

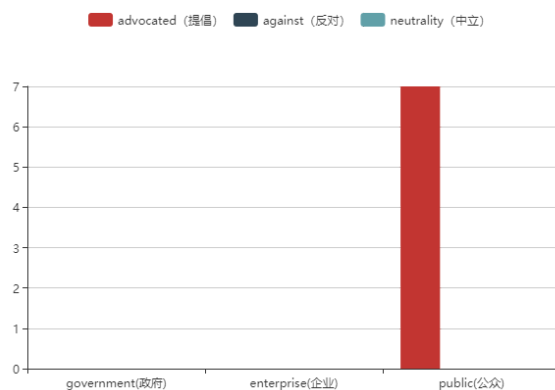
减盐-新闻

Salt Reduction - News

今日 (2019-03-03) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2019-03-03. 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

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高血压 Hypertension

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 怀孕后期养胎大全：注意事项、营养摄取、不适对策 Maternity Care in Late Pregnancy: Attentions, Nutrition Intake and Uncomfortable Measures	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：00:02:03 Time: 00:02:03
到了怀孕后期，距离与宝宝相见的日子越来越近。不过怀孕后期许多孕妇都会感到不适，如何改善这些常见的孕期不适呢？如果平时有喝咖啡的习惯，可以继续喝吗？铁质与钙质怎么摄取比较合适？想要让宝宝长大一点，该努力多吃一点吗？如果已经决定要剖腹产，就可以大吃大喝了么？体重增加多少比较合适？肚子硬硬的，是子宫收缩吗？				
By the end of pregnancy, the day of meeting your baby is getting closer and closer. However, many pregnant women will feel uncomfortable in the latter part of pregnancy, how to improve these common pregnancy discomfort? If you usually have the habit of drinking coffee, can you continue to drink it? How can iron and calcium be absorbed more appropriately? Should we try to eat more if we want our baby to grow up? If you have decided to have a caesarean section, can you eat and drink a lot? How much weight gain is appropriate? Is the uterus contracting when the stomach is hard?				
高血压				

