

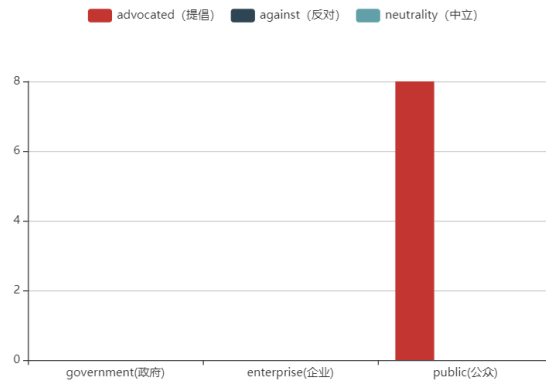
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-17) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2018-12-17. 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
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决心工程

Resolve To Save Lives
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安徽  
Anhui

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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	1. <a href="#">【当日】寒冬到，有趟“温暖列车”驶入闹村乡</a>	来源：温州网	主体：公众	态度：提倡
	<a href="#">When winter comes, a "warm train" drives into the bustling villages and villages.</a>	Source: Wenzhou net	Subject: public	Attitude: advocate
	这个冬日注定温暖，因为阳光下的温度，更因为社会各界的赤子之心。12月17日一早，来自温州市民政局、温州日报、县慈善总会等单位的人员一行来到闹村乡中村村，为当地20户贫困群众送上了慰问品和各500元慰问金。同时，随行的志愿者队伍还发挥特长，为村民们送去义诊、理发、小家电维修等力所能及的服务，给山区老人送去些许暖意。当天上午，中村村文化礼堂内搭起了简易的义诊点，村民们排起了长队。“您这个血压有点高，平时饮食方面要多注意，做饭不要放太多盐，多吃一些新鲜的菜、鱼等含钾丰富的食物……平日里多动动，多喝水，保持好心情。”			
	This winter is doomed to be warm, because of the temperature in the sun, but also because of the heart of all walks of life. On the early morning of December 17, a group of people from Wenzhou Civil Affairs Bureau, Wenzhou Daily and County Charity Association came to Naocun Village to offer condolences and 500 yuan each to 20 poor local people. At the same time, the volunteer team accompanied by the village also played a special role in delivering services such as free clinics, haircuts, repairs of small household appliances to villagers, and some warmth to the elderly in mountainous areas. In the morning of the same day, a simple free clinic was set up in the cultural auditorium of Zhongcun Village, and villagers lined up in a long line. "Your blood pressure is a little high. You should pay more attention to your diet. Don't put too much salt in cooking. Eat more fresh vegetables, fish and other potassium-rich foods... On weekdays, move more, drink more water and keep a good mood.			
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. <a href="#">“儿童酱油”价格翻倍还备受青睐，孩子吃了真的好吗？</a>	来源：视界网	主体：公众	态度：提倡	时间：03:46:06
<a href="#">"Children's soy sauce" price doubled is also very popular, children eat really good?</a>	Source: Horizon network	Subject: public	Attitude: advocate	Time: 03:46:06
“儿童酱油”价格翻倍还备受青睐，孩子吃了真的好吗？父母们对孩子尤为关心，吃的，用的，都讲究一个儿童专用，特别是为了让孩子多吃菜，会选择“低盐低钠”的儿童酱油作为调味品，但是儿				

童酱油真的好吗？真的就“低盐低钠”？商家宣称这款儿童酱油6个月宝宝可食用 父母们对孩子尤为关心，吃的，用的，都讲究一个儿童专用，特别是为了让孩子多吃菜，会选择“低盐低钠”的儿童酱油作为调味品，但是儿童酱油真的好吗？真的就“低盐低钠”？

"Children's soy sauce" price doubled is also very popular, children eat really good? Parents are particularly concerned about their children, eating, using, all pay attention to a special child, especially in order to let children eat more vegetables, will choose "low salt and low sodium" children's soy sauce as condiment, but children's soy sauce is really good? Really "low salt and low sodium"? Businessmen claim that the children's soy sauce is edible for 6 months. Parents are particularly concerned about their children. They all pay attention to a special purpose for children. Especially in order to let children eat more vegetables, they will choose "low salt and low sodium" children's soy sauce as condiment. But is it really good for children's soy sauce? Really "low salt and low sodium"?

