

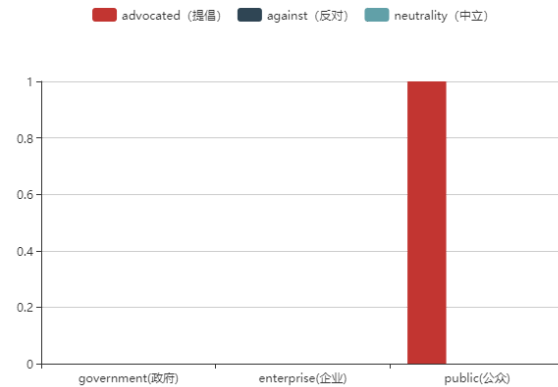
减盐-新闻

Salt Reduction - News

今日 (2019-01-13) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-13. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

没有相关文章!

No such articles!

高血压

Hypertension

没有相关文章!

No such articles!

心血管健康

Cardiovascular health

没有相关文章!

No such articles!

综合健康信息

Comprehensive Health Information

没有相关文章!

No such articles!

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠

Sodium in food

没有相关文章!

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决心工程 Resolve To Save Lives
没有相关文章!
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安徽
Anhui

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决心工程 Resolve To Save Lives
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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
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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. [申花高强度冬训期待实战成果吴毅臻感受中超不同](#)
[Shenhua High Intensity Winter Training Expects Practical Achievements Wu Yizhen Feels Different from China](#)

来源：上海热线
Source: Shanghai Online

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 13:36:18
Time: 13:36:18

如果把一周作为一个阶段，那么申花在西班牙冬训的第一个阶段便已经结束。在这个阶段，主要以体能储备以及队员与主教练彼此之间的熟悉和磨合为主。自1月5日正式带队训练以来，弗洛雷斯连续安排了一天两练的大运动量。冬训，往往是枯燥和乏味的，这种枯燥一方面来自于日复一日的训练外，另一方面则来自于单一的饮食。这次在西班牙冬训期间，申花所有的饮食都是参照西甲标准，再加上马贝拉当地食物的做法又以少油和少盐为主，因此这让习惯国内饮食的队员都颇为不习惯，“一次两次可能还行，每天这么吃确实会感到有点腻，但出于健康也没办法。”申花有队员说道。

If a week is considered as a stage, the first stage of Shenhua's winter training in Spain will be over. At this stage, physical reserves and the familiarity and running-in between players and coaches are the main factors. Since January 5, when he formally led the team training, Flores has arranged for two consecutive workouts a day. Winter training is often dull and tedious. On the one hand, it comes from day-to-day training, on the other hand, it comes from a single diet. During this winter training in Spain, Shenhua's diet refers to the standard of La Liga, and Marbella's local food practices are mainly less oil and salt, so this makes the members who are accustomed to the domestic diet quite unused. "One or two times may be OK, it may feel a little tired to eat like this every day, but there is no way out of health." Shenhua has a team member said.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-13, 共监测到557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 557 WeChat public articles were monitored in 2019-01-13. This page shows the top five articles by repeat number today.

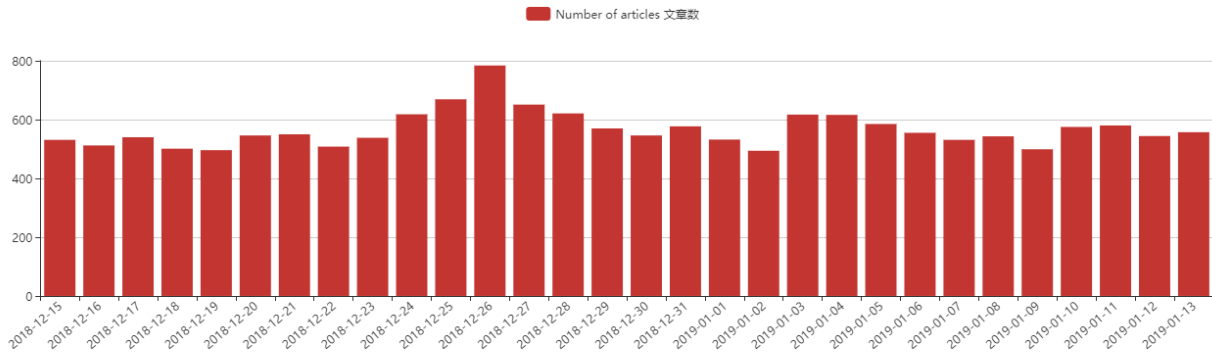
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防](#)

重复数: 24

日期: 2019-01-13

[The disease is more terrible than cancer. Someone spent 1.3 million dollars and failed to save his life. You need to prevent it in this way.](#)

Repeat Number: 24

Data: 2019-01-13

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. MSG, ketchup, oil, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium. People with high blood pressure should avoid eating these foods.

