

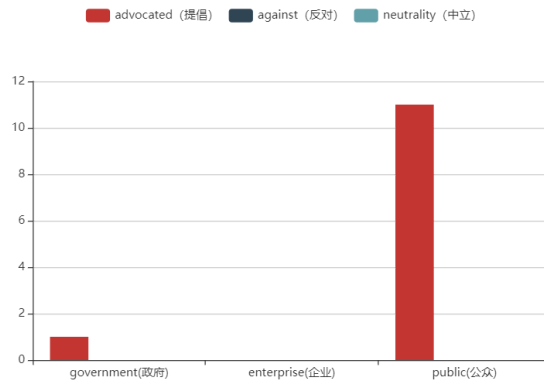
减盐-新闻

Salt Reduction - News

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食物中的钠 Sodium in food
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安徽
Anhui

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浙江
Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 提高全民健康素养更需重视学生营养健康 More attention should be paid to students'nutritional health in order to improve the health literacy of the whole people	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:37:03 Time: 16:37:03
加强健康教育，提高全民健康素养，要从小抓起。30年前，我国著名营养学家于若木就发出呼吁重视学生营养健康的重要性，并一直致力于促进学生营养健康的改善。1月12日，纪念于若木同志诞辰100周年暨中国学生营养与健康促进会成立30周年学术研讨会在京举行。中国学生营养与健康促进会第七届理事会会长陈永祥在做30年工作总结和展望报告时表示，儿童青少年的营养与健康状况是反映一个国家经济与社会发展、卫生保健水平和人口素质的重要指标之一。				
To strengthen health education and improve the health literacy of the whole people, we should start at an early age. Thirty years ago, Yu Ruomu, a well-known nutritionist in China, appealed for the importance of students'nutritional health, and has been committed to promoting the improvement of students' nutritional health. On January 12, a symposium was held in Beijing to commemorate the 100th anniversary of Comrade Ruomu's birth and the 30th anniversary of the establishment of the Chinese Association for the Promotion of Nutrition and Health of Students. Chen Yongxiang, chairman of the 7th Council of the Chinese Association for the Promotion of Nutrition and Health of Students, said in his 30-year work summary and Outlook report that the nutrition and health status of children and adolescents is one of the important indicators reflecting a country's economic and social development, health care level and population quality.				

2. 土豆和米饭为什么不要一起吃？ Why not eat potatoes and rice together?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：22:45:52 Time: 22:45:52
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土豆和米饭为什么不要一起吃？说起丁香生活研究所编辑们的学生时代，不得不提到的好吃又便宜的——酸辣土豆丝盖浇饭！作为最便宜的一款盖浇饭，在每个不愿或懒得去食堂的日子里，它点亮了生活，提供了学习的能量，最后变成了腹部的脂肪.....说起来都是泪。尹老师听了编辑们的故事，很认真地告诉他们土豆不要和米饭一起吃。那这是为什么呀？尹老师说：因为土豆是一种主食。对，吃了这么多年的一种菜，土豆其实是主食！土豆不仅是主食，而且是款优秀的主食。

Why not eat potatoes and rice together? Speaking of the student days of the editors of the Lilac Life Research Institute, I have to mention the delicious and inexpensive - hot and sour potatoes covered with rice! As the cheapest cover watering meal, it lights up life, provides energy for learning, and eventually becomes abdominal fat on every day when you are unwilling or lazy to go to the canteen. It's all tears. Mr. Yin listened to the editors' stories and told them seriously not to eat potatoes with rice. So why is that? Teacher Yin said: Because potatoes are a staple food. Yes, after eating a dish for so many years, potatoes are actually staple food! Potatoes are not only staple food, but also an excellent staple food.

