

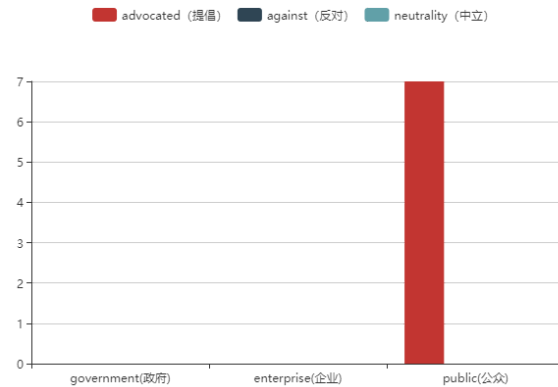
减盐-新闻

Salt Reduction - News

今日 (2018-12-23) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-23. 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

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No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

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心血管健康 Cardiovascular health

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决心工程 Resolve To Save Lives
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安徽
Anhui

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浙江
Zhejiang

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 宝宝不能随便添加酱油和调味料，这5点需要注意！ Babies can not add soy sauce and condiments casually. these five points need attention!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:51:45 Time: 23:51:45
那么，婴幼儿能吃酱油吗？小宝宝半岁前后是味觉发育的敏感时期，这时，我们要让宝宝去品尝食物本来的味道，有利于建立起宝宝对食物的正确感知、形成良好的饮食习惯。所以，婴幼儿的饮食必须清淡，6个月前绝对不吃盐，少吃调味料，包括酱油。建议在宝宝1岁以后，适量添加少量酱油，好处：可以改善食物的色、香、味，增强宝宝的食欲。有以下几点需要注意：一是选择酱油时，记得查看成分。因为酱油营养成分与原料有很大关系，原料档次的高低直接影响到酱油的品质，一般以黄豆为原料制作的酱油，比较适合于宝宝。二是不要给宝宝食用太多的调味品，这样做只会给宝宝娇嫩的肾脏带来负担。				
So can babies eat soy sauce? Babies around half a year old are sensitive to taste development. At this time, we should let the baby to taste the original taste of food, which is conducive to the establishment of a correct baby's perception of food and the formation of good eating habits. Therefore, infants and young children's diet must be light, six months ago absolutely no salt, eat less condiments, including soy sauce. It is suggested that a small amount of soy sauce should be added after the baby is one year old, which can improve the color, aroma and taste of food and enhance the baby's appetite. There are the following points to note: First, when choosing soy sauce, remember to check the				

