

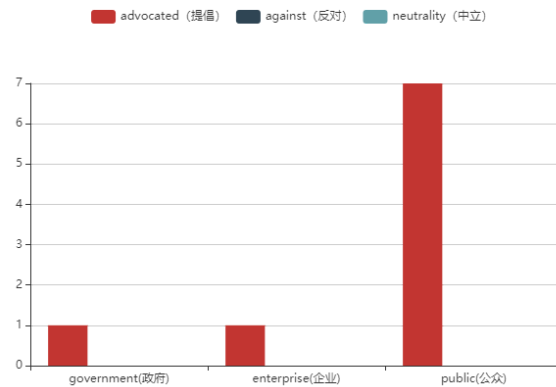
减盐-新闻

Salt Reduction - News

今日 (2019-01-17) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2019-01-17. 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!

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!

安徽
Anhui

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!

浙江
Zhejiang

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!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 吃上发力智能化餐厅让冬奥选手吃得更明白 Eat the Intelligent Restaurant to Make Winter Olympic Players Eat More Understanding	来源: 新华网 Source: Xinhua net	主体: 企业 Subject: industry	态度: 提倡 Attitude: advocate	时间: 01:31:38 Time: 01:31:38
运动员吃什么、怎么吃、吃多少一直颇有讲究，因为这直接关系到运动员的身体状况、训练质量、甚至比赛成绩。进入北京冬奥会备战周期，国家体育总局大力推动运动员饮食科技建设，让冬奥集训队吃得更健康、更明白。北京首钢基地目前共有速滑、花滑、冰壶和冰球四个冬奥集训队，基地的餐厅在去年7月投入使用，9月开始进行科技营养管理平台搭建，以智能化餐台和数据平台为核心工具，将运动员的所有营养工作连接起来。首钢餐厅营养保障体系分四步进行。				
Athletes always pay attention to what they eat, how they eat and how much they eat, because it is directly related to their physical condition, training quality and even competition results. Entering the preparatory period for the Beijing Winter Olympic Games, the State Administration of Sports has vigorously promoted the construction of athletes' dietary science and technology, so that the winter Olympic team can eat healthier and more clearly. Beijing Shougang Base currently has four winter Olympic training teams: speed skating, flower skating, curling and hockey. Its restaurant was put into use in July last year. In September, it began to build a scientific and technological nutrition management platform,				

which links all the nutritional work of athletes with an intelligent dining table and data platform as the core tool. Shougang Restaurant Nutrition Guarantee System is carried out in four steps.

高血压
Hypertension

1. [添加剂恐惧症? 你需要看看这篇文章](#)
[Additive phobia? You need to read this article.](#) 来源: WWW.KEPT.NET.CN 主体: 公众 态度: 提倡 时间: 07:47:57
Source: WWW.KEPT.NET.CN Subject: public Attitude: advocate Time: 07:47:57

“我们的产品是纯天然无添加的绿色产品!” 每当这样的食品广告出现时, 我们总能发现这样打着“无添加”噱头的产品能赢得更多消费者的青睐。以至于这类产品的价格都要比其他同类型产品更高。人们倾向于认为, 无添加产品更加健康。一些非法添加剂的曝光也让“食品添加剂”这个名词几乎成为了人们心中的瘟神, 唯恐避之不及。购买食物时, 经常可以在食品包装上看到各种“添加剂”的名称。

"Our products are pure natural and non-additive green products!" Whenever such food advertisements appear, we can always find that such products with "no additions" gimmick can win the favor of more consumers. So that the price of this kind of product is higher than that of other similar products. People tend to think that products without additions are healthier. The exposure of some illegal additives has also made the term "food additives" almost a plague in people's minds, for fear of avoiding it. When buying food, you can often see the names of various "additives" on food packaging.