高血压 Hypertension				
1. “中小学查体中增加血压测量、快速血糖监测” "Increasing Blood Pressure Measurement and Rapid Blood Glucose Monitoring in Physical Examination of Primary and Secondary Schools"	来源：法制网 Source: Legal Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:52:40 Time: 18:52:40

1月13日，北京市政协十三届二次会议的间歇，记者采访了北京市政协委员刘琦。这位来自北京同仁医院的医学专家建议，“在中小学查体中加血压测量、快速血糖监测，或对体重超标者监测血压、血糖”。刘琦指出，改革开放40年，我国生活水平明显提高，带来的负效应就是肥胖、慢病发生率明显增多，发病年龄提前。在临床工作中，20岁左右出现糖尿病并发眼底出血的并不是个案，推测病程估计在10年左右，因此在中小学就发病了。因为高血压、糖尿病都是隐性杀手，早期并无症状，容易被忽视。

On January 13, during the interval of the second session of the 13th Beijing Political Consultative Conference, the reporter interviewed Liu Qi, a member of the Beijing Political Consultative Conference. The medical expert from Tongren Hospital in Beijing suggested that "blood pressure measurement, rapid blood sugar monitoring should be added to physical examination in primary and secondary schools, or blood pressure and blood sugar should be monitored for overweight people". Liu Qi pointed out that in the past 40 years of reform and opening up, China's living standards have improved significantly. The negative effect is that the incidence of obesity and chronic diseases has increased significantly, and the age of onset has advanced. In clinical work, it is not a case of diabetes mellitus complicated with eyeground hemorrhage around 20 years old. It is speculated that the course of the disease is estimated to be about 10 years. Therefore, it occurs in primary and secondary schools. Because high blood pressure and diabetes are recessive killers, they have no symptoms in the early stage and are easy to be ignored.

2. 盐城首家高血压诊疗中心成立国内著名专家坐诊 Yancheng First Hypertension Diagnosis and Treatment Center Established Domestic Famous Experts Sitting	来源：中国江苏网 Source: China Jiangsu Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:28:55 Time: 16:28:55
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提到高血压，相信大家并不陌生，如今这种常见病已经严重危害着人们的健康。近日，为了帮助盐城地区的高血压患者减轻病痛，盐城悦达瑞康医院成立了高血压诊疗中心，还邀请了国内顶级的高血压专家来盐授课。记者了解到，这是盐城地区首家集专科治疗、慢病宣教于一体的高血压诊疗中心。1月12日上午，室外寒风凛冽，而在盐城悦达瑞康医院会议室内春意盎然，座无虚席，来自国内的高血压专家、盐城地区的医护人员和部分高血压患者济济一堂，参加悦达瑞康医院高血压病诊治中心成立暨高血压论坛。

When it comes to hypertension, I believe you are not unfamiliar with it. Nowadays, this common disease has seriously endangered people's health. Recently, in order to help patients with hypertension in Yancheng area alleviate their pain, Yancheng Yueda Ruikang Hospital has established a hypertensive diagnosis and treatment center, and invited top domestic experts to teach salt. Reporters learned that this is the first hypertension diagnosis and treatment center in Yancheng area, which integrates specialist treatment and chronic disease education. On the morning of Jan. 12, the outdoor cold wind was brisk. In the conference room of Yueda Ruikang Hospital in Yancheng, there were plenty of spring and plenty of seats. The hypertension experts, medical staff and some hypertension patients from Yancheng area came together to attend the establishment of Yueda Ruikang Hospital Hypertension Diagnosis and Treatment Center and Hypertension Forum.

心血管健康 Cardiovascular health				
没有相关文章！				
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综合健康信息 Comprehensive Health Information				
1. 委员们怒斥“伪科学养生保健” Members denounced "pseudoscience health care"	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:36:18 Time: 08:36:18

当今各种“伪养生”大行其道，但相当多养生保健机构及从业人员不具备从事保健服务的资质，由于缺乏服务技术标准和规范，养生“养出”伤病甚至死亡的事件时有发生。而最近曝光的“权健”事件，再度折射出保健品市场的乱象。昨天在省政协的分组讨论当中，医药卫生界委员对此展开热议。委员建议，除了本科阶段的学历教育外，能不能对健康养生机构人员进行1年以内的培训规范，让所有从事中医养生人员必须持证上岗。这可以在江苏几个点先试行，然后逐步推广，让江苏的保健品市场逐步得以规范。

Nowadays, various kinds of "pseudo health preservation" are popular, but quite a number of health care institutions and practitioners do not have the qualifications to engage in health care services. Due to the lack of service technical standards and norms, health preservation "nurturing" injuries and even deaths occur from time to time. The recently exposed "Quan Jian" incident once again reflects the chaos in the health care market. Yesterday, during the group discussion of the Provincial Political Consultative Conference, members of the medical and health circles launched a heated discussion on this issue. Members suggested that, in addition to undergraduate education, health personnel should be trained within one year, so that all health personnel engaged in traditional Chinese medicine must be certified. This can be tried out at several points in Jiangsu, and then gradually promoted, so that the health care market in Jiangsu can gradually be standardized.

