

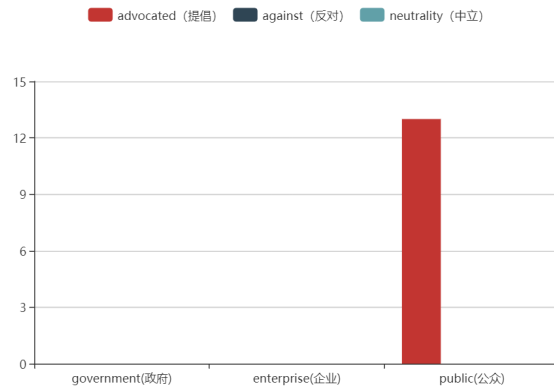
减盐-新闻

Salt Reduction - News

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1. 肝不好，未老人先倒！10大伤肝行为为排行，第一名竟是它 The liver is not good, the old man will fall first! In the list of 10 major liver injuries, it ranked first.	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:29:34 Time: 15:29:34
俗话说，养肝就是养命，肝不好，未老先倒！肝脏作为我们人体重要的脏器之一，也是身体里最强大、功能最多的器官。肝养好了，身体也就好了！今天我们就一起来看看，日常生活中都有哪些行为和食物是伤肝的最大祸首，又有哪些食物是养肝护肝的法宝吧！先来自己测测肝脏是否健康。十大伤肝行为为排行榜：1、生气 国外研究发现，易怒的人患肝病的可能性比一般人高8倍！				
As the saying goes, nourishing the liver is nourishing the life. If the liver is not good, it will fall before it gets old. As one of the most important organs in our body, liver is also the most powerful and functional organ in our body. If the liver is well nourished, the body will be well. Today let's take a look at what kind of behavior and food in our daily life is the biggest cause of liver injury, and what kind of food is the magic weapon of liver protection. First come from your own test liver health. Top Ten Liver Injury Behaviors List: 1. Angry foreign research found that irritable people are eight times more likely to suffer from liver disease than ordinary people!				

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其他省份
Other Provinces

食物中的钠
Sodium in food

1. 常吃苏打饼干可治胃病? 不仅没效果还可能适得其反 Does regular soda biscuit cure stomach disease? Not only is it ineffective, it may backfire.	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:52:30 Time: 08:52:30
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近年来，很多“功能”饼干受到追捧，其中有一些被冠以“治胃病”功能的苏打饼干甚至被不少胃病患者当作正餐食用。那么，养胃饼干真的有缓解胃病、养胃的功效吗？与其它饼干相比，苏打

饼干在制作时要加入小苏打(碳酸氢钠)，还要进行发酵。很多胃病患者认为，常吃苏打饼干可缓解胃病。但实际上，并没有科学依据表明苏打饼干能治疗胃病，或能改善食欲和营养状况，如果常吃还会适得其反。

In recent years, many "functional" biscuits have been sought after, some of which are called "stomach disease" function of soda biscuits and even many patients with stomach disease as dinner. So, do stomach-nourishing biscuits really have the effect of alleviating stomach diseases and nourishing stomach? Compared with other biscuits, soda biscuits are made with baking soda (sodium bicarbonate) and fermentation. Many patients with stomach diseases believe that eating soda biscuits can alleviate stomach diseases. But in fact, there is no scientific evidence that soda biscuits can cure stomach diseases, or improve appetite and nutritional status, which can backfire if eaten regularly.

2. [营养品哪些是噱头哪些真有用? 专家解读来了](#) 来源: 扬子晚报 主体: 公众 态度: 提倡 时间: 09:00:09
[Which nutrients are gimmicks and which are really useful? Experts have come to interpret it.](#) Source: Yangtse Evening Post Subject: public Attitude: advocate Time: 09:00:09

蛋白粉、葡萄籽胶囊、有机食品、高钙奶、鱼油、海参、解酒药、酵素、儿童酱油、养胃饼干、初产蛋、黑糖、黑枸杞.....这些东西完全没用吗?也不是! 儿童酱油: 不适合儿童。儿童酱油瓶子小, 卖得比普通酱油贵, 但和普通酱油的配料和营养成分都几乎一样。并不是说它会有害, 只是说它并不是更适合儿童的产品, 钠并不更低, 营养价值未必更高, 也没有相关标准, 直接买普通优质酱油就好。

Protein powder, grape seed capsule, organic food, high calcium milk, fish oil, sea cucumber, antialcoholic drugs, enzymes, children's soy sauce, stomach biscuits, primipara eggs, black sugar, black wolfberry... Are these things completely useless? No! Children's soy sauce: Not for children. Children's soy sauce bottles are smaller and more expensive than ordinary soy sauce, but they have almost the same ingredients and nutrients as ordinary soy sauce. Not that it will be harmful, but that it is not more suitable for children's products, sodium is not lower, nutritional value is not necessarily higher, there is no relevant standard, just buy ordinary high-quality soy sauce.