2. [高血压患者的饮食禁忌, 有什么常见症状?](#)
[What are the common symptoms of dietary taboos in patients with hypertension?](#) 来源: 星岛环球网 主体: 公众 态度: 提倡 时间: 15:37:47
Source: Star Island Global Network Subject: public Attitude: advocate Time: 15:37:47

心脏是维持血压的重要器官, 而血压长期升高又会损害心脏, 导致心脏的结构和功能发生变化。高血压的危害大, 会影响患者的健康。除了吃降压药外, 患者的日常饮食也要多吃降压压的食物。心脏是维持血压的重要器官, 而血压长期升高又会损害心脏, 导致心脏的结构和功能发生变化。高血压的危害大, 会影响患者的健康。除了吃降压药外, 患者的日常饮食也要多吃降压压的食物。

The heart is an important organ to maintain blood pressure, and long-term elevation of blood pressure will damage the heart, leading to changes in the structure and function of the heart. Hypertension is harmful to the health of patients. Besides taking antihypertensive drugs, patients should also eat more antihypertensive foods in their daily diet. The heart is an important organ to maintain blood pressure, and long-term elevation of blood pressure will damage the heart, leading to changes in the structure and function of the heart. Hypertension is harmful to the health of patients. Besides taking antihypertensive drugs, patients should also eat more antihypertensive foods in their daily diet.

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. [中餐是最健康的饮食](#)
[Chinese food is the healthiest diet](#) 来源: 人民网 主体: 公众 态度: 提倡 时间: 08:45:00
Source: People's net Subject: public Attitude: advocate Time: 08:45:00

各国饮食各具特色, 究竟哪种饮食习惯最健康, 一直受到广泛关注。近日, 一项发表在《英国医学杂志》上的研究分析了巴西、加纳、印度、芬兰、美国和中国等6个国家的27家连锁餐厅后, 得出结论——一顿中餐所含热量最低。从这个角度看, 中餐最健康。此次研究涉及的6个国家涵盖南美洲、非洲、亚洲、欧洲、北美洲等, 各国菜肴风味各具特色, 营养各有优劣。 相比上述国家的菜肴, 中餐食材的多元化以及烹饪方法的多样化非常突出。

Various countries have different dietary characteristics, which dietary habits are the healthiest has been widely concerned. A study published in the British Medical Journal recently analyzed 27 restaurant chains in six countries, including Brazil, Ghana, India, Finland, the United States and China, and concluded that a Chinese meal had the lowest calorie content. From this point of view, Chinese food is the healthiest. The six countries covered in this study include South America, Africa, Asia, Europe, North America and so on. Each country's cuisine has its own characteristics, and its nutrition has its own advantages and disadvantages. Compared with the dishes of the above countries, the diversity of Chinese food materials and cooking methods is very prominent.

2. [鱼香菜系多 “三高”](#)
[Fish and coriander are more "three tall"](#) 来源: 人民网 主体: 公众 态度: 提倡 时间: 06:46:13
Source: People's net Subject: public Attitude: advocate Time: 06:46:13

现在烧菜方式越来越多, 其中鱼香茄条、鱼香肉丝、鱼香豆腐等因色泽红亮、咸甜酸辣兼备、葱姜蒜辛香突出备受人们喜爱。鱼香菜系具有鱼香味, 但其味并不来自“鱼”, 而是泡红辣椒、葱、姜、蒜、糖、盐、酱油等调味品调制而成, 具有咸、甜、酸、辣、鲜、香等特点。从营养学角度看, 鱼香菜系是典型高油、高糖、高盐的“三高”中国菜。

Nowadays, there are more and more ways of cooking, among which fish and eggplant sticks, fish-flavored pork shreds, fish-flavored tofu and so on are popular because of their bright red color, salty, sweet, sour and hot, and the spicy aroma of onion, ginger and garlic. Fish coriander is a kind of fish flavor, but its flavor does not come from "fish", but from pickled red pepper, onion, ginger, garlic, sugar, salt, soy sauce and other condiments. It has salty, sweet, sour, spicy, fresh and fragrant characteristics. From the point of view of nutrition, fish and coriander is a typical Chinese dish with high oil, sugar and salt.