Hypertension				
1. 春天血压高，无非就是这3个原因！医生告诉你怎样对春季高血压！ High blood pressure in spring is just the three reasons! Doctors tell you how to treat spring hypertension!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:59:00 Time: 14:59:00
春天气候非常不稳定，时而艳阳高照，时而又寒风料峭。在天气剧变的时候，我们的身体会出现一些应激反应。天冷了血管会尽量收缩减少散热，这样就会导致血压升高了。现代医学认为春天天气变化无常，血管收缩，容易造成血压大幅度升高或波动异常，因此春季高血压防治尤为重要。				
Spring weather is very unstable, sometimes sunny, sometimes cold and windy. When the weather changes dramatically, our bodies will have some stress reactions. When it's cold, the blood vessels shrink as much as possible to reduce heat dissipation, which can lead to elevated blood pressure. Modern medicine believes that spring weather is changeable, vasoconstriction, easy to cause a large increase in blood pressure or abnormal fluctuations, so the prevention and treatment of spring hypertension is particularly important.				
2. 脑出血的真凶找到了！医生忠告：和这一生活习惯有关，很多人都有 The real culprit of cerebral hemorrhage has been found! Doctor's advice: It's related to this lifestyle. Many people have it.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:07:16 Time: 19:07:16
医生忠告：和这一生活习惯有关，很多人都有。郭师傅平时喜欢吃咸菜，这可以说是血压升高的主要原因，因为摄入钠盐过多能显著升高高血压，我们中国人口味一般喜欢偏咸，这也是中国高血压发病率居高不小原因之一，医生提醒：每天摄入盐的量应当在每天6g以内（一啤酒瓶盖的量）。从防治高血压角度，医生呼吁大家尽量多吃新鲜蔬菜、水果如香蕉，因为它们能补充体内钾的含量，研究证明，钾摄入量增加可降低血压。				
Doctor's advice: It's related to this lifestyle. Many people have it. Guo Shifu usually likes to eat salted vegetables, which can be said to be the main reason for elevated blood pressure, because too much sodium salt can significantly increase blood pressure, our Chinese taste generally prefers salty, which is also one of the reasons why the incidence of hypertension in China is high. Doctors warn that the daily intake of salt should be within 6 g (the amount of a beer bottle cap). From the perspective of prevention and treatment of hypertension, doctors call on people to eat as many fresh vegetables and fruits as possible, such as bananas, because they can supplement the body's potassium content, research has proved that increased potassium intake can reduce blood pressure.				
3. 高血压的真凶不是“它”，而是这3种食物，早知道早好，避免中招 The real culprit of hypertension is not "it", but these three kinds of food, early know good morning, avoid hiring.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:25:59 Time: 15:25:59
季节交换之际，因为受到温度剧烈变化的影响，很多人都出现了高血压的症状。高血压是一种以偏爱血压升高为主，伴随心脏、血管等器官气质性病变的一种疾病，该疾病对患者身体以及心理上都有很大影响。随着大家对健康知识了解，都知道了高血压出现的主要原因盐，这种认识不是全正确的，影响高血压的不是盐，而是里面含有的氯化钠，几乎所有的饮食中钠都是以氯化钠的形式存在，每天钠的摄入超过5克，就会导致血压的飙升。				
At the time of seasonal change, many people have symptoms of high blood pressure due to dramatic changes in temperature. Hypertension is a kind of disease with elevated blood pressure, accompanied by heart, blood vessel and other organ temperament lesions. The disease has a great impact on the body and psychology of patients. With the understanding of health knowledge, we all know that salt is the main cause of hypertension. This understanding is not entirely correct. It is not salt that affects hypertension, but sodium chloride contained in it. Almost all sodium in diet exists in the form of sodium chloride. The daily intake of sodium more than 5 grams will lead to a surge in blood pressure.				
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. 复兴区石化街道“三健三减”倡导健康生活方式 "Three Kinds of Health and Three Reductions" in Petrochemical Street of Fuxing District Advocates Healthy Life Style	来源：河北新闻网 Source: Hebei News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 22:55:56 Time: 22:55:56
为倡导和传播健康生活理念，今天上午，复兴区石化街道计生协会组织辖区志愿者在石化社区及周边开展“三健三减”，即以“健康体重、健康骨骼、健康口腔，减盐、减油、减糖”为主题宣传活动。引导广大居民自觉养成良好健康生活方式！活动现场，通过悬挂横幅、发放宣传资料、为居民讲解健康知识等健康生活指导，广泛宣传生活与健康的关系，倡导“合理膳食、适量运动、戒烟限酒、心理平衡”的健康生活方式，使全民健康素养不断提升，健康技能不断普及，健康行动不断推广。				
In order to advocate and disseminate the concept of healthy life, this morning, Fuxing District Petrochemical Street Family Planning Association organized District volunteers to carry out "Three Kinds of Health and Three Reductions" in the petrochemical community and its surrounding areas, namely, "Healthy Weight, Healthy Bone, Healthy Oral, Salt Reduction, Oil Reduction, Sugar Reduction" as the theme of publicity activities. Guiding the broad masses of residents to consciously develop a good and healthy lifestyle! _____ At the event site, through hanging banners, distributing propaganda materials and explaining health knowledge to residents, the relationship between life and health was widely publicized, and healthy lifestyle of "reasonable diet, moderate exercise, smoking cessation, alcohol restriction and psychological balance" was advocated, so as to continuously improve the health literacy of the whole people, popularize health skills and promote health actions.				
2. 养好肾就能延寿！晚上九点泡脚最护肾 A good kidney can prolong life! Kidney protection is best when you soak your feet at 9:00 p.m.	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:59:10 Time: 13:59:10
随着生活水平的提高，健康成为我们最关注的话题。什么才是健康的食品？生活中如何预防身体的疾病？这都成为了大家关注的焦点。人民健康网推出《金台养生园》栏目，每周为您盘点最养生的生活方式，带您走进健康园地。养好肾就能延寿 清华大学第一附属医院肾内科主任卢方平说，每个年龄段的人都有可能发生肾炎或肾病，婴幼儿、青少年容易发生原发性肾炎，老年人可能因“三高”等引起肾脏损害。因此，坚持健康的生活方式，管理好肾脏疾病很重要。				
With the improvement of living standards, health has become our most concerned topic. What is healthy food? How to prevent physical diseases in life? This has become the focus of attention. People's Health Network launched "Jintai Health Garden" column, weekly inventory of the most healthy lifestyle for you, take you into the health garden. Good kidney can prolong life, said Lu Fangping, director of Nephrology Department of the First Affiliated Hospital of Tsinghua University. People of every age group may have nephritis or nephropathy. Infants and adolescents are prone to primary nephritis, and the elderly may have kidney damage caused by "three highs". Therefore, it is important to adhere to a healthy lifestyle and manage kidney diseases well.				
3. 中央厨房方便老人“蹭饭” 私人定制送餐上门未来可网订 Central Kitchen is convenient for the elderly to "scratch" meals. Private customized meals can be ordered online in the future.	来源：扬州网 Source: Yangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:01:21 Time: 16:01:21
这几天，午饭时间一到，邗江区蒋王街道蒋王社区的赵松柳老人就来社区“蹭饭”了。说是“蹭饭”，其实是指花很少的钱，就能吃到适合自己口味的饭菜。近日，一个专为老人服务的中央厨房在蒋王社区投入使用，一举解决了蒋王街道以及周边新盛、邗上街道数百位老人“吃饭难”的问题。方便实惠中央厨房成老人“第二个家”。				
These days, as soon as lunch time arrives, Zhao Songliu, an old man from Jiangwang Community, Jiangwang Street, Hanjiang District, comes to the community to "scratch food". Saying "dawdle" actually means that you can eat a meal that suits your taste with very little money. Recently, a central kitchen dedicated to the elderly has been put into use in Jiangwang community, which has solved the problem of "eating difficult" for hundreds of elderly people in Jiangwang Street, Xinsheng Street and Haoshang Street. Convenient and affordable central kitchen into the elderly "second home".				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-03-03, 共监测到439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 439 WeChat public articles were monitored in 2019-03-03. This page shows the top five articles by repeat number today.