高血压
Hypertension

1. [邮储银行九江分行](#) 来源: 九江新闻网 主体: 公众 态度: 提倡 时间: 17:30:21
[Jiujiang Branch of Postal Savings Bank](#) Source: Jiujiang News Network Subject: public Attitude: advocate Time: 17:30:21

近日, 邮储银行瑞昌市支行组织了一场进社区送温暖活动, 帮助社区老人量血压, 舒身心。送温暖现场 该行工作人员到达指定小区后就开始忙碌起来了, 在帮助社区老年人量血压的过程中, 仔细询问老人的身体状况, 并协同医护人员回答老人提出的相关问题, 同时建议血压偏高的一些老年人要低盐饮食、多锻炼身体, 该行工作人员表示, 希望能够将这种奉献精神一直传承下去, 将更多的爱与祝福送给需要帮助的人, 让老年人感受到青年人身上那股暖意, 让他们有更多的陪伴。

Recently, Ruichang Branch of Postal Savings Bank organized a warm-up activity to help the elderly in the community take their blood pressure and relax their body and mind. After arriving at the designated community, the staff of the bank began to be busy. In the process of helping the elderly in the community to take blood pressure, they carefully asked the elderly's physical condition, and cooperated with the medical staff to answer the related questions raised by the elderly. At the same time, they suggested that some elderly people with high blood pressure should eat low-salt diet and exercise more. The staff of the bank expressed their hope to be able to take this kind of exercise. The spirit of dedication has been passed down, giving more love and blessings to those in need, so that the elderly can feel the warmth of the young people, so that they can have more companionship.

心血管健康
Cardiovascular health

1. [血栓最爱缠上这7类人改变7个习惯, 不知不觉防住六成血管病!](#) 来源: 搜狐 主体: 公众 态度: 提倡 时间: 11:47:48
[Thrombosis loves to entangle these seven kinds of people to change seven habits, unconsciously prevent 60% of vascular disease!](#) Source: Sohu Subject: public Attitude: advocate Time: 11:47:48

脑梗、心梗、肺栓塞.....这些凶险的疾病背后有一个相同的源头——血栓。动脉血栓可能导致上述疾病, 静脉血栓则可能引起急性心力功能障碍、呼吸困难、胸痛、咳血、晕厥, 甚至猝死。总结来看, 有7类人格外受到血栓的“偏爱”。有遗传倾向的人群。伦敦大学发表在《英国医学杂志》上的一项研究证实, 遗传性血栓的患病率约为 5%, 它会增加静脉血栓栓塞症 (VTE) 的风险, 但大部分患者不会出现深静脉血栓和肺栓塞。

Cerebral infarction, myocardial infarction, pulmonary embolism... Behind these dangerous diseases lies a common source, thrombosis. Arterial thrombosis may cause these diseases, while venous thrombosis may cause acute cardiopulmonary dysfunction, dyspnea, chest pain, hemoptysis, syncope and even sudden death. In summary, there are seven types of personality "preference" for external thrombosis. People with genetic predisposition. A study published in the British Medical Journal by the University of London confirmed that the prevalence of hereditary thrombosis is about 5%, which increases the risk of venous thromboembolism (VTE), but most patients do not develop deep venous thrombosis and pulmonary embolism.

综合健康信息
Comprehensive Health Information

1. [WHO提出五个饮食建议限盐限糖别喝酒](#) 来源: 人民网 主体: 公众 态度: 提倡 时间: 08:40:26
[WHO proposes five dietary recommendations to limit salt, sugar and alcohol](#) Source: People's net Subject: public Attitude: advocate Time: 08:40:26

近日, 世界卫生组织(WHO)对大家的2019健康饮食提出五个建议, 我们一起来学习一下吧。研究: 国内外研究发现, 随着膳食多样化评分的增加, 高脂血症、高血压、糖尿病、癌症的患病风险逐渐降低。来, 伸出双手双脚, 数数过去七天你一共吃了多少种食物?必须是来自谷豆类、坚果、蔬果、鱼肉蛋奶等不同类型的天然食材, 加工食品和调味料不算, 同一种食物不同的烹饪方式也才算一种。如果算下来, 双手双脚不够用的人, 应表扬!