ingredients. Because the nutritional components of soy sauce are closely related to the raw materials, the grade of raw materials directly affects the quality of soy sauce. Soy sauce made from soybean is generally suitable for babies. Second, don't give your baby too many condiments, which will only burden your baby's delicate kidneys.				
2. 吃根香蕉能预防中风 Eating a banana can prevent stroke	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： 15:52:01 Time: 15:52:01
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。				
Good news for the eaters! A study published in the Journal of the American Heart Association found that eating bananas every day reduced 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>高血压 Hypertension</div>				
1. 冬天血压易波动必要时药物要“加码” Blood pressure fluctuates easily in winter. Drugs should be added if necessary.	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 23:35:06 Time: 23:35:06
前段时间降温明显，记者走访发现，到医院就诊的高血压患者明显增加，一些患者反映，原本吃的降压药很有效但最近血压开始波动了，也有患者反映本来并没有超标，最近发现血压升高了。这些症状是不是跟气温下降有关呢？暨南大学附属第一医院心血管内科主任郭军主任医师表示，血压波动与季节关系大，这些患者血压波动跟气温下降有关，也与自身不良的生活方式息息相关，“气温骤降下降血压波动大，原有药物疗效降低的患者，需要跟医生沟通调整用药方案，必要时药物要“加码”，另一方面，高血压作为慢性病，患者也要学会从生活方式的源头上主动干预”。				
Some time ago, the temperature dropped obviously. The reporter visited the hospital and found that the number of patients with hypertension increased significantly. Some patients reported that the antihypertensive drugs they had taken were very effective, but recently the blood pressure began to fluctuate. Some patients also reported that the blood pressure had not exceeded the standard. Recently, they found that the blood pressure had increased. Are these symptoms related to lower temperatures? Guo Jun, Director of Cardiovascular Medicine Department of the First Affiliated Hospital of Jinan University, said that the fluctuation of blood pressure was closely related to seasons. The fluctuation of blood pressure in these patients was closely related to the decrease of temperature and their unhealthy lifestyle. "The patients with sudden drop of temperature and great fluctuation of blood pressure and the decrease of curative effect of the original drugs need to communicate with doctors and adjust the medication plan. If necessary, the drugs should be added." On the other hand, hypertension as a chronic disease, patients should learn to actively intervene from the source of lifestyle.				
2. 警惕：“三高”之后的“第四高” Be vigilant! "Fourth High" after "Three High"	来源：福建东南新闻网 Source: Fujian Southeast News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 04:20:44 Time: 04:20:44
相信大家对高血压、高血糖、高血脂都不陌生，不过“三高”之后还有“第四高”，即高尿酸血症。男性、绝经后女性都很容易患上此病，并且通常无法断根。更糟糕的是部分高尿酸血症还会发展为痛风，损伤关节、肾脏。所以，高尿酸、痛风的朋友都应积极改善生活方式，控制高尿酸和痛风。为了方便大家记忆，我们把控制方法总结成一句话：管住嘴，迈开腿，降体重，多喝水，适量药。管住嘴，食物中的嘌呤可以直接影响血尿酸水平、痛风控制，同时,很多痛风病友有肥胖问题，应注意每天食物的总热量。				
I believe you are familiar with hypertension, hyperglycemia and hyperlipidemia, but there is "the fourth highest" after the "three high", that is, hyperuricemia. Men and postmenopausal women are very susceptible to this disease, and usually can not be broken roots. To make matters worse, some hyperuricemia can develop into gout, which can damage joints and kidneys. Therefore, friends with high uric acid and gout should actively improve their lifestyle and control high uric acid and gout. In order to facilitate your memory, we summed up the control method into a sentence: shut up, step forward, lose weight, drink more water, appropriate medicine. Shut your mouth, purine in food can directly affect blood uric acid level, gout control, at the same time, many gout patients have obesity problems, we should pay attention to the total calories of food every day.				
<div>心血管健康 Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>综合健康信息 Comprehensive Health Information</div>				
1. 天气骤冷小心心梗发作 Cold weather and careful attack of myocardial infarction	来源：华龙网 Source: Hualong net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:01:57 Time: 07:01:57
进入大雪节气，一年一度的严冬季节又将来临；我国大部分地区，尤其是北方多个省份，气温骤降，研究指出，寒冷天气的低气温和多风天气会引起皮肤血管收缩，增加心脏负荷，就可能诱发心梗。就此，记者采访了黑龙江省齐齐哈尔市中医医院脑病科主任、主任中医师乔虹，听他简要介绍了心梗预防保健要点。预防三手段 乔虹强调指出，急性心梗病势汹汹，预防保健尤显重要，中医自古以来强调预防疾病的重要性。针灸作为中医的重要组成部分，有着明显的优势和特点，是中医“治未病”不可或缺的手段。				
Entering the snowy season, the annual severe cold season will come again; in most parts of China, especially in many northern provinces, the temperature drops sharply. Studies have pointed out that low temperature and windy weather in cold weather can cause skin vasoconstriction and increase heart load, which may induce myocardial infarction. In this regard, the reporter interviewed Qiao Hong, director of encephalopathy department and chief physician of traditional Chinese medicine hospital in Qiqihar City, Heilongjiang Province, to hear him briefly introduce the key points of myocardial infarction prevention and health care. Qiao Hong emphasized that the acute myocardial infarction is fierce, prevention and health care is particularly important, and traditional Chinese medicine has emphasized the importance of disease prevention since ancient times. Acupuncture and moxibustion, as an important part of traditional Chinese medicine, has obvious advantages and characteristics, and is an indispensable means of treating pre-disease in traditional Chinese medicine.				
2. 孕妇能吃煲仔饭吗？ Can pregnant women eat casseroles?	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:34:42 Time: 11:34:42
孕妇每天的食物选择都是非常重要的，因为吃什么食物直接关系到体内胎儿的健康，也就是说吃的好胎儿发育的就会越好，如果吃得不好，胎儿发育就可能出现问题。很多人在平时都喜欢吃煲仔饭，比如香肠煲仔饭，那么，对于身体条件比较特殊的孕妇来说，能吃煲仔饭吗？怀孕是可以吃香肠煲仔饭的，但是孕妇不宜多吃香肠，因为香肠在制作过程中加入大量的食盐，香肠中有亚硝酸盐等化学成分，对胎儿是不好的，所以孕妇要少吃香肠这类的腌制和高盐食物。				
Pregnant women's daily food choice is very important, because what food to eat is directly related to the health of the fetus in vivo, that is to say, the better the development of the fetus, if not well eaten, the development of the fetus may be problematic. Many people like to eat casseroles at ordinary times, such as sausage casseroles, so, for pregnant women with special physical conditions, can they eat casseroles? Pregnant women can eat sausage casseroles, but pregnant women should not eat more sausages, because sausages in the production process add a lot of salt, there are nitrite and other chemical ingredients, is not good for the fetus, so pregnant women. Eat less salted and high-salt foods like sausages.				
3. 早餐吃什么最有营养，妈妈们快看这里！ What's the most nutritious breakfast? Moms, look here!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:48:18 Time: 12:48:18
早餐吃什么最有营养，妈妈们快看这里！美好一天的开始在于有一个精神饱满的早晨，而一顿健康美味的早餐则是好的开始的物质保障。特别是对于青少年学生们来说，一顿营养丰富的早餐是一上午高效学习大保证。那到底早餐吃什么最有营养呢，跟着天天营养小编一起来看看。早餐三大原则 原则之一：宁可不吃，不可不喝 即使是马上要迟到，没有时间吃东西了，也必须喝些牛奶、豆奶或稀饭，再拿着一块面包或半包饼干出门。按欧美国家的标准来说，青少年的早餐最好要有一杯牛奶、一杯杯柑橘汁、一个鸡蛋、一片火腿和两二片面包。这种营养较全面。				
What's the most nutritious breakfast? Moms, look here! The beginning of a good day is to have a full morning, and a healthy and delicious breakfast is the material guarantee of a good start. Especially for teenagers, a nutritious breakfast is a big guarantee for efficient learning in the morning. Then what is the most nutritious breakfast, follow the nutrition Xiaobian every day to see. One of the three principles of breakfast is that one would rather not eat than drink, even if he is going to be late and has no time to eat, he must also drink some milk, soy milk or porridge, and then go out with a piece of bread or half a package of biscuits. According to European and American standards, teenagers' breakfast is best served with a glass of milk, a glass of citrus juice, an egg, a slice of ham and two or two pieces of bread. This nutrition is more comprehensive.				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2018-12-23, 共监测到538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 538 WeChat public articles were monitored in 2018-12-23. 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. [十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!](#)