2. [住院72天, 我卖了2套房! 没病没灾就是最大的不动产!](#)

重复数: 12

日期: 2019-01-13

[After 72 days in hospital, I sold 2 suites! No disease is the biggest real estate!](#)

Repeat Number: 12

Data: 2019-01-13

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。

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.

3. [正计划结婚, 姑娘被查出癌症! 她痛哭: 每隔一天就吃这个.....](#)

重复数: 7

日期: 2019-01-13

[When the girl is planning to get married, she is diagnosed with cancer! She eats this every other day....](#)

Repeat Number: 7

Data: 2019-01-13

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. Relevant survey data show that the daily salt intake of each person in our country is about 8-10 grams, while the salt intake of people who like pickles has reached more than 15 grams per day, far exceeding the requirement standard. Except for cancer, excessive salt intake's contribution for cardiovascular, cerebrovascular and metabolic diseases is not weaker than sugar. It seems that besides sugar control, salt control should also be taken seriously.

4. [40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!](#)

重复数: 7

日期: 2019-01-13

[After the age of 40, people should start to quit these habits because it is about your health and longevity!](#)

Repeat Number: 7

Data: 2019-01-13

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。东北地区人均日食盐超过20克, 所以那里的高血压病人特别多。

The Lancet published a research report on salt eating. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the daily salt intake of 7.5~12.5 grams per person in most countries. High salt is not unrelated to high blood pressure. Studies have shown that each person's daily intake of salt increased by 2 grams, the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. In the northeast, the daily salt intake per person exceeds 20 grams, so there are many patients with high blood pressure.

5. [中老年人: 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么防](#)

重复数: 6

日期: 2019-01-13

[For middle-aged and old people, this disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

Repeat Number: 6

Data: 2019-01-13

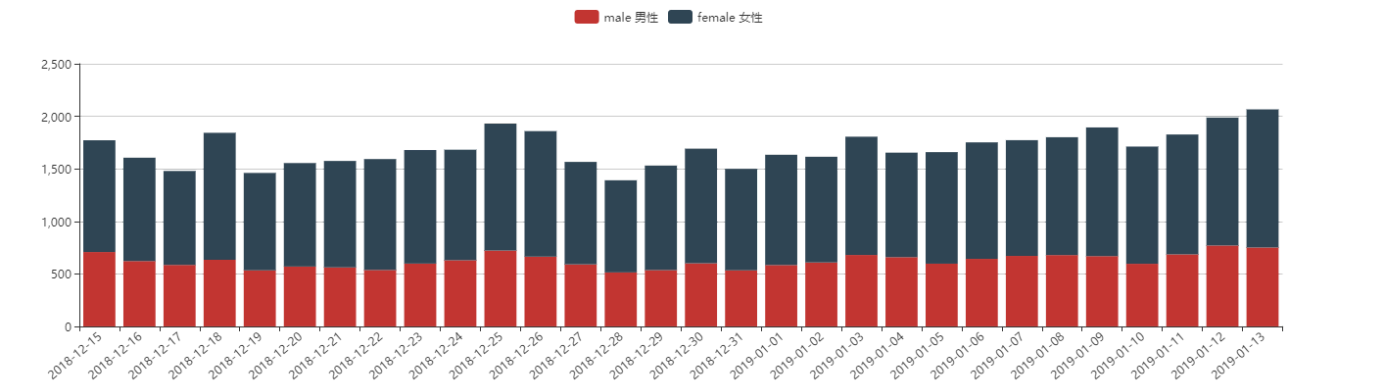
控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. MSG, ketchup, oil, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium. Hypertensive patients should avoid eating these foods.