Recently, the World Health Organization (WHO) has put forward five suggestions on healthy diet for all of you in 2019. Let's learn together. Research: Domestic and foreign research found that with the increase of dietary diversification score, the risk of hyperlipidemia, hypertension, diabetes and cancer gradually decreased. Come on, stretch out your hands and feet and count how many kinds of food you have eaten in the past seven days? It must be from different types of natural ingredients such as grains and beans, nuts, vegetables and fruits, fish, eggs and milk. Processed food and seasonings are not counted, and different cooking methods of the same food are counted as only one. If you count them out, praise those who don't have enough hands and feet!

2. [感冒会引发三叉神经痛, 这个流感交替的季节, 你一定也感冒过吧?](#) 来源: 搜狐 主体: 公众 态度: 提倡 时间: 08:52:58
[A cold can cause trigeminal neuralgia. You must have caught a cold in this season of flu alternation, haven't you?](#) Source: Sohu Subject: public Attitude: advocate Time: 08:52:58

感冒会引发三叉神经痛, 这个流感交替的季节, 你一定也感冒过吧? 三叉神经痛有着“天下第一痛”的叫法, 要是病发, 往往令人痛不欲生。前段时间, 有个小伙子因为感冒了引发了三叉神经痛, 两周时间下去瘦了一整圈。由于感冒引起带状疱疹进而诱发三叉神经疼的病人。带状疱疹是因为由水痘-带状疱疹病毒造成的急性感染性皮肤病, 当身体免疫力低时, 病毒会侵入神经, 导致神经营养不良, 产生带状疱疹。

A cold can cause trigeminal neuralgia. You must have caught a cold in this season of flu alternation, haven't you? Trigeminal neuralgia has the name of "the first pain in the world", if the disease, it is often painful. Some time ago, a young man suffered trigeminal neuralgia due to a cold. He lost a whole circle in two weeks. Patients with herpes zoster and trigeminal neuralgia due to colds. Herpes zoster is an acute infectious skin disease caused by varicella-zoster virus. When the body's immunity is low, the virus will invade the nerve, leading to nerve malnutrition and herpes zoster.

3. [免疫系统失调治疗停课半年李国煌爱女复课了](#) 来源: 联合早报 主体: 公众 态度: 提倡 时间: 16:11:46
[Immune system disorder treatment suspended for half a year and Li Guohuang's love girl resumed classes](#) Source: Lianhe Zaobao Subject: public Attitude: advocate Time: 16:11:46

惊患免疫系统失调, 李国煌爱女停课6个月, 今年1月恢复上课, 幼儿园念K2! 《新明日报》记者去年8月报道, 李国煌小女儿李紫茵因患上免疫系统失调疾病, 肾脏遭到红斑狼疮袭击, 饮食必须严加监管, 少糖少盐, 巧克力、冰淇淋都不能入口, 连芝士也不能吃, 导致身体瘦弱, 但为了更好地进行治疗, 小紫茵只可瘦不许胖。小紫茵因须入院接受治疗, 避免遭受外界细菌感染, 只能停课在家, 前后停课约六个月!

Shocked by the imbalance of the immune system, Li Guohuang's Ainu resumed classes in January this year after six months'suspension, and attended kindergarten K2! Xinming Daily reporter reported last August that Li Zilian, Li Guohuang's youngest daughter, suffered from immune system disorders, kidney was attacked by lupus erythematosus, diet must be strictly regulated, with less sugar and salt, chocolate and ice cream can not be imported, even cheese can not be eaten, resulting in thin body, but in order to better treat, Xiaozilian can only be thin and not fat. Xiao Ziyi has to be admitted to hospital for treatment to avoid external bacterial infections. She can only suspend classes at home for about six months.