重复数: 14

日期: 2018-12-23

Repeat Number: 14

Data: 2018-12-23

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 8

日期: 2018-12-23

Repeat Number: 8

Data: 2018-12-23

咸香咸香, 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。

Salt 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 essence, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

3. [身体出现5个迹象, 提醒你吃盐太多了! 妙招教你控盐](#)

重复数: 4

日期: 2018-12-23

Repeat Number: 4

Data: 2018-12-23

人体内的钠过多, 会造成体内水滞留, 导致血管内压力升高, 阻力增大, 从而造成心脏负荷加重。久而久之, 容易引发心脏肥大、心衰等疾病, 增加动脉硬化的风险, 引发心脑血管疾病。世界卫生组织最新食盐摄入指南建议, 健康人通过饮食摄取的最佳盐量是: 成人每日不超过5g。

Excessive sodium in the human body can cause water retention in the body. The intravascular pressure rises and the resistance increases, causing the heart to become heavier. Over time, it is easy to cause diseases such as heart hypertrophy and heart failure, and it increases the risk of arteriosclerosis and causes cardiovascular and cerebrovascular diseases. The World Health Organization's latest guidelines for salt intake suggest that the optimal amount of salt for healthy people to eat through the diet is: adults do not exceed 5g per day.

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](#)

重复数: 3

日期: 2018-12-23

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 3

Data: 2018-12-23

盐的主要成分是钠, 一般而言, 人体的肾会将每天多余的钠排出体外, 每排泄1000毫克钠, 会同时耗损26毫克钙。人体摄入的钠越多, 需要排出体外的钠就越多, 而钙的消耗也就越大。导致“骨头变脆”, 患上骨质疏松也就不足为奇了。

The main component of the salt is sodium. In general, the kidneys of the human body excrete excess sodium every day. Each drain of 1000 mg of sodium will consume 26 mg of calcium at the same time. The more sodium you consume, the more sodium you need to excrete. The greater the consumption of calcium, the more the bones become brittle, and it is not surprising that osteoporosis occurs.

