductions and Three Health Care", in which the special action of "salt reduction" has been advocating a healthy lifestyle of "salt reduction".				
6. 羊尾镇：“五送”志愿服务弘扬雷锋精神 Yangwei Town: "Five Deliveries" Volunteer Service Promotes Lei Feng Spirit	来源：秦楚网 Source: Chu Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:11:06 Time: 18:11:06
大爷，您这血压有点偏高，平时饮食要注意少油少盐。”来自郅西县羊尾镇卫生院的医生志愿者王华丽一边熟练的操作着血压仪一边耐心地向福利院的大爷提醒着，而这只是羊尾镇团委组织志愿者开展学雷锋“五送”志愿服务活动的的一个缩影。经笔者了解，今年3月5日是第56个学雷锋纪念日，也是第20个“中国青年志愿者服务日”，羊尾镇团委提前谋划筹备，积极组织动员镇内各条战线青年志愿者力量，在学雷锋纪念日前后以“送温暖、送文化、送健康、送平安、送新风”等为主题开展为期一个月的学雷锋志愿服务“五送”活动。				
Sir, your blood pressure is a little high. You should pay attention to less oil and salt in your diet. Wang Huanhua, a doctor volunteer from Yangwei Town Health Hospital in Yunxi County, cautioned the elder of the welfare home patiently while skillfully operating the blood pressure meter, which is just a microcosm of volunteer activities organized by the Youth League Committee of Yangwei Town to learn Leifeng's "five deliveries". The author understands that March 5 this year is the 56th Memorial Day of Xue Leifeng and the 20th "Chinese Youth Volunteer Service Day". The Youth League Committee of Yangwei Town has planned ahead of schedule and actively organized and mobilized young volunteers from all fronts in the town to launch a month-long academic mine with the theme of "sending warmth, culture, health, peace and fresh air" before and after the Memorial Day of Xue Leifeng. Feng volunteer service "five send" activities.				
7. 消化不良，吃肉三个讲究 Poor digestion, three fastidious meat	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:11:11 Time: 09:11:11
对于消化不良的人群来说，肉类是他们想吃却不敢吃的食物。然而，肉类除了美味，还是优质蛋白质、维生素B12、欧米加3多不饱和脂肪酸、铁、锌等营养素的重要来源，长期不吃肉，容易引发营养不良、贫血、免疫力降低等问题。此外，缺营养还可能进一步加重消化不良，形成恶性循环。其实，消化不良的人只要做到以下3点，就可以放心吃肉。				
For people with indigestion, meat is the food they want but dare not eat. However, meat is not only delicious, but also an important source of high-quality protein, vitamin B12, omega-3 polyunsaturated fatty acids, iron, zinc and other nutrients. Long-term non-eating of meat can easily lead to malnutrition, anemia, immunity decline and other problems. In addition, nutrition deficiency may further aggravate indigestion and form a vicious circle. In fact, people with poor digestion can eat meat at ease if they do the following three points.				
8. 绿叶菜，被忽视的补钙高手 Green Leaf Vegetables, Neglected Calcium Supplementers	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:11:46 Time: 10:11:46
钙是人体内含量最大的一种矿物质，它组成我们的牙齿、骨骼，更对人体凝血、神经信号传导、肌肉收缩等生理功能起到重要作用。相较保健食品，近年来越来越多的人更希望从天然食物中补充钙。说到补钙食物，多数人首先想到的是牛奶和豆腐，有一大类食物常常被忽视—绿叶蔬菜。很多绿叶蔬菜的钙含量在100毫克/100克上下，与牛奶的钙含量相当，有些甚至比牛奶高出不少。				
Calcium is one of the most abundant minerals in human body. It makes up our teeth and bones, and plays an important role in physiological functions such as blood coagulation, nerve signal transduction and muscle contraction. In recent years, more and more people want to supplement calcium from natural food than health food. When it comes to calcium supplements, most people think first of milk and tofu. There is a large group of foods that are often overlooked - green leafy vegetables. Many green leafy vegetables contain about 100 mg/100 g of calcium, which is comparable to that of milk, and some are even much higher than that of milk.				
9. 哈尔滨市第二医院举办“关爱妇女守护健康”体检优惠周活动 The Second Hospital of Harbin held the "Caring for Women and Keeping Health" Preferential Week of Physical Examination	来源：东北网 Source: Northeast net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:23:40 Time: 11:23:40
在三八妇女节即将到来之际，哈尔滨市第二医院为回馈广大女性朋友，特举办“关爱妇女 守护健康”体检优惠周活动，推出针对女性的健康检查项目和优惠套餐，在这个专属女性的节日里为她们送上最好的健康礼物。做体检套餐的女性，体检前三天请您尽量保持正常清淡的饮食，禁酒、限高脂肪、高蛋白、高糖、高盐等食物，勿服对肝、肾功能有损害的药物，体检当天早上禁食、禁水。				
As the March 8th Women's Day is approaching, the Second Hospital of Harbin, in order to give back to women's friends, organizes a special week of "caring for women and protecting their health", launches a health check-up program and a special package for women, and presents them the best health gifts in this exclusive women's festival. For the women who make the medical check-up kit, please try to keep a normal and light diet three days before the physical check-up. Do not take drugs that damage the liver and kidney function. Fast food and water on the morning of the physical check-up.				