4. [品种花样更多年夜饭充满天津味道](#) 来源: 中工网 主体: 公众 态度: 提倡 时间: 21:12:29
[New Year's Eve dinner with more variety and variety is full of Tianjin flavor](#) Source: China Industrial Network Subject: public Attitude: advocate Time: 21:12:29

随着一声声老天津传统的商贩吆喝声, 为期两天的第九届全国钻级酒家年夜饭展卖暨首届“天津味道”伴手礼创意文化节, 前天在天津陆家嘴中心拉开帷幕。记者在活动现场看到, 今年的年夜饭呈现出不少新热点。年夜饭融入新面孔, 几十桌色彩纷呈、香气扑鼻的年夜饭在展卖活动现场一字铺开。中国烹饪大师张景双认为, 现在的年夜饭不仅越吃越精致, 菜品也越来越倾向健康饮食。除了寓意四平八稳的四喜丸子和传统菜品扣肉等, 少盐少油的清淡菜品越来越多。

With the voice of the traditional vendors in old Tianjin, the 9th National Drilling Restaurant New Year's Eve and the 1st "Tianjin Taste" Ritual Creative Culture Festival, which lasted

for two days, opened the curtain in the Lujiazui Center of Tianjin the day before yesterday. Reporters at the event site saw that this year's New Year's Eve dinner presents many new hot spots. New Year's Eve dinner into the new face, dozens of table colorful, fragrant New Year's Eve dinner in the exhibition site word spread. Zhang Jingshuang, a Chinese culinary master, believes that the more delicate the New Year's Eve dinner is, the more healthy the dishes are. In addition to the meaning of the four-level and eight-stable Sixi pills and traditional dishes such as meat, less salt and less oil of light dishes more and more.

5. 新型手术令她忘记自己做过完全腹腔镜胃癌根治术 The new operation made her forget that she had undergone complete laparoscopic radical gastrectomy for gastric cancer	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： 16:13:34 Time: 16:13:34
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照常上班，照常做家务，照常和朋友聚会，市民张女士几乎忘了自己曾是个胃癌患者。直到18日医生电话提醒该复查了，她才恍然记起。32岁的张女士家住广州，工作忙长期靠吃外卖和方便食品过日子，饮食又不规律，同时还有胃癌家族史。2018年6月她慕名到武汉市第一医院胃肠外科找邵永胜主任医师求医，胃镜检查确诊为早期胃癌。永胜主任马上安排为张女士施行了完全腹腔镜胃癌根治术。

Working as usual, doing housework as usual, and gathering with friends as usual, Ms. Zhang almost forgot that she was a gastric cancer patient. It wasn't until the doctor called on the 18th to remind her of the review that she suddenly remembered. Ms. Zhang, 32, lives in Guangzhou. She is busy with taking-out and convenience food for a long time. Her diet is irregular. She also has a family history of gastric cancer. In June 2018, she visited Director Shao Yongsheng, Department of Gastrointestinal Surgery of Wuhan First Hospital, and was diagnosed as early gastric cancer by gastroscopy. Director Yongsheng immediately arranged for Ms. Zhang to undergo complete laparoscopic radical gastrectomy for gastric cancer.

6. 宵夜决定你的健康？医生：晚上再饿也别吃两种食物，对身体没好处 Does the night decide your health? Doctor: Don't eat two kinds of food when you are hungry at night. It's not good for your health.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:14:28 Time: 18:14:28
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每天到了晚上，总会有些人的小肚子开始躁动起来。再加上总是有些“讨厌的人”在朋友圈里深夜放毒，看到那些美味的食物，哪怕是减肥的人也会忍不住。于是乎，就会选择吃宵夜。但是爆炸营养课堂的营养师提醒大家，哪怕再饿，也尽量别吃以下这两种宵夜：1、半夜再饿，也别吃：泡面。方便面是很多人夜宵的首选，不仅好吃，而且吃起来非常的方便，随便烧点热水泡一下就搞定了。可是大家必须要承认，方便面实际上就是一种油盐比较多的主食。

Every night, some people's stomachs begin to agitate. In addition, there are always some "disgusting people" in the circle of friends late at night poisoning, to see those delicious food, even if the people who lose weight will be unable to resist. So, they choose to eat supper. But the nutritionist in the explosive nutrition class reminds us that even if we are hungry, we should try not to eat the following two kinds of supper nights: 1. If we are hungry in the middle of the night, we should not eat instant noodles. Instant noodles are the first choice for many people at night. They are not only delicious, but also very convenient to eat. Just boil some hot water and soak it up. But we must admit that instant noodles are actually a staple food with more oil and salt.