2. 国民营养计划文山州给出了“吃好”的方案 Wenshan Prefecture, the National Nutrition Program, has offered a "Eat Well" program.	来源：云南网 Source: Yunnan net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:52:05 Time: 18:52:05
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为贯彻落实《云南省人民政府办公厅关于印发云南省国民营养计划（2018—2030年）的通知》和《“健康文山2030”规划纲要》精神，提高我州居民营养健康水平，文山州制定了《文山州国民营养计划（2018—2030年）》。到2020年，全州营养工作制度和工作体系基本健全，基层营养工作得到加强；食物营养健康产业加快发展，传统营养服务日益丰富；营养健康信息化水平明显提升；重点人群营养不良状况明显改善，吃动平衡的健康生活方式进一步普及，居民营养健康素养得到明显提高。

In order to implement the spirit of the Notice of the General Office of the People's Government of Yunnan Province on the Issue of Yunnan National Nutrition Plan (2018-2030) and the Outline of the "Healthy Wenshan 2030" Planning, and to improve the nutritional and health level of the residents in our prefecture, Wenshan Prefecture has formulated the "Wenshan National Nutrition Plan (2018-2030)". By 2020, the nutrition work system and work system of the whole Prefecture will be basically sound, and the grass-roots nutrition work will be strengthened; the food nutrition and health industry will accelerate its development, and the traditional food and nutrition services will become increasingly abundant; the level of nutrition and health informationization will be significantly improved; the malnutrition status of key groups will be significantly improved; the healthy lifestyle of balanced eating and movement will be further popularized; and the nutrition and health literacy of residents will be High.

3. 龚蓓苾出席第三届体育嘉年华 Gong Beiqi attended the Third Sports Carnival	来源：粉丝网 Source: Vermicelli Web	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：14:52:08 Time: 14:52:08
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近日，演员龚蓓苾应邀出席主题为“和自己赛跑”的第三届中国体育产业嘉年华。当娱乐碰撞体育，也让我们看到了一个不一样的龚蓓苾。运动天独树一帜，健康生活不忘传递。一直在影视圈深耕的龚蓓苾，其实与体育有着不解之缘，拥有过人运动天赋的她，曾是福建石狮市100米短跑纪录保持者，在访谈中龚蓓苾透露：“这项百米短跑的记录保持了有十年。”多年来，龚蓓苾都保持着良好的生活习惯，无论是坚持练习普拉提还是提倡减盐生活，龚蓓苾尝试着把健康的生活态度传递给每一个人。

Recently, actor Gong Beiqi was invited to attend the 3rd China Sports Industry Carnival with the theme of "race with yourself". When entertainment collides with sports, we also see a different Gong Beiji. Sports talent is unique and healthy life is not forgotten. Gong Beiqin, who has been working hard in the film and television circles, is in fact closely related to sports. She has a great athletic talent. She was the record holder of the 100-meter dash in Shishi City, Fujian Province. During the conversation, Gong Beiqin revealed: "This record of 100-meter dash has been maintained for ten years." Gong Beiji has maintained good habits for many years. Whether he insists on practicing Pilates or advocating salt-reducing life, Gong Beiji tries to pass on a healthy attitude to life to everyone.

4. 每逢佳节胖三斤？这11种让你瘦下来的方法。要试试吗？ Fat three kilos every festival? Do you want to try these 11 ways to stop you?	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:52:39 Time: 17:52:39
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每逢佳节胖三斤？这11种让你瘦下来的方法，要试试吗？我发誓！过节的时候你一定没少吃！肚子肥了吧？腿又粗了吧？屁股还大了吧？俗话说，出来混总是要还的。那么放肆吃，总还要还的。小编摸着自已渐渐拱起的肚子，也正默默流泪中。不想被同事嘲笑“你肥来了”，那么现在就和小编一起来减肥吧！1、五三一法则。减肥，无非就是管住嘴，迈开腿，但在这个特殊的时期也有它特定的办法，比如更适合大家的“五三一”节后快速减重法：就是每周必须运动5次；每次至少持续30分钟；每分钟心跳至少要达到110下。