5. [你天天吃的这个调料, 跟心脏抢寿命, 跟骨头抢钙, 还致癌.....](#)

重复数: 3

日期: 2018-12-23

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 3

Data: 2018-12-23

肾脏是人体的一大重要代谢器官, 人体的代谢废物很多是通过肾脏, 最终以尿液排出体外, 多吃盐就会大大加重肾脏的负担, 对肝也不好。流行病学调查表明, 盐摄入量和胃癌风险之间有正相关性。也就是说, 饮食清淡少盐是有助于预防胃癌的因素。

The kidney is an important metabolic organ of the human body. The body's metabolic waste is passed through the kidneys and eventually excreted in the urine. Eating more salt will greatly increase the burden on the kidneys and is not good for the liver. Epidemiological surveys have shown a positive correlation between salt intake and gastric cancer risk. In other words, a light diet is a factor that is conducive to the prevention of gastric cancer.

减盐-微博 Salt Reduction - Weibo

2018-12-23, 共检测到1679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。

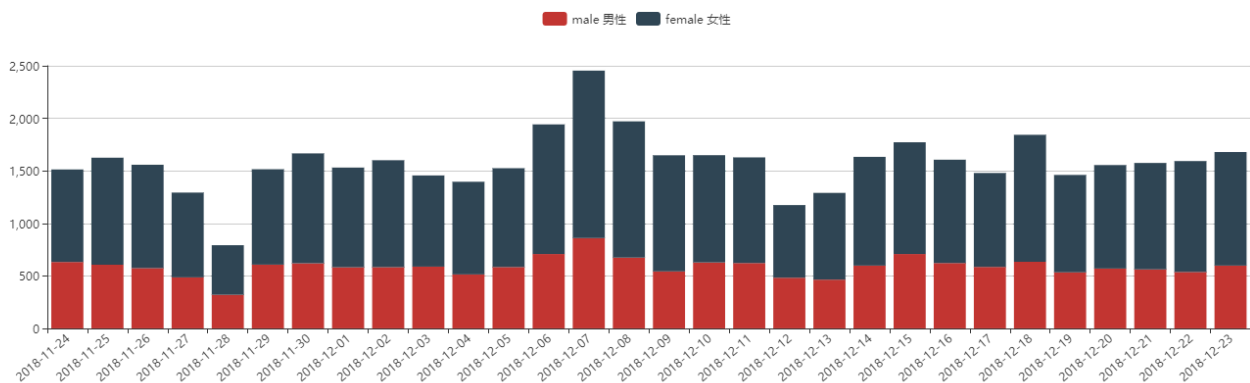
There are 1679 weibos about salt reduction monitored on 2018-12-23.

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!

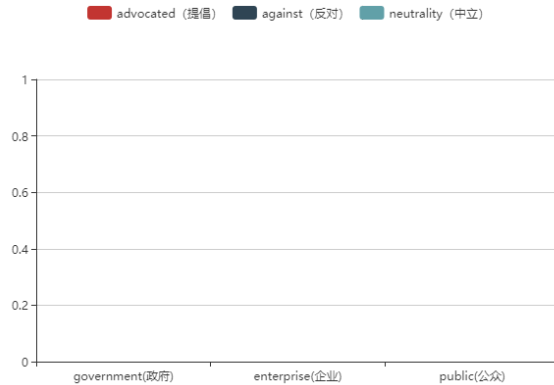
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-23) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-12-23. 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!
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决心工程 Resolve To Save Lives
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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
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No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
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其他省份

Other Provinces

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决心工程 Resolve To Save Lives
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反式脂肪酸-微信 Transfat - WeChat

2018-12-23, 共监测到288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 288 WeChat public articles were monitored in 2018-12-23. This page shows the top five articles by repeat number today.

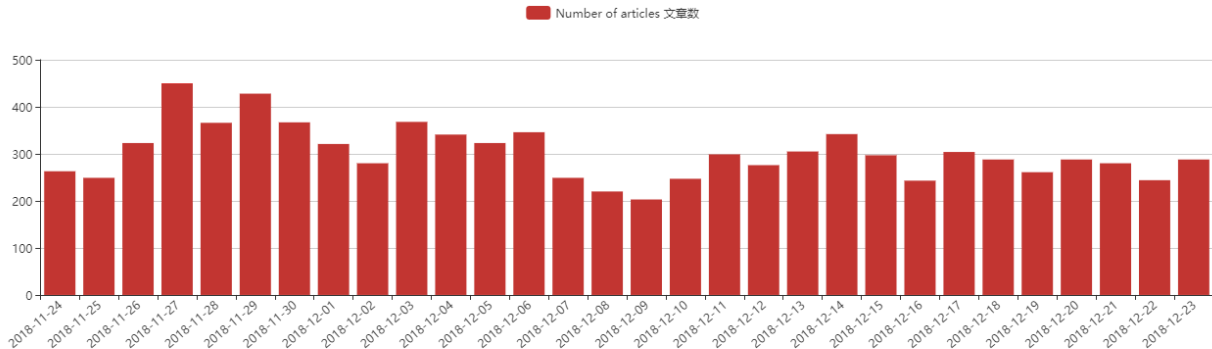
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 26