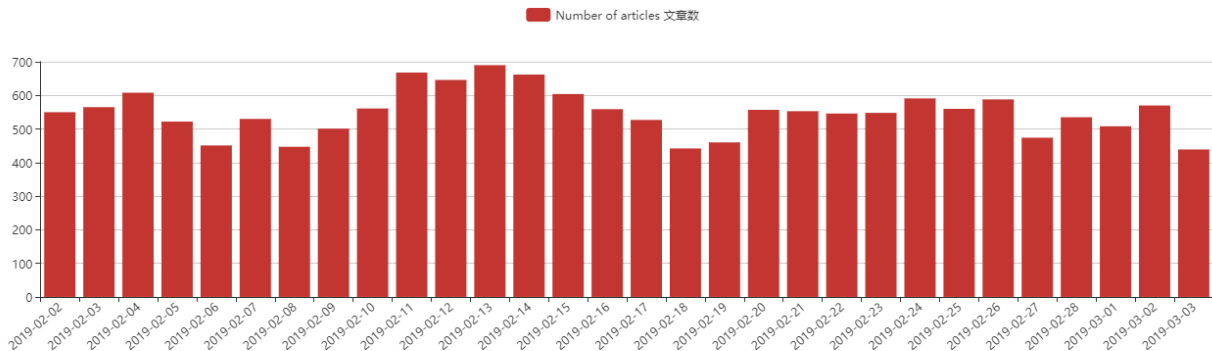
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 高血压的“隐形凶手”，除了盐还有它！](#)
[It is the "invisible murderer" of high blood pressure other than salt!](#)

重复数: 32
Repeat Number: 32

日期: 2019-03-03
Data: 2019-03-03

限糖同时, 别忘限盐 食用盐的量限制在每天小于6克 (也就是普通啤酒瓶盖去掉胶垫后水平装满的量), 会有助于血压下降。同时补充一定量的钾和钙, 还能促进体内钠的排泄。因此, 在食盐的选择上, 可以选择钠钾平衡盐, 或者含钾量偏高、含钠量偏低的低钠盐。