3. [2018年食品安全热点问题大盘点: 这些食品真相你知道吗](#)
[Inventory of Hot Food Safety Issues in 2018: Do you know the truth about these foods?](#) 来源: 中国日报 主体: 公众 态度: 提倡 时间: 08:53:30
Source: China Daily Subject: public Attitude: advocate Time: 08:53:30

2018年, 我国食品安全形势继续稳中向好, 粮、肉、蛋、乳等基础原料, 以及大宗日常消费品的样品合格率均处于较高水平, 尤其是乳制品合格率始终保持在99.5%以上。然而, 网络上各种关于食品安全问题的传言、谣言屡见不鲜, 不断考验着生产者、消费者的心理承受力和辨别力。在日前举办的“2018年度食品安全热点科学解读媒体沟通会”上, 与会专家聚焦2018年消费者最为关注的食品安全热点事件, 澄清食品安全谣言。

In 2018, China's food safety situation continued to stabilize and improve. The qualified rate of basic raw materials such as grain, meat, eggs and milk, as well as large quantities of daily consumer goods, remained at a high level, especially in dairy products, which remained above 99.5%. However, rumors and rumors about food safety are common on the Internet, which constantly test the psychological endurance and discrimination of producers and consumers. At the "2018 Annual Food Safety Hotspot Scientific Interpretation Media Communication Meeting", the experts focused on the food safety hotspot events that consumers were most concerned about in 2018 to clarify food safety rumors.

4. [单位食堂单位球场社区居民也能吃也能耍](#)
[Unit canteen, unit stadium, community residents can eat and play](#) 来源: 京报网 主体: 公众 态度: 提倡 时间: 15:37:12
Source: BJD News Subject: public Attitude: advocate Time: 15:37:12

1月15日中午, 家住石景山新华社社区的王阿姨在新华社第二工作区的食堂窗口前排队。向社区居民开放食堂, 是新华社第二工作区建设“社区之家”时首先提供的服务。去年, 类似的“社区之家”示范点在北京又新增了200个, 让更多的居民能共享到相关服务资源。共享食堂根据居民口味调整, 少油少盐成标准。

At noon on January 15, Aunt Wang, who lives in Shijingshan Xinhua News Agency community, queued in front of the canteen window in the second working area of Xinhua News Agency. Opening the canteen to the community residents is the first service provided in the construction of "community house" in the second working area of Xinhua News Agency. Last year, a similar "community house" demonstration site added 200 more in Beijing, allowing more residents to share relevant service resources. Shared canteens are adjusted according to residents'tastes, with less oil and salt.

5. [新生儿眼角发青](#)
[Neonatal angular cyanosis](#) 来源: TOM 主体: 公众 态度: 提倡 时间: 04:37:55
Source: TOM Subject: public Attitude: advocate Time: 04:37:55

其实正常人的眼睛都可以反映出生活质量与睡眠质量, 长期熬夜的人就会发现会在眼睛下方形成黑眼圈与眼袋。那是新生儿的睡眠质量与睡眠时间都是十分充足的, 可是有一些家长却发现在自己新生宝宝的眼角上面出现了发育状况。所以针对新生儿眼角发育这一情况, 会是什么原因引起的呢?由于一些虚热等症状也有可能出现眼角发育, 妈妈们平常要注意让宝宝多喝水。室内的空气也要保证一定的湿度, 不能过于干燥, 妈妈们自己的饮食也要清淡少盐。

In fact, normal people's eyes can reflect the quality of life and sleep quality, people who stay up for a long time will find that under the eyes will form dark circles and bags. That is the newborn's sleep quality and sleep time are very adequate, but some parents found in their newborn baby's eyes on the blue condition. Therefore, in view of the situation of neonatal corners blue, what causes it? Because some symptoms such as asthenia and fever may also appear corners blue, mothers usually need to pay attention to let the baby drink more water. Indoor air should also ensure a certain humidity, not too dry, mothers'own diet should be light and less salt.