高血压  
Hypertension

1. 有口福！吃根香蕉能预防中风  
Have a good luck! Eating a banana can prevent stroke  
来源：中工网  
Source: China Industrial Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：00:56:44  
Time: 00:56:44

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 eaters! A study published in the Journal of the American College of Cardiology 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.

2. 日本医院开发推出健康烤肉酱盐分降低50%  
Japanese hospitals have developed healthy barbecue sauce with a 50% reduction in salt content.  
来源：中国经济网  
Source: China Economic Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：16:28:14  
Time: 16:28:14

据《朝日新闻》网站报道，日本北九州市小仓纪念医院近日与该市烤肉店“龙园”及酱油老店“后藤酱油”合作，共同开发出了一款烤肉酱，盐度仅为普通烤肉酱的50%。该医院营养师表示，“这款烤肉酱在顾及健康的同时，也保证了烤肉的美味”。这款烤肉酱使用了多种调味料，补充了减少的盐分。小仓纪念医院是当地治疗心脏病的著名医院。据悉，在防治高血压方面，降低摄入盐分尤其重要。这款烤肉酱目前已经在医院附近便利店出售，今后也将使用在住院患者的餐饮中。

The Kokura Memorial Hospital in Kitakyushu, Japan, has developed a barbecue sauce with a salinity of only 50% of the common barbecue sauce, in cooperation with Longyuan, a barbecue restaurant in Kitakyushu, Japan, and Houto Soy Sauce, an old soy sauce shop, according to Asahi Shimbun's website. The hospital's nutritionist said, "This barbecue sauce takes care of health, but also guarantees the delicacy of barbecue." This barbecue sauce uses a variety of seasonings to supplement the reduced salt. Xiaocang Memorial Hospital is a famous local hospital for the treatment of heart disease. It is reported that in the prevention and treatment of hypertension, reducing salt intake is particularly important. This barbecue sauce has been sold in convenience stores near hospitals and will be used in the catering of hospitalized patients in the future.

心血管健康  
Cardiovascular health

1. 血栓最爱找这些人的麻烦这3大方法远离血栓  
Thrombosis loves to find trouble with these people. These three ways to stay away from thrombosis  
来源：扬州网  
Source: Yangzhou net  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：11:23:37  
Time: 11:23:37

血栓通俗地说就是“血块”，它像塞子一样堵塞了身体各部位血管的通道，导致相关脏器没有血液供应，造成突然死亡。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，同您一起将健康进行到底！今天就与你聊聊血栓是怎么形成的？如何来防？血栓到底是怎么形成的？血栓在脑部血管产生就导致脑梗，在冠状动脉产生就形成心梗，堵塞到肺部就是“肺栓塞”。为什么我们的身体里会有血栓？

Thrombosis is popularly known as "blood clot". It blockages the channels of blood vessels in various parts of the body like a plug, resulting in the lack of blood supply to the relevant organs, resulting in sudden death. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, to be your health think tank, and to carry on the health with you to the end! Today I'm going to talk to you about how thrombosis develops. How to prevent? How on earth did the thrombus form? Thrombosis causes cerebral infarction when blood vessels are in the brain, and myocardial infarction occurs when coronary arteries are in the brain. Pulmonary embolism is blocked to the lungs. Why do we have thrombus in our bodies?