Fat three kilos every festival? Do you want to try these 11 ways to stop you? I swear! You must eat a lot during the festival! Are you fat? Are your legs thicker? Is the buttock still big? As the saying goes, you always have to pay back when you come out. If you eat freely, you'll have to pay off your debts. Xiao Bian touched his gradually arched stomach and was crying silently. Don't want to be laughed at by colleagues, "You're fat," so now let's lose weight with Xiaobian! 1. The Principle of May 311. To lose weight is to shut up your mouth

and open your legs, but in this special period there are also specific ways, such as the "May 31" fast weight loss method, which is more suitable for everyone: you have to exercise five times a week; every time lasts at least 30 minutes; heartbeat should reach at least 110 beats per minute.

5. 康康识堂第857期: 当心八种癌遗传下一代 Kangkang Zhitang No. 857: Beware of the Next Generation of Eight Cancers	来源: 株洲新闻网 Source: Zhuzhou News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:01:04 Time: 16:01:04
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在我们面临的所有疾病中，癌症是最令人恐惧的疾病之一。简单来说，癌症是由于一组或多组基因突变导致的细胞功能异常，形成了快速、无限制生长的恶性肿瘤。我们知道，基因代代相传，因此遗传也是致癌因素之一。那么，父辈患癌是否一定会遗传给下一代？有癌症家族史的人能否逃脱“命运的审判”？癌症本质是基因病，说到癌症遗传，有个例子非常值得一提。朱莉通过基因检测，发现自己从母亲那里遗传了同样的突变基因，毅然选择预防性双侧乳切除，这在当时非常轰动。

Of all the diseases we face, cancer is one of the most frightening. Simply put, cancer is caused by abnormal cell function caused by mutation of one or more genes, which results in rapid and unrestricted growth of malignant tumors. We know that genes are passed down from generation to generation, so heredity is also one of the carcinogenic factors. So, will cancer in the parents be passed on to the next generation? Can people with a family history of cancer escape the "fate trial"? Cancer is essentially a genetic disease. When it comes to cancer genetics, one example is worth mentioning. Julie found that she inherited the same mutant gene from her mother through genetic testing and decided to take preventive double mastectomy, which was very sensational at that time.

6. 面条最新做法, 少油少盐香喷喷, 比煮着好吃多了! Noodles are the latest way, less oil, less salt, more delicious than boiling!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:19:13 Time: 15:19:13
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面条最新做法，少油少盐香喷喷，比煮着好吃多了！做法很简单，香气四溢，面条中裹上了浓浓的奶香味，吸足了西红柿酸酸甜甜的汁水，还有那培根油汪汪的香味，勾起了肚子里的馋虫咕咕地直叫。从食材准备到吃到嘴里，半个小时都用不上，不想做饭的时候来上一份，简单又好吃。

Noodles are the latest way, less oil, less salt, more delicious than boiling! The method is simple, fragrance overflowing, noodles wrapped in a strong flavor of milk, sucking up the sweet and sour juice of tomatoes, as well as the oil-rich fragrance of bacon, aroused the belly of the grumble. From the preparation of food ingredients to eating in the mouth, half an hour is not needed, do not want to cook when a share, simple and delicious.

7. 省直机关为海东群众送福利 Provincial Government Offices Deliver Welfare to Haidong People	来源: 青海新闻网 Source: Qinghai News Network	主体: 政府 Subject: government	态度: 提倡 Attitude: advocate	时间: 16:20:40 Time: 16:20:40
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“大夫，我因为关节疼痛最近一直睡不着觉。你看看怎么样了？”扎巴镇村民马玉兰对医生说。“平常运动吗？吃的什么药？饮食要清淡一点，多吃蔬菜，少油少盐.....”医生认真地给马玉兰进行着健康指导。这是1月14日，省委办公厅、省直机关工委、省文化和旅游厅、省科协、省卫生健康委、省司法厅等省直机关的党员干部、专家教授、书法爱好者来到化隆县扎巴镇，开展省直机关2019年文化、科技、卫生“三下乡”暨“法律宣传服务到农村”活动现场一幕。

"Doctor, I haven't been able to sleep lately because of joint pain. What do you think of it? Ma Yulan, a villager in Zaba town, told the doctor. "Do you exercise regularly? What medicine do you take? Eat a light diet, eat more vegetables, less oil and salt..." The doctor gave Ma Yulan health guidance seriously. On January 14, Party members, cadres, experts, professors and calligraphy enthusiasts from provincial Party committees, provincial cultural and tourism departments, provincial science and technology associations, provincial health committees, provincial judicial departments and other provincial departments came to Zaba Town, Hualong County to carry out the "three rural areas" and "legal propaganda services" activities of provincial government in 2019.