6. [慢性病是健康“头号杀手” 肺癌排名恶性肿瘤首位](#)
[Chronic diseases are the number one killer of health. Lung cancer ranks first among malignant tumors.](#) 来源: 中国新闻网 主体: 政府 态度: 提倡 时间: 14:42:12
Source: China News Network Subject: government Attitude: advocate Time: 14:42:12

1月16日, 四川省卫生健康委发布《2018年四川省人群健康状况及重点疾病报告》和《2018年四川省慢性病防治状况报告》, 阐述了全省人群健康状况与重点疾病以及慢性病的现状, 并提出了重点疾病的防治信息。同时发布的还有《2018年四川省妇女健康狀況报告》《2018年四川省肿瘤防治状况报告》。 数据显示, 全省人均期望寿命77.1岁, 提前实现全面建成小康社会的目标值, 但在“吃喝”等方面四川人的生活方式并不健康。

On January 16, Sichuan Health and Health Commission issued the "Report on Population Health and Key Diseases in Sichuan Province in 2018" and "Report on Chronic Diseases Prevention and Control in Sichuan Province in 2018". It expounded the health status of the whole province, the status of key diseases and chronic diseases, and put forward the prevention and control information of key diseases. At the same time, Sichuan Maternal and Child Health Report 2018 and Sichuan Cancer Prevention and Control Report 2018 were also published. The data show that the average life expectancy of Sichuan province is 77.1 years, which achieves the goal of building a well-off society in an all-round way ahead of time, but the lifestyle of Sichuan people is not healthy in such aspects as "eating and drinking".

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-17, 共监测到651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 651 WeChat public articles were monitored in 2019-01-17. This page shows the top five articles by repeat number today.

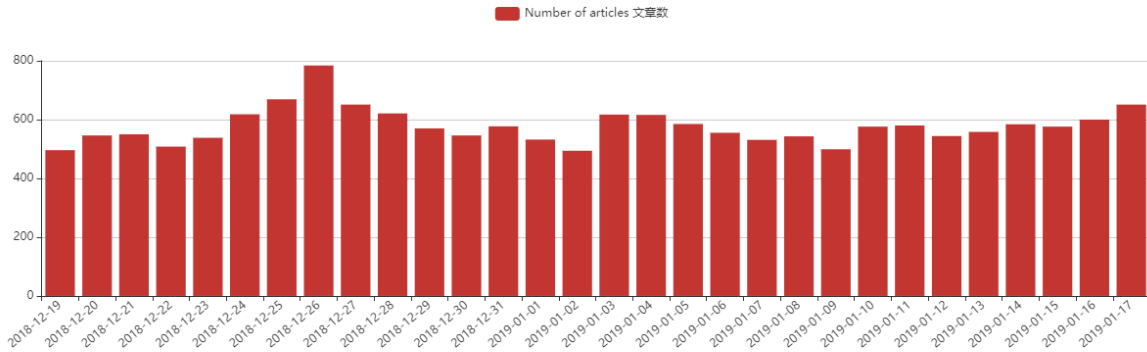
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 糖尿病、高血压?! 想要健康生活? “三减三健”来帮你

重复数: 16

日期: 2019-01-17

[Diabetes, hypertension?! want a healthy life? "Three Reductions and Three health" can help you](#)

Repeat Number: 16

Data: 2019-01-17

不健康的生活方式, 是导致慢性病高发的重要原因。其中, 因为高盐、高油和高糖所引起的不健康的膳食习惯, 也成为威胁我国国民健康的重要危险因素。为此, 生活中要注意“隐形盐”, 比如调味料里的鸡精、酱油、蚝油, 包括酱类, 都是含有盐分的, 要减少摄入

An unhealthy lifestyle is an important cause of high incidence of chronic diseases. Among them, unhealthy dietary habits caused by high salt, high oil and high sugar have also become important risk factors threatening the health of our nationals. For this reason, we must pay attention to "invisible salt" in life. Chicken essence, soy sauce, oyster sauce, including sauces in seasonings are all salt-containing, and we should reduce the intake of them.