决心工程 Resolve To Save Lives
没有相关文章！
No such articles!

减盐-微信 Salt Reduction - WeChat

2019-03-06，共监测到526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 526 WeChat public articles were monitored in 2019-03-06. This page shows the top five articles by repeat number today.

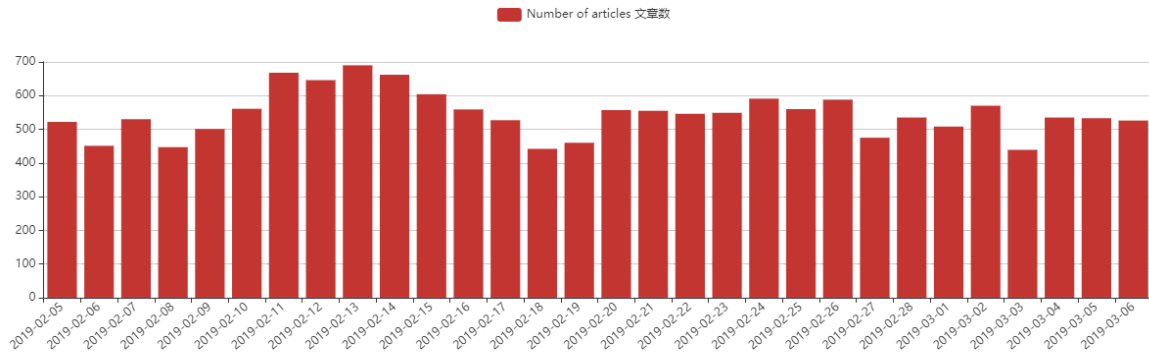
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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.