减盐-微博

Salt Reduction - Weibo

2019-01-13, 共检测到2066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 2066 weibos about salt reduction monitored on 2019-01-13.
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: 2019-01-13 19:13
Time: 2019-01-13 19:13

来自: iPhone客户端
Source: iPhone客户端

转发数: 97
Repost: 97

评论数: 12
Comment: 12

点赞数: 121
Like: 121

【肠道最爱9件事】中国疾病预防控制中心营养与健康所研究员何丽介绍，肠道喜欢你做9件事。1.少食多餐，吃早饭。2.多吃富含膳食纤维的食物。3.每周吃鱼3-5次。4.少吃高盐多油食物。5.保持健康体重。6.每天喝1500毫升-2000毫升饮用水。7.细嚼慢咽。8.经常锻炼。9.适当摄入发酵乳产品。
He Li, a researcher at the Institute of Nutrition and Health, China Center for Disease Control and Prevention, said that the gut likes to do nine things. 1. Eat less, eat more and have breakfast. 2. Eat more food rich in dietary fiber. 3. Eat fish 3-5 times a week. 4. Eat less high-salt and oily food. 5. Keep healthy weight. 6. Drink 1500-2000 ml of drinking water every day. 7. Chew carefully and swallow slowly. 8. Exercise regularly. 9. Appropriate intake of fermented milk products.

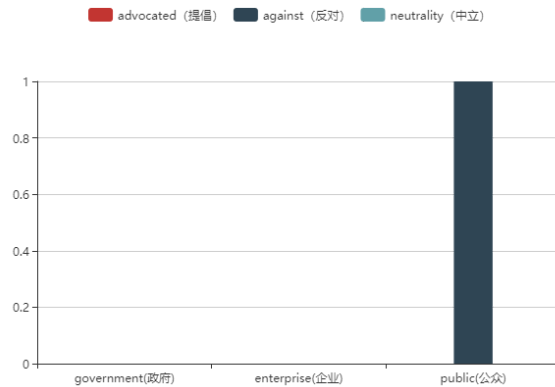
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-13) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-13. 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
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浙江

Zhejiang

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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. 怀孕初期爱吃甜食怎么回事？ What's wrong with sweets in the first trimester of pregnancy?	来源：TOM Source: TOM	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 11:53:52 Time: 11:53:52
<p>孕妇在怀孕的整个期间，都不能吃太多的甜食，孕妇们要从心理上引起重视，因为吃甜食对孕期危害非常大，大部分甜食都没有太多营养，而且吃了会导致消化不良加重，甚至会引起肥胖，尤其会引起怀孕期间的糖尿病，这对母体和胎儿都有很大的危害，很多女人平时不是酷爱吃甜食的人，但是一怀孕之后就很想吃甜食，这是为什么呢？怀孕总想吃甜食怎么回事？有些准妈妈在怀孕以后口味可能会发生一些变化，比如怀孕以后很喜欢吃甜食。说起来，甜食确实有其诱人之处，但准妈妈不宜吃得过多。</p> <p>During the whole period of pregnancy, pregnant women can not eat too much sweet food. Pregnant women should pay attention to it psychologically, because eating sweet food is very harmful to pregnancy. Most sweets do not have much nutrition, and eating will lead to digestion in Bhutan, even obesity, especially diabetes during pregnancy, which is harmful to both mother and fetus. Many women have a lot of harm. Usually not a dessert lover, but after pregnancy, they want dessert very much. Why? What happens when you are pregnant and you always want to eat sweets? Some expectant mothers may change their taste after pregnancy, such as having a sweet tooth after pregnancy. Sweet food does have its attractions, but mothers-to-be shouldn't eat too much.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2019-01-13, 共监测到181篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 181 WeChat public articles were monitored in 2019-01-13. This page shows the top five articles by repeat number today.

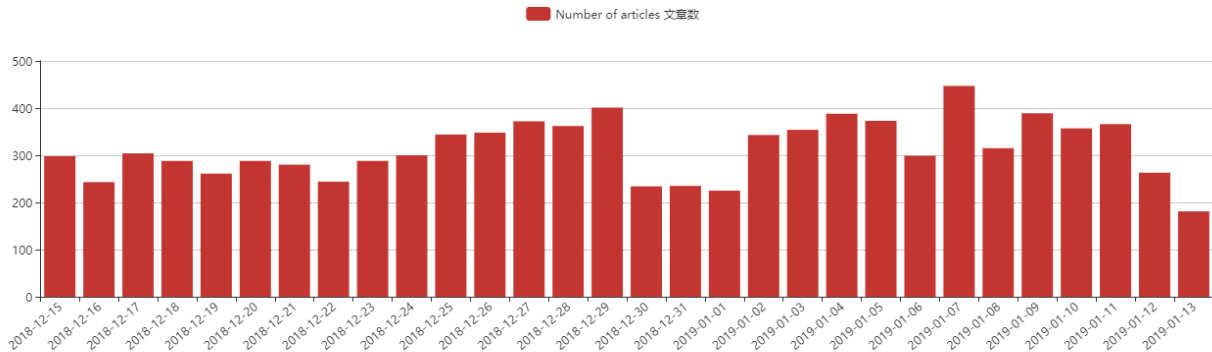
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [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: 7

日期: 2019-01-13

[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: 7

Data: 2019-01-13

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!” 这个害人不浅的东西, 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.

2. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 3

日期: 2019-01-13

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

Repeat Number: 3

Data: 2019-01-13

少吃加工食品 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 also reduces the incidence of cardiovascular disease.

3. [这六种零食已被儿科医生列入“黑名单”! 孩子想吃家长千万别纵容。](#)

重复数: 3

日期: 2019-01-13

[These six kinds of snacks have been blacklisted by pediatricians. Children who want to eat must not be indulged by parents.](#)

Repeat Number: 3

Data: 2019-01-13

动物奶油中含有大量胆固醇和油脂, 而人造奶油中含有反式脂肪酸, 都是危害孩子健康的物质。加工的肉类 火腿肠、鱼丸、蟹棒等近年很受孩子欢迎, 这种食品都属于人造加工的肉类, 含有超标的亚硝酸盐和品质低下的肉类的油脂, 长期使用会导致癌症。

Animal butter contains a lot of cholesterol and fat, while margarine contains trans fatty acids, which are harmful to children's health. Processed meat sausages, fish balls, crab sticks and so on are very popular with children in recent years. This kind of food belongs to artificially processed meat, which contains excessive nitrite and low quality meat fat. Long-term use of it can lead to cancer.

4. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里。](#)

重复数: 3

日期: 2019-01-13

[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: 3

Data: 2019-01-13

每年50万人死于反式脂肪 反式脂肪会促进动脉硬化、诱导血栓形成, 让心脏病的危险大幅度上升。既往研究发现, 反式脂肪在膳食总能量中的比例每上升2% (相当于每天吃4g), 冠心病的危险就会上升25%。顺式脂肪代谢周期为7天, 而反式脂肪在人体内的代谢周期可长达51天, 它们不容易被人体消化, 因此更容易累积, 进而导致肥胖。

500,000 people die each year from trans fats. Trans fat promotes arteriosclerosis, induces thrombosis, and increases the risk of heart disease. Previous studies have found that for every 2% increase in trans fat's total dietary energy (equivalent to 4g per day), the risk of coronary heart disease increases by 25%. The cis fat metabolism cycle is 7 days, and the trans fat can have a metabolic cycle of up to 51 days in the human body. They are not easily digested by the body and are more likely to accumulate, leading to obesity.

5. [健康 | 常吃粗粮好处多, 但你真的适合吃吗?](#)

重复数: 2

日期: 2019-01-13

[Health | Eating whole grains has many benefits. But are you really suitable for eating?](#)

Repeat Number: 2

Data: 2019-01-13

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。

The whole grain biscuits we eat are mostly crispy. This is because some merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than regular biscuits, so be sure to control the amount when ingesting.

反式脂肪酸-微博 Transfat - Weibo

2019-01-13, 共检测到115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。

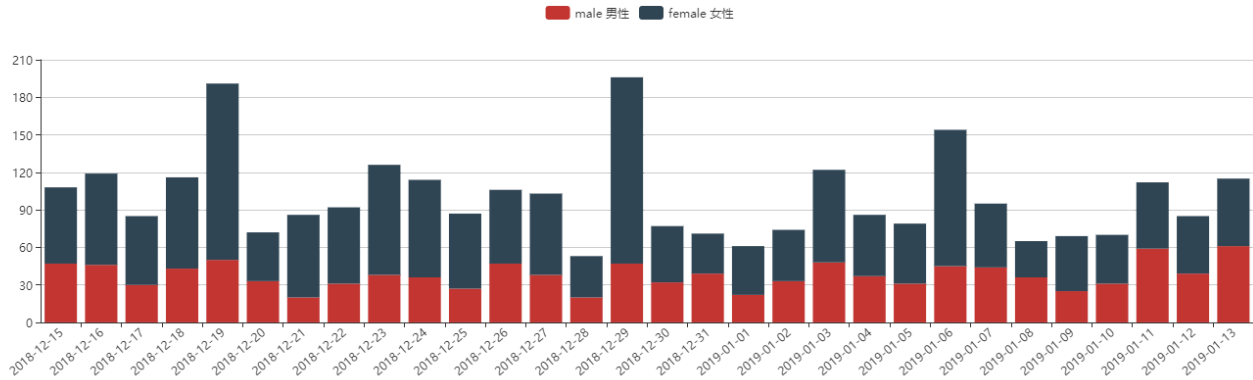
There are 115 weibos about transfat reduction monitored on 2019-01-13.

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!