2. 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: 8

日期: 2019-01-17

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

Repeat Number: 8

Data: 2019-01-17

《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。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

"Lancet" published a research report on salt consumption. 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 northeastern region, the per capita eclipse is more than 20 grams, so there are many patients with high blood pressure. The benefits of quit high-salt diets are obvious. In Nagano Prefecture, Japan, the average life expectancy of men increased by 3 years and women increased by 3.5 years in 10 years.

3. 28岁男子, 凌晨突发心梗离世, 医生劝告: 心裡最爱找上这两类人

重复数: 8

日期: 2019-01-17

[A 28-year-old man died of a sudden myocardial infarction in the early morning. Doctors advise that this two kinds of people are most vulnerable to myocardial infarction.](#)

Repeat Number: 8

Data: 2019-01-17

预防心梗, 在饮食上, 要尤为重要, 注意清淡饮食, 少盐、少糖, 多吃蔬果。吃得太咸, 摄入过多钠, 进入血液, 易引起水钠潴留, 使血容量增加、血压上升, 增加心脑血管疾病的风险。所以, 生活中, 要注意少盐, 除了炒菜的食用盐, 还是注意酱菜、咸菜、咸鸭蛋等过咸食物的摄取。

For the prevention of myocardial infarction, diet is especially important. Eat less salt, less sugar, and eat more fruits and vegetables. Eating too salty will cause too much sodium. Excess sodium can cause sodium and water retention after entering the bloodstream, which increases blood volume, blood pressure, and the risk of cardiovascular and cerebrovascular diseases. Therefore, in daily life, we must pay attention to reducing the amount of salt. In addition to the edible salt of cooking, we should also pay attention to the intake of salty food such as pickles, pickles, salted duck eggs.

4. 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: 5

日期: 2019-01-17

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

Repeat Number: 5

Data: 2019-01-17

肾病的饮食禁忌, 主要是低盐、低脂、低磷、低钾。其中, 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。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3-6克, 以3克为最佳。

The dietary contraindications of kidney disease are mainly low salt, low fat, low phosphorus and low potassium. Among them, 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 cause high sodium blood symptoms, high blood pressure, increased urinary protein, kidney failure, uremia, and cardiovascular disease ultimately lead to an increased risk of death. The dietary guidelines recommend 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, and 3 grams is the best.

5. 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: 5

日期: 2019-01-17

[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: 5

Data: 2019-01-17

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、蚝油、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. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

减盐-微博

Salt Reduction - Weibo

2019-01-17, 共检测到2219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。

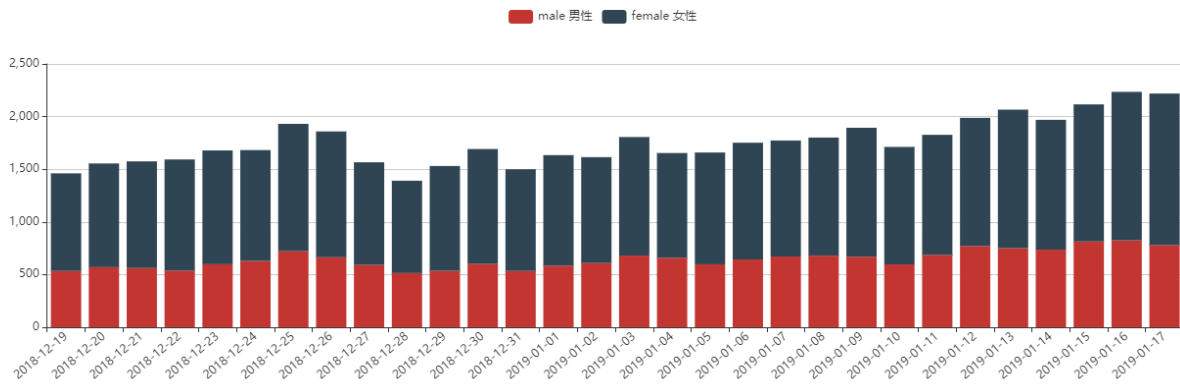
There are 2219 weibos about salt reduction monitored on 2019-01-17.