At the same time, don't forget to limit salt consumption to less than 6 grams a day (that is, the amount of horizontally filled beer bottle caps after removing rubber pads) will help reduce blood pressure. At the same time, a certain amount of potassium and calcium can also promote the excretion of sodium in the body. Therefore, in the choice of salt, sodium-potassium equilibrium salt or low-sodium salt with high potassium content and low sodium content can be chosen.
- [2. 日本人长寿全球第一! 10个秘诀中9个与吃有关!](#)
[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

重复数: 10
Repeat Number: 10

日期: 2019-03-03
Data: 2019-03-03

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味增汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. And we have only begun to encourage salt restriction and salt reduction in recent years. In addition, the Japanese pay great attention to controlling salt from all aspects of the diet: for example, do not drink too much miso soup, do not drink soup when eating ramen, and finally put salt when cooking, which can minimize salt intake.
- [3. 除了变迟钝, 盐吃多了身体居然还会这样!](#)
[In addition to being dull, the body will still be like this after eating more salt!](#)

重复数: 7
Repeat Number: 7

日期: 2019-03-03
Data: 2019-03-03

吃过多的盐会让细胞脱水, 人在缺水状态下很难集中注意力思考, 与体内有充足水分时相比, 轻度缺水会造成女性在注意力、记忆力、推理能力和反应时间测试中的表现变差。此外, 缺水还会让人人的情绪一落千丈, 这可能因为高盐摄入会增加高血压风险, 从而影响思维。

Eating too much salt can dehydrate cells, making it difficult for people to concentrate on thinking in a water-deficient state. Mild water shortage can cause women to perform poorly in tests of attention, memory, reasoning ability and response time, compared with when there is enough water in the body. In addition, water shortage can also cause people to feel depressed, possibly because high salt intake increases the risk of high blood pressure, thereby affecting thinking.
- [4. 身体出现这5个迹象, 提醒你吃盐太多了!](#)
[These five signs remind you that you eat too much salt!](#)

重复数: 3
Repeat Number: 3

日期: 2019-03-03
Data: 2019-03-03

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.
- [5. 一家三口相继患癌, 竟跟长期吃这种食物有关](#)
[Three people in a family suffer from cancer one after another, which is related to eating this food for a long time.](#)

重复数: 2
Repeat Number: 2

日期: 2019-03-03
Data: 2019-03-03

高盐的高渗性会破坏胃黏膜, 所以长期以往去食用重口味的食物, 就会造成诱发胃癌的风险。我国东北地区、西北地区以及沿海地区是胃癌的高发地区。因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。世界卫生组织建议, 每人每天的盐摄取量为6克。

High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet. The World Health Organization recommends a daily intake of 6 grams of salt per person.

减盐-微博 Salt Reduction - Weibo

2019-03-03, 共检测到2200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。

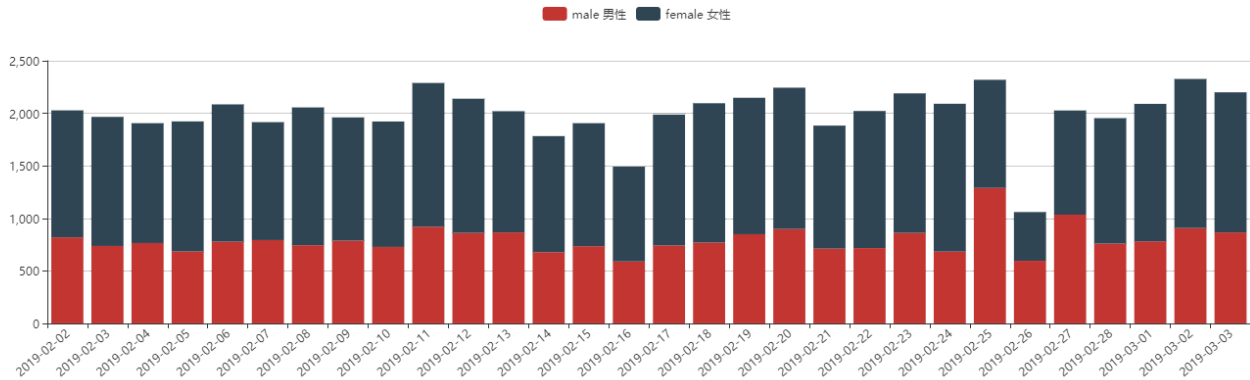
There are 2200 weibos about salt reduction monitored on 2019-03-03.