日期: 2018-12-23

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

Repeat Number: 26

Data: 2018-12-23

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. 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: 20

日期: 2018-12-23

[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: 20

Data: 2018-12-23

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.

3. 冬天最好的10种水果, 赶紧拿小本本记下来!

重复数: 2

日期: 2018-12-23

[Take a small book to write down the winter's best 10 kinds of fruits quickly!](#)

Repeat Number: 2

Data: 2018-12-23

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸, 无法被人体吸收, 甚至会阻止身体使用健康的不饱和脂肪酸。如: 精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%, 其中饱和脂肪应少于10%。一般健身者每天每公斤体重摄入0.5~1g的脂肪。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%. The average fitness person consumes 0.5 to 1 g of fat per kilogram of body weight per day.

4. 曝光: 被儿科医生拉入“黑名单”的4种零食, 最好一口别给孩子吃

重复数: 2

日期: 2018-12-23

[4 kinds of snacks are listed into the "blacklist" by pediatricians. You should not give children a bite of it to eat.](#)

Repeat Number: 2

Data: 2018-12-23

现在市面上有各种派类零食, 像什么巧克力派、蛋黄派, 这类食物里面含有反式脂肪酸, 而反式脂肪酸里面含量最多的就是植物奶油, 孩子吃了后, 不但无法吸收这些植物奶油, 还会引起肥胖、降低记忆力等情况, 严重的还会影响孩子的正常发育。

There are various kinds of cake snacks on the market, such as chocolate pie and egg yolk pie. These foods contain trans fatty acids, and the most common content of trans fatty acids is plant butter. After eating, children can not absorb these plant butters. It can also cause obesity, reduce memory, etc., and seriously affect the normal development of children.

5. 脸要穷养, 脚要富养: 心要穷养, 肺要富养!

重复数: 2

日期: 2018-12-23

[Keep your face poor, your feet rich, your heart poor, your lungs rich, yes](#)

Repeat Number: 2

Data: 2018-12-23

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.

反式脂肪酸-微博 Transfat - Weibo

2018-12-23, 共检测到126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。

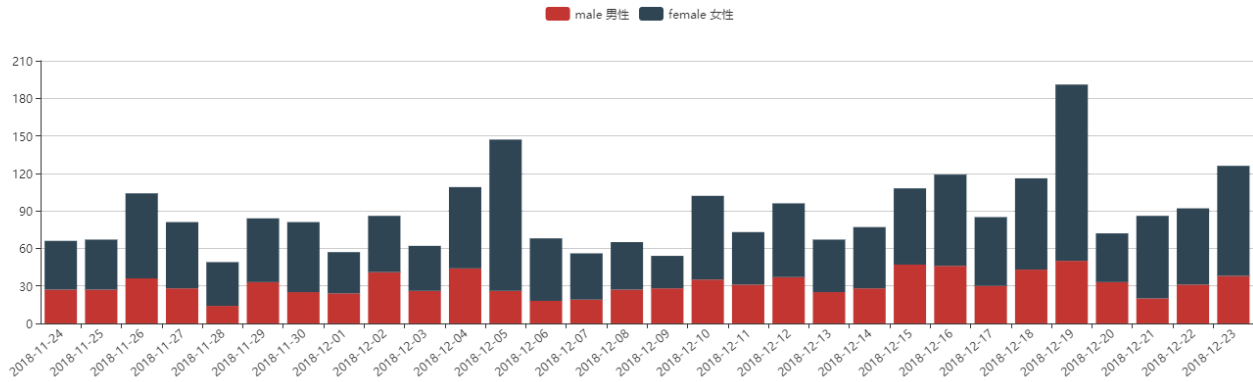
There are 126 weibos about transfat reduction monitored on 2018-12-23.

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!