7. 尿毒症者越来越多！医生劝你：4种食物尽量少吃，肾会感激你 More and more uremia patients! The doctor advises you to eat as little as possible of the four kinds of food. Kidney will appreciate you.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:14:39 Time: 18:14:39
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尿毒症听起来很可怕又似乎离自己很遥远，但有个年轻姑娘，就因为感冒一周未好，竟查出尿毒症！上面这个姑娘受了凉感觉浑身没劲，知道是感冒了，因为症状不重就没当回事，没有就诊也没有请假休息。一周后，同事们都觉得她变胖了，问起才说到这几天感觉全身水肿，尿量减少，甚至呼吸都有些困难。她到医院后，经检查被确诊为尿毒症，并伴有心功能衰竭，肾性高血压等症状，没想到一场小小感冒竟然会导致这么严重的并发症。

Uremia sounds terrible and seems to be far away from herself, but there is a young girl, because of a bad cold for a week, unexpectedly found out uremia! The girl above had a cold and felt weak all over. She knew she had a cold because she didn't take seriously the symptoms. She didn't see a doctor or take leave of absence. A week later, the colleagues all felt that she was getting fat. They asked about it and said that they felt swollen all over the body, decreased urine volume and even had some difficulty breathing these days. When she arrived at the hospital, she was diagnosed with uremia, accompanied by heart failure, renal hypertension and other symptoms. It was unexpected that a small cold could lead to such serious complications.

8. 一颗小小结石，毁了小伙的左肾 A small stone destroyed the boy's left kidney.	来源：中国台州网 Source: China Taizhou Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:40:53 Time: 13:40:53
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22岁小伙子小李，平时工作累了会腰酸，可他并没有放在心上，最近才到医院检查一下。医生一检查，竟然发现他左肾重度积水伴左肾重度萎缩，左肾基本上失去了功能。医生说，这是因为一颗小小的输尿管结石造成的。泌尿系统是人体的“下水道”，它的功能是排泄人体的废物和有害的物质（毒素）。结石就是人体泌尿系统的管路中出现的小石头，根据位置可以分为肾结石、输尿管结石、膀胱结石和尿道结石。如果长期堵塞或不及时治疗，可能会导致比较严重的后果，如肾功能衰竭（尿毒症）。

Xiao Li, a 22-year-old lad, was tired of working at ordinary times, but he didn't take it seriously. Recently, he went to the hospital to have a check-up. On examination, the doctor unexpectedly found that his left kidney had severe hydronephrosis with severe atrophy of the left kidney, and the left kidney basically lost its function. The doctor said it was caused by a small ureteral stone. Urinary system is the "sewer" of human body. Its function is to excrete human waste and harmful substances (toxins). Stones are small stones in the urinary tract of the human body. According to their location, they can be divided into kidney stones, ureteral stones, bladder stones and urethral stones. If long-term blockage or untreated, it may lead to more serious consequences, such as renal failure (uremia).

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-21, 共监测到437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 437 WeChat public articles were monitored in 2019-01-21. This page shows the top five articles by repeat number today.

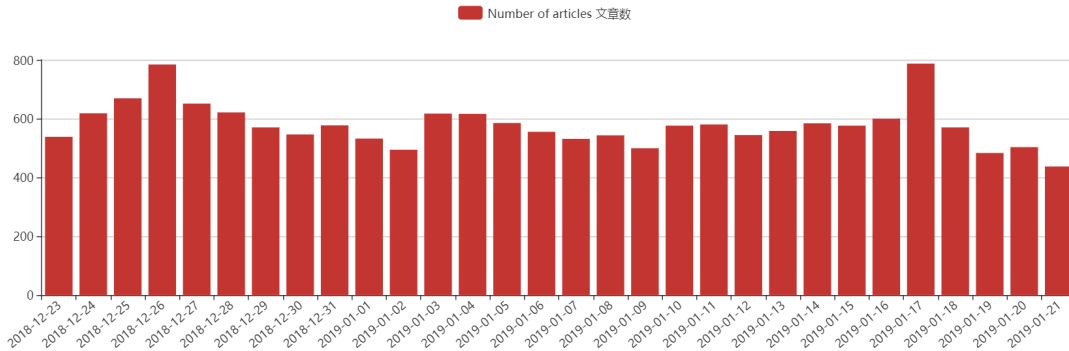
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

[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.](#)

重复数: 13

日期: 2019-01-21

Repeat Number: 13

Data: 2019-01-21

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. 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.