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!

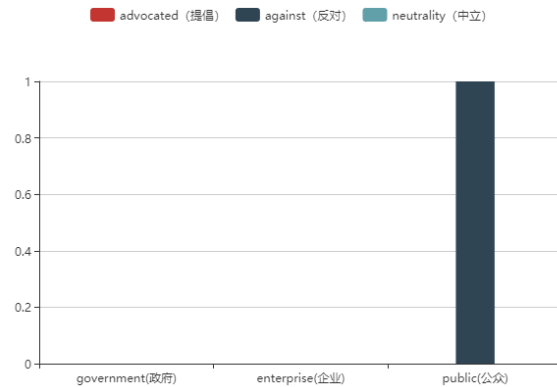
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-03-03) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-03-03. 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. [工业大麻热度持续短期面临销路问题](#)

[Industrial cannabis fever continues to face short-term marketing problems](#)

来源：手机网易网

主体：公众

态度：反对

时间： 21:30:13

Source: Mobile NetEase

Subject: public

Attitude: against

Time: 21:30:13

公元前2700多年，神农氏的药书中就记载，大麻被称之为“解除罪孽（Liberator of Sin），有医疗作用，可用于“妇女体虚、痛风、风湿、疟疾、脚气、便秘、精神恍惚”。此外，大麻籽可以提取油，大麻籽油中不饱和脂肪酸的含量约为90%，其中必需脂肪酸的含量约80%。还含有γ-亚麻酸以及丰富的生育酚和植物甾醇。研究表明，大麻籽油在降低胆固醇、抗氧化、清除人体内自由基等方面具有显著的作用，是一种具有很高利用价值的功能性油脂。

In 2700 B.C., Shennong's medicinal book recorded that marijuana, known as "Liberator of Sin", has medical effects and can be used for "women's body deficiency, gout, rheumatism, malaria, beriberi, constipation, trance". In addition, cannabis seed oil can be extracted. The content of unsaturated fatty acids in cannabis seed oil is about 90%, and the content of essential fatty acids is about 80%. It also contains γ-linolenic acid and abundant tocopherols and phytosterols. Studies have shown that cannabis seed oil has significant effects on reducing cholesterol, antioxidant, scavenging free radicals in human body, and it is a functional oil with high utilization value.

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

2019-03-03, 共监测到317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 317 WeChat public articles were monitored in 2019-03-03. This page shows the top five articles by repeat number today.

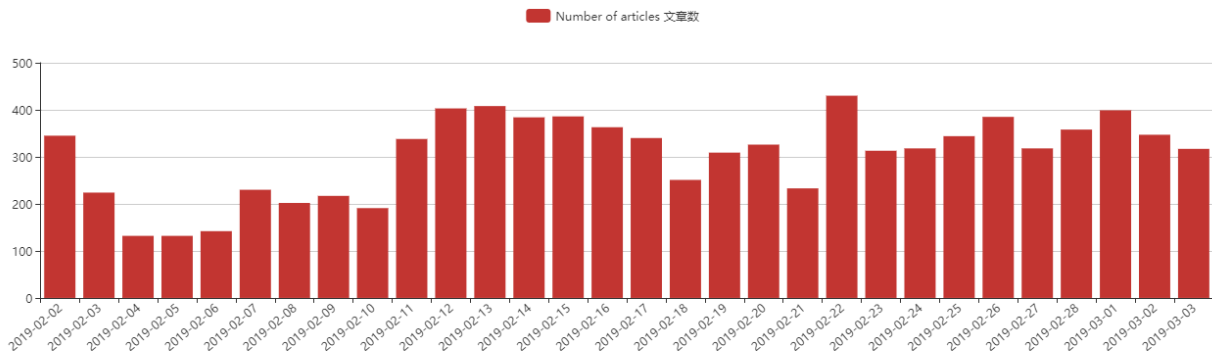
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

重复数: 33

日期: 2019-03-03

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

Repeat Number: 33

Data: 2019-03-03

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。除了上面介绍的这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。保持大脑健康少吃这些 这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. In addition to these brain-friendly foods mentioned above, there are some common foods that may have unhealthy effects on brain health. Keeping the brain healthy and eating less of these foods contain a lot of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 面包好吃却五毒俱全, 家里有孩子的都看看!! 吃前请三思!