8. “胃龄”跟癌变有关, 7个原因让胃比你还老 "Stomach age" is associated with canceration. Seven reasons make the stomach older than you.	来源: 汉丰网 Source: Hanfeng network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:22:48 Time: 15:22:48
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“胃不适”这件事对年轻人来说并不新鲜。他们调侃着：日益衰弱的胃，才是最大的“中年危机”；当胃痛来临时，仿佛“哪吒在胃里闹海”。“生命时报”邀请专家，解读胃病发作年轻化的原因，并教你调理出一个好胃的方法。人有年龄，树有年轮，胃其实也有“胃龄”。随着年龄增长，胃会发生退行性改变，一般在45岁左右开始衰老，最直接的表现就是胃黏膜萎缩。上海仁济医院教授房静远和他的团队据此提出胃龄的概念，用来代表胃黏膜萎缩退变的程度。通常来说，胃龄应该跟实际年龄相仿。

"Stomach discomfort" is not new to young people. They joked: the weakening stomach is the biggest "midlife crisis"; when stomachache comes, it's like "the sea in the stomach". Life Times invites experts to explain why gastric diseases are younger and teach you how to regulate a good stomach. People have age, trees have rings, stomach actually has "stomach age". With the increase of age, the stomach will undergo degenerative changes, generally around 45 years old, the most direct manifestation is atrophy of gastric mucosa. Fang Jingyuan, a professor at Renji Hospital in Shanghai, and his team put forward the concept of gastric age to represent the degree of atrophy and degeneration of gastric mucosa. Generally speaking, the age of stomach should be similar to the actual age.

决心工程
Resolve To Save Lives

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减盐-微信 Salt Reduction - WeChat

2019-01-14, 共监测到584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 584 WeChat public articles were monitored in 2019-01-14. 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. [这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!](#)

重复数: 13

日期: 2019-01-14

[These 5 kinds of food hurt the kidney! But people eat every day. The more you eat, the closer you are to uremia!](#)

Repeat Number: 13

Data: 2019-01-14

低盐的重要性位居第一, 因为几乎所有的肾病患者都需要低盐饮食; 而且食盐摄入超标的危害极大, 会带来一系列负面影响: 吃盐多→高钠血症→高血压→加重尿蛋白、肾衰竭→尿毒症、心血管疾病→死亡风险升高。膳食指南建议普通人每日食盐摄入量6克(一啤酒瓶盖); 肾病患者建议每日食盐摄入量3-6克, 以3克为最佳。

The importance of low salt ranks first, because almost all patients with kidney disease need a low-salt diet; and the excessive intake of salt is extremely harmful, which will bring a series of negative effects: eating too much salt will lead to hypernatremia, Hypertension, increased urinary protein, kidney failure, uremia, cardiovascular disease, ultimately increase the risk of death. The dietary guidelines recommends 6 grams of normal salt intake per person (one beer bottle cap); patients with kidney disease are advised to consume 3-6 grams of salt per day.

2. [日本人均寿命世界第一, 他们这些饮食习惯一定要学!](#)

重复数: 8

日期: 2019-01-14

[Japanese life expectancy is the first in the world. We should learn their dietary habits!](#)

Repeat Number: 8

Data: 2019-01-14

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。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 pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Japanese people pay great attention to controlling salt from all aspects of diet: for example, do not drink too much miso soup, do not drink soup when eating ramen, and put salt after cooking, which can minimize salt intake.