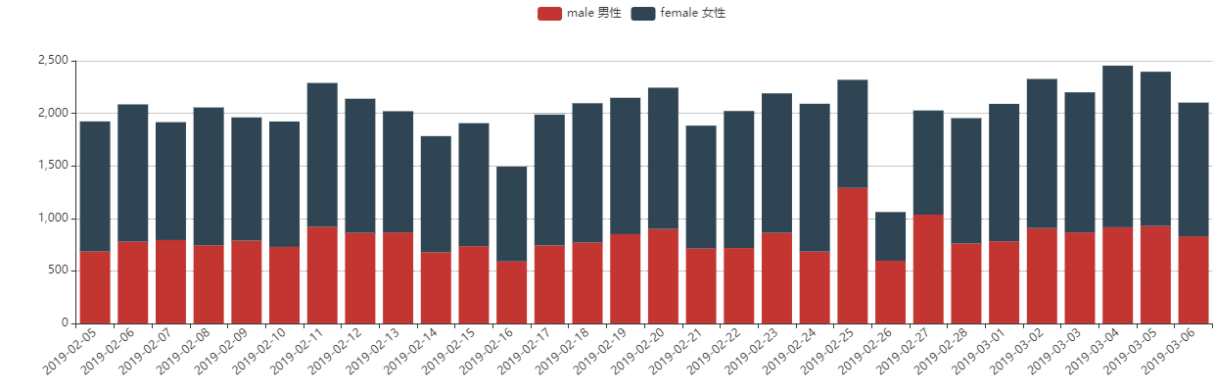
热门文章-前五 Popular Articles - Top 5

1. 世界减盐周，主动“要”少盐 World Salt Reduction Week	重复数：15 Repeat Number：15	日期：2019-03-06 Data：2019-03-06
一直以来，减少家庭烹饪用盐是我国减盐的主要策略。		
For a long time, reducing salt in domestic cooking is the main strategy of reducing salt in our country.		
2. 世界减盐周！别让食物的“盐值”，成为全家人的“健康杀手” The World Salt Reduction Week. Do not let the "salt value" of food become the "health killer" of the whole family.	重复数：11 Repeat Number：11	日期：2019-03-06 Data：2019-03-06
世界减盐周 每年“世界减盐周”期间，世界各国积极开展“盐与健康”的宣传活动，以提高公众对高盐饮食危害健康的认识		
During World Salt Reduction Week, countries around the world actively carry out "Salt and Health" publicity activities to raise public awareness of the health hazards of high salt diet.		
3. 世界减盐周 “盐值高”也有烦恼，当心盐多必失！ World Salt Reduction Week "High Salt Value" also has troubles, beware of your health!	重复数：10 Repeat Number：10	日期：2019-03-06 Data：2019-03-06
逐渐减少钠盐摄入 减盐需要循序渐进，味觉对咸味的需求会随着时间的推移逐渐降低。		
Gradually reducing sodium intake. Salt reduction need to be gradual, and the demand for salty taste will gradually decrease over time.		
4. 日本入长寿全球第一！10个秘诀中9个与吃有关！ Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!	重复数：9 Repeat Number：9	日期：2019-03-06 Data：2019-03-06
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		
As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns.		
5. 健康 高血压的“隐形凶手”，除了盐还有它 Health In addition to salt, it is also the "invisible murderer" of high blood pressure	重复数：9 Repeat Number：9	日期：2019-03-06 Data：2019-03-06
别忘限盐 食用盐的量限制在每天小于6克（也就是普通啤酒瓶盖去掉胶皮垫后水平装满的量），会有助于血压下降。同时补充一定量的钾和钙，还能促进体内钠的排泄。因此，在食盐的选择上，可以选择钠钾平衡盐，或者含钾量偏高、含钠量偏低的低钠盐。v		
Don't forget to limit salt consumption to less than 6 grams a day (that is, the amount of horizontal filling after removing the rubber pad from the cap of a regular beer bottle) will help lower blood pressure. At the same time, a certain amount of potassium and calcium can also promote the excretion of sodium in the body. Therefore, in the choice of salt, sodium-potassium equilibrium salt or low-sodium salt with high potassium content and low sodium content can be chosen.		

减盐-微博

Salt Reduction - Weibo

2019-03-06，共检测到2102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 2102 weibos about salt reduction monitored on 2019-03-06.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博
Hot Weibos

1. 昵称：生命时报

地区：北京

认证：机构

Nickname：生命时报

Area：Beijing

Identity：Institution

时间：2019-03-06 18:33

来自：微博weibo.com

转发数：52

评论数：23

点赞数：42

Time：2019-03-06 18:33

Source：微博weibo.com

Repost：52

Comment：23

Like：42

【你在餐馆里常点的4种菜，上了营养专家的黑名单】调查显示，经常在外就餐的人更易发胖。4种“高能菜”最好少吃：1.水煮类：这类菜需要大量油，常吃易能量超标，增加肥胖危险。2.干锅类：长时间加热导致糊锅，易产生致癌物质；含盐量较高，易增加高血压风险。3.干煸类：大部分餐馆都为省事，直接油炸。除脂肪含量超标，很多维生素在油炸过程中会被破坏。4.咸蛋黄焗类：脂肪超标、维生素损失。收起全文d

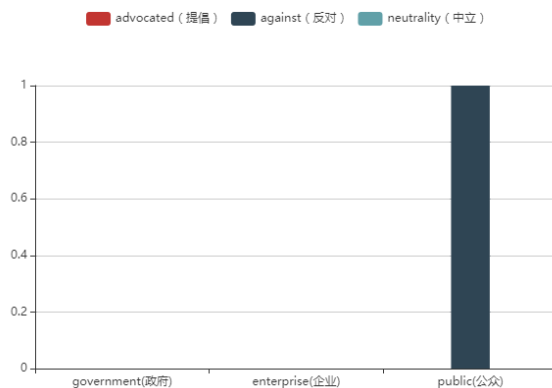
[The four dishes you often order in restaurants are on the blacklist of nutrition experts.] Surveys show that people who often eat out are more likely to gain weight. 4 kinds of "high-energy dishes" should be eaten less: 1. Boiled: This type of dish requires a lot of oil, which often leads to excessive energy and increases the risk of obesity. 2. Dry pots: long-term heating is easy to produce carcinogens; high salt content, easy to increase the risk of high blood pressure. 3. Cognac: Most restaurants use fried food directly. In addition to excess fat, many vitamins are destroyed during the frying process. 4. Salted egg yolks: fat excess, vitamin loss.