2. 快过年了, 请不要喂孩子吃这些食物, 一口都不行!

[New year is coming. Please don't feed the children these foods.](#)

重复数: 6

日期: 2019-01-21

Repeat Number: 6

Data: 2019-01-21

咸菜、腌制食品 有老人的家庭, 冬天特别喜欢腌制各种咸菜、肉类, 而且在腌制过程中会放很多盐。高盐饮食易诱发高血压病; 腌制产品中含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。所以, 像咸菜、腌肉、培根、鱼片、牛肉干、鱿鱼丝这类食品, 尽量不要给宝宝吃。

In the case of elderly people, in winter, they prefer to pickle various pickles and meats, and they will put a lot of salt in the curing process. High-salt diet is easy to induce hypertension; salted products contain a large amount of nitrite, which is recognized as the three major cancerous substances in the world with aflatoxin and phenylpropanoid. Therefore, foods such as pickles, cured meats, bacon, fish fillets, beef jerky, and squid should not be given to the baby.

3. 收藏! 三高人群怎么吃? 一份“红绿灯”饮食提示表送给你

[How to rationally arrange diet for the three high population? A "traffic light" diet reminder can help you.](#)

重复数: 3

日期: 2019-01-21

Repeat Number: 3

Data: 2019-01-21

高血压人群需要低盐饮食, 限盐可有效地降低血压, 并提高降压药的疗效。中国居民膳食指南2016版推荐的每天每人食盐摄入量不超过6克(一个普通啤酒瓶盖盖去胶垫盛满盐后抹平相当于6克), 高血压病人应该更少一点。应使用小勺量盐, 逐渐减少用量, 可使用富钾低钠盐。

People with high blood pressure need a low-salt diet, and salt limitation can effectively lower blood pressure and improve the efficacy of antihypertensive drugs. The 2016 version of the Chinese Dietary Guidelines recommends no more than 6 grams of salt per person per day, and patients with hypertension should be less. A small spoon should be used to measure the salt and gradually reduce the amount. A potassium-rich low sodium salt can be used.

4. WHO提出五个饮食建议 限盐限糖别喝酒

[WHO proposes five dietary recommendations to limit salt, sugar and alcohol](#)

重复数: 3

日期: 2019-01-21

Repeat Number: 3

Data: 2019-01-21

2018年《自然·神经科学》的研究发现, 高盐饮食会显著减少小鼠脑部的血流量, 并进而导致认知功能障碍。全世界大多数地区的人食盐摄入量都超标, 人们每天吃盐量平均达到了世卫组织建议限量(5克)的两倍, 而中国人民, 一不小心成为了大多数“咸人”中的“大户”。

A 2018 study in Nature Neuroscience found that a high salt diet significantly reduced blood flow to the brain of mice, leading to cognitive impairment. In most parts of the world, people consume twice as much salt per day as the WHO recommended limit (5g), while the Chinese people have accidentally become the "big eater" of most "salty people".

5. 甲状腺疾病, 跟吃盐太多有关吗? 天天吃盐, 其实很多人都吃错了

[Is thyroid disease related to eating too much salt? In fact, many people are eating wrong.](#)

重复数: 2

日期: 2019-01-21

Repeat Number: 2

Data: 2019-01-21

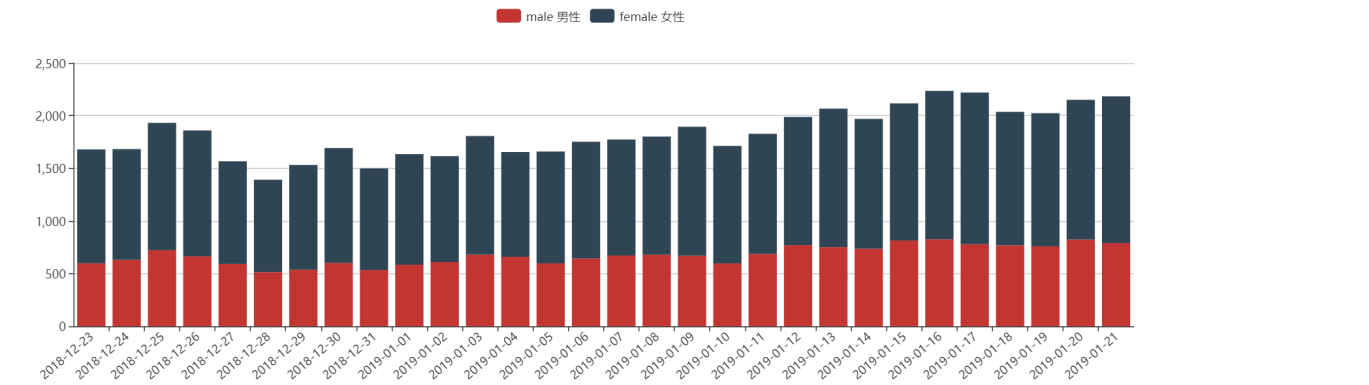
国人普遍都存在食盐摄入过量的问题。而这样最直接的后果就是会升高血压, 一旦血压升高, 就会增加中风、心脏病、眼病的发病几率。此外, 大家都知道肾病患者需要严格控盐, 这是因为钠需要由肾脏排出, 吃盐太多会加重肾脏的负担。世界卫生组织(WHO)的健康饮食建议, 成人每日摄入食盐不超过5克, 大概就是一个普通的啤酒盖那么多。