3. [健康吃菜少放盐, 控盐用这6招, 个个都实用](#)

重复数: 6

日期: 2019-01-14

[Eat less salt and control salt with these 6 practical tricks.](#)

Repeat Number: 6

Data: 2019-01-14

在中国, 北方的高血压发病率明显高于南方, 其中一个重要原因是北方的饮食偏咸。我国居民膳食指南建议: 成人每天食盐摄入量不宜超6克。其中有2克左右的盐是人们日常吃进去的食物所包含的盐量, 实际一天炒菜用盐量应是4克, 4克盐相当于把一个普通啤酒瓶盖铺平的量。糖尿病或高血压患者每天盐的总摄入量不宜超过3克, 高血压、糖尿病并存的患者及肾脏疾病患者每天盐的摄入量不要超过2克。

In China, the incidence of hypertension in the north is significantly higher than in the south, and one of the important reasons is that the diet in the north is salty. The dietary guidelines for residents in China recommend that the daily salt intake of adults should not exceed 6 grams. About 2 grams of salt is taken by people through diet. The actual amount of cooking salt used in a day should be 4 grams, which is equivalent to the amount of flattening a common beer bottle cap. The total salt intake per day for patients with diabetes or hypertension should not exceed 3 grams. Patients with high blood pressure, diabetes, and kidney disease should not consume more than 2 grams of salt per day.

4. [住院72天, 我卖了2套房!](#)

重复数: 5

日期: 2019-01-14

[After 72 days in hospital, I sold two apartments!](#)

Repeat Number: 5

Data: 2019-01-14

心内科专家介绍, 食盐摄入过多是高血压的三大危险因素之一, 同时, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。很多人喜欢吃点咸菜, 或者用酱油烹调, 无形之中都增加了盐的摄取。建议成人每人每天食盐摄入量不超过6克, 2~3岁幼儿摄入量不超过2克, 4~6岁幼儿不超过3克, 7~10岁儿童不超过4克, 65岁以上老人不超过5克。

Cardiology experts said that excessive salt intake is one of the three major risk factors for hypertension. At the same time, excessive salt intake can also increase the risk of gastropathy, osteoporosis, obesity and other diseases. Many people like to eat pickles or cook with soy sauce, which invisibly increases salt intake. It is suggested that the daily salt intake of adults should not exceed 6 grams per person, that of children aged 2-3 years should not exceed 2 grams, that of children aged 4-6 years should not exceed 3 grams, that of children aged 7-10 years should not exceed 4 grams, and that of the elderly aged 65 years and over should not exceed 5 grams.

5. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 5

日期: 2019-01-14

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

Repeat Number: 5

Data: 2019-01-14

咸香咸味, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达9.5%的心血管代谢死亡与盐摄入过多相关, 与10.4%的冠心病死亡, 21.4%的高血压性心脏病死亡, 10.7%的卒中死亡密切相关。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。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

减盐-微博

Salt Reduction - Weibo

2019-01-14, 共检测到1969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。

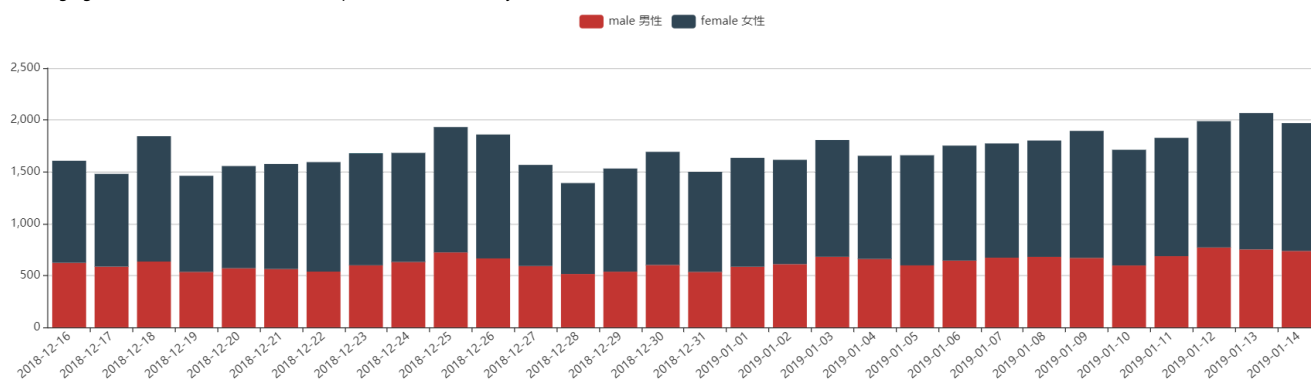
There are 1969 weibos about salt reduction monitored on 2019-01-14.