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!

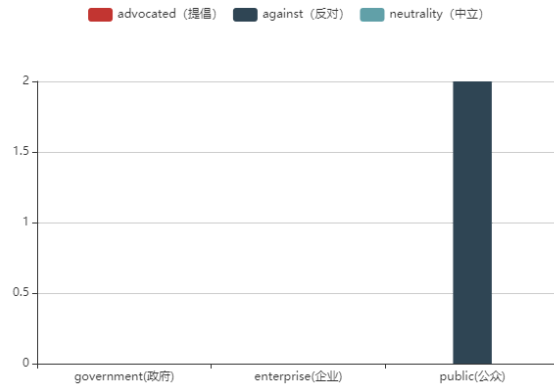
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-17) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-17. 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. 无印良品饼干被曝致癌其产品频现质量问题 Frequent Quality Problems of Unprinted Biscuits Exposed to Cancer				
来源：张家口在线 Source: Zhangjiakou Online				
主体：公众 Subject: public				
态度：反对 Attitude: against				
时间： 10:40:02 Time: 10:40:02				
1月15日，香港消费者委员会发布的检测报告称，无印良品的一款售价15元的榛子燕麦饼干被发现含有基因毒性和致癌性的物质。一时间，无印良品陷入“致癌门”，成为舆论中心。据香港消费者委员会1月15日发布的消息，其测试市面上58款曲奇及甜酥饼样本，51款样本检出基因致癌物。其中无印良品的一款产地为马来西亚的榛子燕麦饼干，在检测的非预先包装或豁免营养标签的预先包装样品中，其环氧丙醇和丙烯酰胺含量均为最高。				
On January 15, the Hong Kong Consumer Council issued a test report that a 15 yuan hazelnut oat biscuit without imprinting was found to contain genotoxic and carcinogenic substances. For a time, Muji products fell into the "door of carcinogenesis" and became the center of public opinion. According to the information released by the Consumer Council of Hong Kong on January 15, 58 samples of cookies and pastries were tested and 51 samples were detected for genetic carcinogens. Among them, the Hazelnut Oat Biscuit originated from Malaysia has the highest content of propylene oxide and acrylamide in the pre-packaged samples tested without pre-packaged or exempted nutrition labels.				
2. 卖核辐射污染食品饼干含致癌物频繁犯错的无印良品该不该被原谅 Should the sale of nuclear radiation contaminated food biscuits containing carcinogens be forgiven for making frequent mistakes in imprint-free products?				
来源：东方财富网 Source: Oriental Wealth Network				
主体：公众 Subject: public				
态度：反对 Attitude: against				
时间： 18:13:41 Time: 18:13:41				
继品牌纠纷后，无印良品(MUJI)再陷食品安全风波。1月15日，香港消费者委员会发布的检测报告称，无印良品的一款售价15元的榛子燕麦饼干被检出含有基因毒性和致癌性的物质。一时间，无印良品陷入“致癌门”，成为舆论中心。据了解，本次香港消费者委员会共测试香港市面上58款曲奇及甜酥饼样本，其中51款被检测出含有基因致癌物，部分检测样品中发现了具有基因毒性和致癌性的环氧丙醇和丙烯酰胺，其中就包括无印良品这款饼干，在检测的非预先包装或豁免营养标签的预先包装样品中，其环氧丙醇和丙烯酰胺含量均为最高。				
Following the brand dispute, MUJI has fallen into the food safety storm again. On January 15, the Consumer Council of Hong Kong issued a test report that a hazelnut oat biscuit with a price of 15 yuan was found to contain genotoxic and carcinogenic substances. For a time, Muji products fell into the "door of carcinogenesis" and became the center of public opinion. It is understood that the Hong Kong Consumer Council has tested 58 cookies and cookies on the market in Hong Kong, 51 of which were detected to contain genetic carcinogens, and some of the samples were found to contain genotoxic and carcinogenic propylene oxide and acrylamide, including non-imprinted biscuits, pre-packaged samples in non-prepackaged or exempt nutrition labels. Among them, the contents of propylene oxide and acrylamide are the highest.				
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

2019-01-17, 共监测到319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 319 WeChat public articles were monitored in 2019-01-17. 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. 为什么自己做的面包没有面包店的好吃? 竟是因为...