The problem of excessive salt intake is common among Chinese people. The most direct consequence of this is that it will raise blood pressure. Once the blood pressure rises, it will increase the incidence of stroke, heart disease and eye disease. In addition, everyone knows that patients with kidney disease need to strictly control salt. This is because sodium needs to be excreted from the kidneys. Too much salt can increase the burden on the kidneys. The World Health Organization (WHO) recommends that adults consume less than 5 grams of salt per day, which is probably the capacity of an ordinary beer lid.

减盐-微博

Salt Reduction - Weibo

2019-01-21, 共检测到2183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 2183 weibos about salt reduction monitored on 2019-01-21.
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

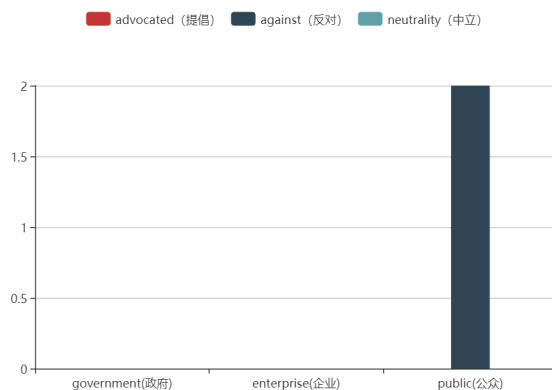
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-21) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-21. 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. WHO提出五个饮食建议限盐限糖别喝酒 WHO proposes five dietary recommendations to limit salt, sugar and alcohol	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:10:41 Time: 09:10:41
近日，世界卫生组织(WHO)对大家的2019健康饮食提出五个建议，我们一起来学习一下吧。研究：国内外研究发现，随着膳食多样化评分的增加，高脂血症、高血压、糖尿病、癌症的患病风险逐渐降低。来，伸出双手双脚，数数过去七天你一共吃了多少种食物?必须是来自谷豆类、坚果、蔬果、鱼肉蛋奶等不同类型的天然食材，加工食品和调味料不算，同一种食物不同的烹饪方式也只算一种。如果算下来，双手双脚不够用的人，应表扬!				
Recently, the World Health Organization (WHO) has put forward five suggestions on healthy diet for all of you in 2019. Let's learn together. Research: Domestic and foreign research found that with the increase of dietary diversification score, the risk of hyperlipidemia, hypertension, diabetes and cancer gradually decreased. Come on, stretch out your hands and feet and count how many kinds of food you have eaten in the past seven days? It must be from different types of natural ingredients such as grains and beans, nuts, vegetables and fruits, fish, eggs and milk. Processed food and seasonings are not counted, and different cooking methods of the same food are counted as only one. If you count them out, praise those who don't have enough hands and feet!				
2. 漫谈“三减四健”之减油 Talking about Oil Reduction of "Three Reduces Four Kinds"	来源：水母网 Source: Jellyfish net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:47:37 Time: 16:47:37
生活中，少不了油。食用油不仅是人们日常生活中炒菜做饭的必备食材，而且是人体脂肪酸的主要来源，是人体保持健康所必需的基本营养素之一。同时，食用油能提高人的食欲，促进脂溶性维生素的吸收。但是食用油的摄取并不是越多越好，由于目前我国居民多数人油吃的偏多，所以我们提倡“少油”。在所有的食品中，油脂的单位热量最高，1克即可产生9千卡的热量。如果每人每天多吃进1瓷勺油(约10克)，能量就增加90千卡。				
Oil is indispensable in life. Edible oil is not only the essential ingredient for cooking in people's daily life, but also the main source of human fatty acids, which is one of the essential nutrients for human health. At the same time, edible oil can improve people's appetite and promote the absorption of fat-soluble vitamins. However, the more edible oil is consumed, the better. At present, most people in China eat more oil, so we advocate "less oil". Among all foods, grease has the highest unit calorie, producing 9 kilocalories per gram. If each person eats an extra 1 teaspoon of oil (about 10 grams) a day, the energy will increase by 90 kilocalories.				
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