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-03-06) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-03-06. 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. 政府将禁止食品使用部分氢化油 The government will ban the use of partially hydrogenated oils in food	来源：联合早报 Source: Lianhe Zaobao	主体：公众 Subject: public	态度：反对 Attitude: against	时间：16:44:32 Time: 16:44:32
政府下来将禁止食品使用部分氢化油（partially hydrogenated oils，简称PHO），并在较迟时候公布细节。卫生部高级政务次长安宁阿敏今天在拨款委员会辩论卫生部开支预算时作出这项宣布。部分氢化油是反式脂肪（trans fat）主要来源，而多食用反式脂肪会提高患心血管疾病的风险。目前，本地的食油和脂肪等所含的反式脂肪，顶限为每100克有2克。				
The government will next ban the use of partially hydrogenated oils (PHO) in food and release details later. Anning Amin, Senior Minister of Government of the Ministry of Health, made the announcement today when the Appropriation Committee debated the Ministry of Health's expenditure budget. Some hydrogenated oils are the main source of trans fats, and eating more trans fats increases the risk of cardiovascular disease. Currently, trans fats in local cooking oils and fats are limited to 2 grams per 100 grams.				
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

2019-03-06，共监测到356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 356 WeChat public articles were monitored in 2019-03-06. 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 Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.	重复数：31 Repeat Number：31	日期：2019-03-06 Data：2019-03-06
除了食盐，像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防，减少它们的摄入量。		
In addition to salt, it is necessary to beware of "invisible salts" such as chicken essence, soy sauce, candied fruit, and ham sausage to reduce their intake.		
2. 脸要穷养，脚要富养；心要穷养，肺要富养（深度好文） Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.	重复数：20 Repeat Number：20	日期：2019-03-06 Data：2019-03-06
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。		
One of the major killers of the heart is trans fatty acids, especially artificial fried foods and various "crisps", which should be eaten less.		
3. 大脑最爱的食物，核桃只排第4名，第1名谁都想不到！ Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!	重复数：18 Repeat Number：18	日期：2019-03-06 Data：2019-03-06
油炸食品中含有大量的反式脂肪酸、膨松剂和色素，进入人体后会健康产生不利影响，增加心脑血管疾病的危险；也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。		
Fried food contains a large number of trans fatty acids, bulking agents and pigments, which will have adverse effects on human health, increase the risk of cardiovascular and cerebrovascular diseases, and also lead to the lack of essential fatty acids and inhibit the growth and development of infants and young children.		
4. 被奶茶毁掉的中国姑娘 Chinese girl destroyed by milk tea	重复数：10 Repeat Number：10	日期：2019-03-06 Data：2019-03-06
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。		
Trans fatty acids do great harm to human body, not only increase the risk of cardiovascular disease and diabetes, but also affect the development of children's nervous system.		
5. 面包好吃却五毒俱全，家有孩子的都看看！！吃前请三思！ The bread is delicious but full of poisons. Families with children should take a look!! Think twice before you eat it!	重复数：8 Repeat Number：8	日期：2019-03-06 Data：2019-03-06
人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险，还更容易使人发胖。		
Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and make people fatter.		

反式脂肪酸-微博 Transfat - Weibo

2019-03-06, 共检测到200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。

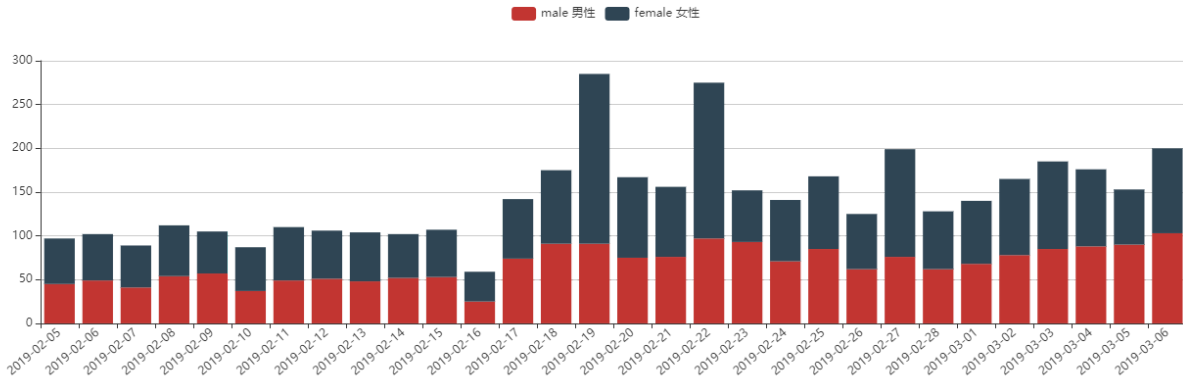
There are 200 weibos about transfat reduction monitored on 2019-03-06.

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!