[Why is homemade bread not as good as bakery bread? It's because of ...](#)

重复数: 25

日期: 2019-01-17

Repeat Number: 25

Data: 2019-01-17

人造黄油含有大量的反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。过多摄入可使血液胆固醇增高。反式脂肪酸有很多名字, 注意辨别: 人造奶油、人造黄油、植脂末、起酥油、植物奶油、植物起酥油、奶精、酥油等等。选购时需要仔细看产品配料表, 看到这些别称, 尽量不要购买。

Margarine contains a lot of trans fatty acids and is known as the "time bomb on the table". Its main source is partially hydrogenated vegetable oil. Excessive intake of it can increase blood cholesterol. Trans fatty acids come in many names, including margarine, margarine, non-dairy creamers, shortenings, vegetable creams, vegetable shortenings, creamers, and ghee. When purchasing, you need to look carefully at the product ingredients list. When you see foods with these nicknames, try not to buy them.

2. 去超市买年货, 先看懂这些! 没想到吃亏了这么多年

重复数: 13

日期: 2019-01-17

[When shopping in the supermarket, you should understand these firstly and then decide whether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 13

Data: 2019-01-17

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

3. 【健康关注】权威! 世界卫生组织最新推荐: 2019年“健康饮食五原则”

重复数: 12

日期: 2019-01-17

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

Repeat Number: 12

Data: 2019-01-17

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、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Grease is 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.

4. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 12

日期: 2019-01-17

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

Repeat Number: 12

Data: 2019-01-17

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.

5. 世卫组织最新推荐: 2019年“健康饮食五原则”, 你还不看看?

重复数: 3

日期: 2019-01-17

[WHO's latest recommendation: The Five Principles of Healthy Diet in 2019. Would you like to take a look?](#)

Repeat Number: 3

Data: 2019-01-17

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、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Grease is 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.

反式脂肪酸-微博 Transfat - Weibo

2019-01-17, 共检测到121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。

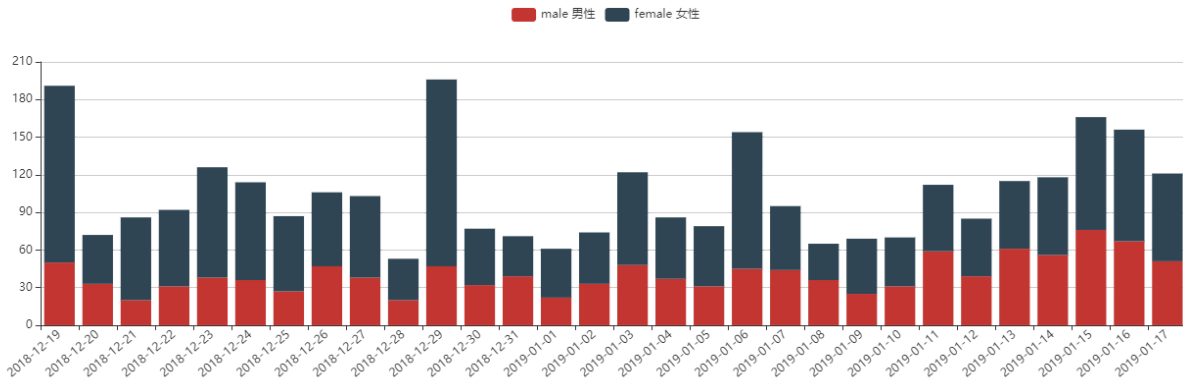
There are 121 weibos about transfat reduction monitored on 2019-01-17.

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!