2019-01-21, 共监测到216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 216 WeChat public articles were monitored in 2019-01-21. 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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 16

日期: 2019-01-21

Repeat Number: 16

Data: 2019-01-21

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

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.

2. 常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉健康

重复数: 11

日期: 2019-01-21

Repeat Number: 11

Data: 2019-01-21

[It's good to eat coarse grains often, but are you really fit to eat? Don't let "false coarse food" destroy your health.](#)

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。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because 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 in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

3. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 9

日期: 2019-01-21

Repeat Number: 9

Data: 2019-01-21

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

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.

4. 奶茶你还敢喝吗? 你根本不知的奶茶黑幕, 正在危害你的生活和健康!

重复数: 5

日期: 2019-01-21

Repeat Number: 5

Data: 2019-01-21

[Do you dare to drink milk tea? The dark screen of milk tea, which you don't know at all, is endangering your life and health!](#)

奶茶当中添加植脂末主要作用是可使得奶茶的味道和口感更加细腻, 喝起来也会更加醇厚。但是, 植物油在氢化的过程中很容易产生反式脂肪酸等物质, 进入身体后就会增加冠心病、大动脉粥样硬化等心脑血管疾病的发病概率。对于身体的心脑血管系统存在较大的威胁, 可以说是一种“百害而无一利的物质”。

The main function of the non-dairy cream added to the milk tea is to make the milk tea taste more delicate and more mellow to drink. However, vegetable oil is prone to produce trans-fatty acids and other substances during hydrogenation. When it enters the body, it increases the incidence of cardiovascular and cerebrovascular diseases such as coronary heart disease and aortic atherosclerosis. It poses a greater threat to the cardiovascular and cerebrovascular system of the body. It can be said that it is a kind of material that is harmless and has no benefit.

5. 每天这么吃, 能吃走一半的慢性疾病, 健康又长寿

重复数: 2

日期: 2019-01-21

Repeat Number: 2

Data: 2019-01-21

[If you eat like this every day, you can prevent half of chronic diseases and you will be healthy and have a longevity.](#)

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。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

反式脂肪酸-微博 Transfat - Weibo

2019-01-21, 共检测到109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。

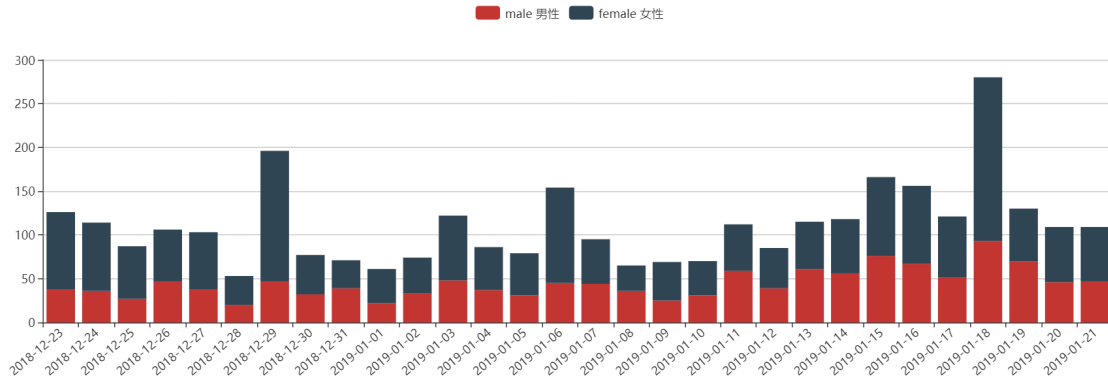
There are 109 weibos about transfat reduction monitored on 2019-01-21.

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!