重复数: 21

日期: 2019-03-03

[The bread is delicious but full of poisons. The family should take a look!! Think twice before you eat!](#)

Repeat Number: 21

Data: 2019-03-03

纯正的天然黄油一般靠进口, 需要1万多一吨, 可人造黄油只要6000左右。人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险, 还更容易使人发胖。有“酥油、起酥油、植物油起酥油、植物脂肪、人造黄油、麦淇淋、植脂末、奶精”等字眼的统统不要买。

Pure natural butter is generally imported, its price is more than 10,000 yuan per ton, and the price of margarine is only about 6,000 yuan. Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and are more likely to make people fat. Do not buy foods such as "ghee, shortening, vegetable shortening, vegetable fat, margarine, margarine, non-dairy creamer, creamer" on the package.

3. 被奶茶毁掉的中国姑娘

重复数: 12

日期: 2019-03-03

[Chinese girl destroyed by milk tea](#)

Repeat Number: 12

Data: 2019-03-03

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

4. 大脑最爱的食物, 第1名谁都想不到...

重复数: 12

日期: 2019-03-03

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

Repeat Number: 12

Data: 2019-03-03

油炸食品中含有大量的反式脂肪酸、膨松剂和色素, 进入人体后会对健康产生不利影响, 增加心脑血管疾病的危险; 也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。除了饮食上要注意之外养成良好的生活习惯也很重要 大脑健康才能越活越年轻哟~

Fried foods contain a large amount of trans fatty acids, leavening agents and pigments. When they enter the human body, they will have adverse effects on health and increase the risk of cardiovascular and cerebrovascular diseases. They will also lead to the deficiency of essential fatty acids and inhibit the growth and development of infants and young children. In addition to paying attention to diet, it is also important to develop good habits. Brain health can live a younger life.

5. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 4

日期: 2019-03-03

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

Repeat Number: 4

Data: 2019-03-03

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.

反式脂肪酸-微博 Transfat - Weibo

2019-03-03, 共检测到185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。

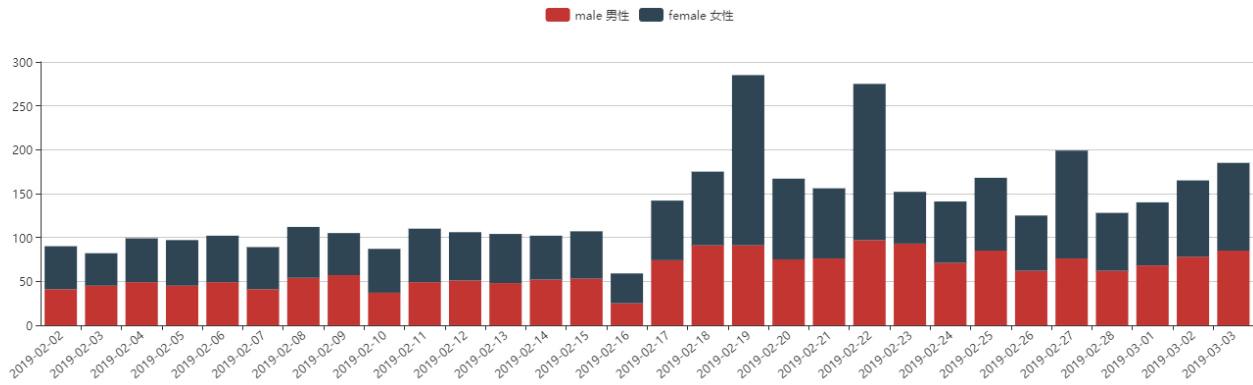
There are 185 weibos about transfat reduction monitored on 2019-03-03.

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!