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

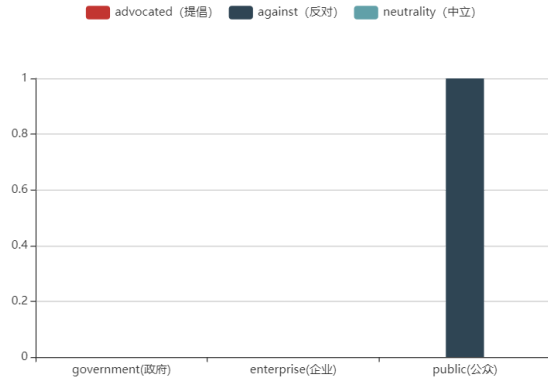
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-14) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-14. 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. [代餐粉购买者七成为18—30岁年轻人](#)

来源：人民网广东视窗
Source: People's Network
Guangdong Windows

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 15:51:29
Time: 15:51:29

1月13日，记者从广州农村电子商务协会等举办的现食生活代餐节获悉，华南理工大学食品科学与工程学院在会上发布首份代餐粉行业白皮书。 根据白皮书显示，代餐粉超80%的购买者为女性。 根据调查显示，代餐粉的需求人群涵盖从少年、中年到老年的全人群，对年轻人尤具吸引力。 据介绍，代餐粉是一种用来代替正餐的食品，以谷类、豆类、薯类等为主要原料，其他属类植物的根、茎、果实等可食用部分为辅，制成的一种单一或综合性冲调粉剂产品。

On January 13, the reporter learned from the Guangzhou Rural Electronic Commerce Association and other modern food festivals that the School of Food Science and Engineering of South China University of Technology released the first white paper on the industry of substitute meal powder at the meeting. According to the white paper, more than 80% of the buyers of substitute meals are women. According to the survey, the demand group of substitute meal powder covers the whole population from juvenile, middle-aged to old age, and is especially attractive to young people. It is reported that substitute meal powder is a kind of food used to replace dinner. It is made of cereals, legumes, potatoes and other main raw materials, supplemented by edible parts such as roots, stems and fruits of other genera, and is a single or comprehensive powder product.

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

2019-01-14, 共监测到345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 345 WeChat public articles were monitored in 2019-01-14. This page shows the top five articles by repeat number today.

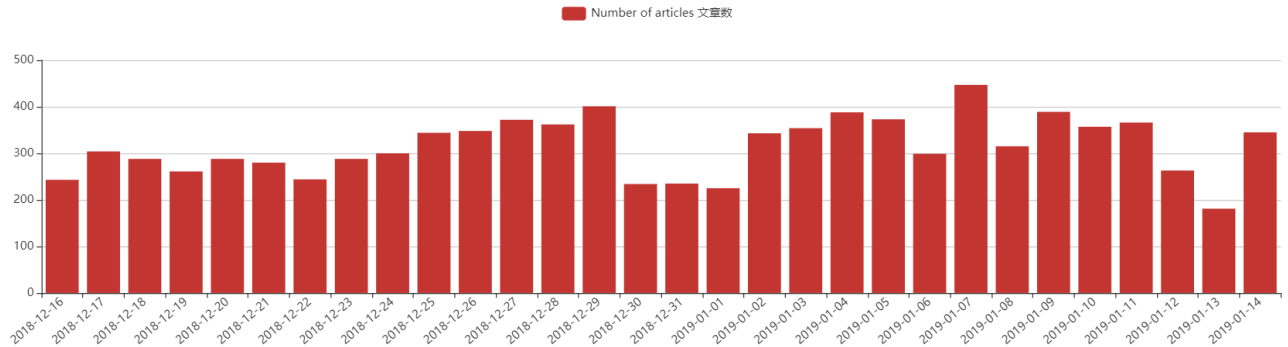
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 28

日期: 2019-01-14

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

Repeat Number: 28

Data: 2019-01-14

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。

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. 世界卫生组织最新推荐: 2019年“健康饮食五原则”

重复数: 8

日期: 2019-01-14

[World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#)

Repeat Number: 8

Data: 2019-01-14

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸油条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。减油秘诀: 减少使用黄油、猪油等动物油, 用豆油、菜籽油、玉米油、葵花籽油等植物油替代。

Fats are also an essential component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeatedly frying oil also contains more trans fatty acids, which should be avoided. Foods containing more trans fatty acids include French fries, fried chicken legs, fried dough sticks, various pastries containing hydrogenated vegetable oil, chocolate, salad dressings, and instant noodle sauces. Oil reduction tips: Reduce the use of animal oils such as butter and lard, and replace them with vegetable oils such as soybean oil, rapeseed oil, corn oil and sunflower oil.

3. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

重复数: 8

日期: 2019-01-14

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 8

Data: 2019-01-14

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

4. 警惕! 这8种不健康的年货!

重复数: 4

日期: 2019-01-14

[Be careful with these 8 unhealthy items!](#)

Repeat Number: 4

Data: 2019-01-14

很多姑娘下午茶都会喝杯红茶吃块蛋糕、点心, 但如果不仔细甄别, 买到了反式脂肪(人造黄油、人造奶油、氢化植物油、植脂末)制作的点心, 会增加心血管疾病的发生、糖尿病的危险性, 还会增加儿童发生过敏性疾病的危险。反式脂肪酸完全是人造的东西, 进入身体, 无法消化, 只能留着。买东西还是要仔细甄别的。

Many girls have a cup of black tea and eat cakes and snacks in the afternoon tea. However, if you accidentally buy snacks made from trans fats (margarine, margarine, hydrogenated vegetable oil, and non-dairy cream), it will increase cardiovascular disease, diabetes, and the risk of allergic diseases in children. Trans fatty acids are completely artificial things. When they enter the body, they cannot be digested and can only be kept. Therefore, when you buy something, you still have to carefully check out.

5. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

重复数: 4

日期: 2019-01-14

[These five kinds of food hurt kidney, but you may eat them everyday. The more you eat them the closer you are to uremia.](#)

Repeat Number: 4

Data: 2019-01-14

肾病患者需要低盐、低脂、高维生素饮食, 但方便面则是反其道而行之, 属于高盐、高脂、低维生素食物。除高盐外, 方便面中的人造脂肪(反式脂肪酸), 同样对心血管的伤害很大。方便面还有防腐剂和香精, 伤害肝肾胃。

Patients with kidney disease need a low-salt, low-fat, high-vitamin diet, but instant noodles are high-salt, high-fat, low-vitamin foods. In addition to high salt, artificial fat (trans fatty acids) in instant noodles is also very harmful to the cardiovascular. Instant noodles also have preservatives and flavors that damage the liver, kidney and stomach.

反式脂肪酸-微博 Transfat - Weibo

2019-01-14, 共检测到118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。

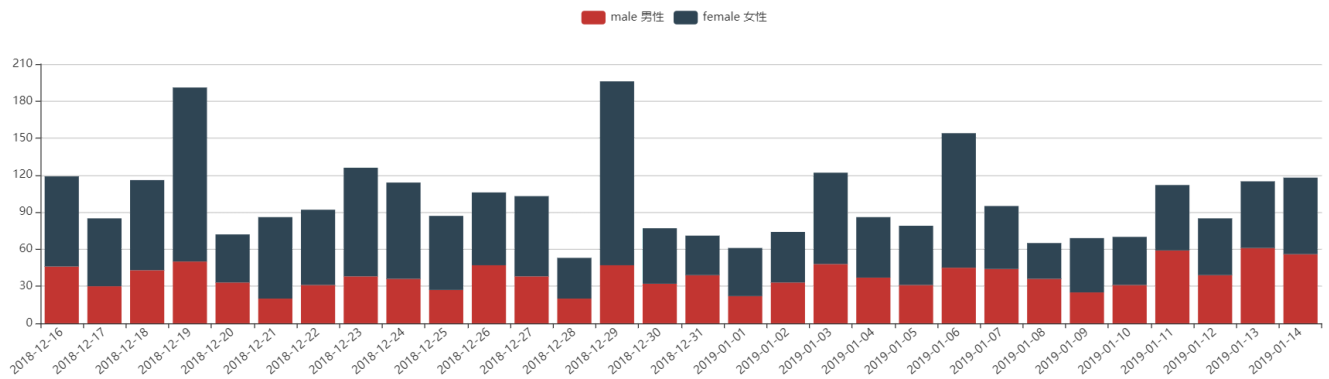
There are 118 weibos about transfat reduction monitored on 2019-01-14.

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!