2. 宜春120提醒：冬季谨防心血管疾病发作  
Yichun 120 Reminds: Beware of cardiovascular disease attacks in winter  
来源：大江网  
Source: Great river network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：16:28:05  
Time: 16:28:05

近日，宜春120接诊了多位心脑血管疾病发作患者，经宜春120医务人员紧急救治后送医院进一步治疗。11月29日，宜春120接到家属报警，称家中有老人呕吐昏迷，急需救治。调度员立即派出急救小组赶到患者家中，只见一位73岁左右的老人躺在床上，地上有一堆呕吐物，经医生检查患者呈昏迷状态，意识不清，瞳孔不等大等圆。医生一边为患者查体，一边向家属询问患者病史，据了解，患者既往有高血压、糖尿病病史，最近几天诉有头痛，直到深夜患者突然呕吐不止，自行口服降压药，症状未见好转，家属才拨打120急救电话，据此初步诊断为“脑血管意外”。

Recently, Yichun 120 received a number of patients with cardiovascular and cerebrovascular disease attacks, after the emergency treatment of Yichun 120 medical staff evacuated to the hospital for further treatment. On November 29, Yichun 120 received an alarm from family members, saying that there were elderly people vomiting and coma in their homes, which urgently needed treatment. The dispatcher immediately dispatched an emergency team to the patient's home, only to see a 73-year-old man lying in bed, there is a pile of vomit on the ground, the doctor checked the patient in a coma, unconscious, unequal pupil circle. The doctor checked the patient's physical examination and asked his family about his medical history. It is known that the patient had a history of hypertension and diabetes and complained of headache in recent days. Until the patient suddenly vomited late at night and took antihypertensive drugs by himself, the symptoms did not improve. The family did not dial 120 first aid telephone until the patient was initially diagnosed as "cerebrovascular accident".

综合健康信息  
Comprehensive Health Information

1. 控糖有“门道” 水果米饭这样吃  
Sugar control has "doorway" fruit and rice to eat like this  
来源：中工网  
Source: China Industrial Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：00:58:04  
Time: 00:58:04

目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。做好“12345”轻松享受美食 蔡梦茵说，科学饮食是糖尿病治疗的基础，它可以协助血糖维持在理想水平，控制血脂、血压，降低心血管疾病的发生风险，同时减轻胰岛β细胞负担，帮助人体维持合理的体重。但是科学饮食不等于什么都不能吃不能喝，科学饮食的目的也是希望控制病情，最终能够享受美食。

At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients. Cai Mengyin said that scientific diet is the basis of diabetes treatment. It can help maintain blood sugar at an ideal level, control blood lipids and blood pressure, reduce the risk of cardiovascular disease, reduce the burden of islet beta cells and help the body maintain a reasonable weight. But scientific diet does not mean that nothing can be eaten or drunk. The purpose of scientific diet is also to control illness and eventually enjoy delicious food.

2. 立冬补冬！冬季进补有三句口诀五道菜  
Make up for the winter! Winter Supplementary Note: Three Tips and Five dishes  
来源：中工网  
Source: China Industrial Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：00:11:20  
Time: 00:11:20

11月7日立冬，立冬后一直有“立冬补冬”的习俗。俗语“冬季进补，上山打虎”，但是也不能“盲补”。如何进补?中医专家和营养专家给了三句进补口诀和五道营养菜：三句口诀 少年重养，中年重调，老年重保 立冬进“补”，也要因人而异。王雪梅提及，人有男女老幼之别，体(体质)有虚实寒热之辨，中医养生原则，应该是：少年重养，中年重调，老年重保。也就是说，少年阳气正盛，其实可以不补，或者小补;而中年人就要根据最近的身体状况作出相应的调理了，比如最近很劳累，身体损耗太大，就要补一补;现在老年人往往患有多种慢性疾病，更应多重视保护。

Winter begins on November 7, and there has been a custom of "Winter begins and Winter supplements" since the beginning of winter. The proverb "winter supplement, go up to the mountains to fight tigers", but also can not "blind supplement". How to replenish? Chinese medicine experts and nutrition experts gave three replenishment recipes and five nutritional dishes: three recipes for adolescent rehabilitation, middle-aged re-adjustment, old age re-protection and winter entry "replenishment", but also different from person to person. Wang Xuemei mentioned that there are differences between men and women, old and young, body (constitution) has the distinction between deficiency and excess, cold and heat. The principle of health preservation in traditional Chinese medicine should be: adolescent re-maintenance, middle-aged re-adjustment, old age re-insurance. That is to say, young people are full of Yang Qi, in fact, can not fill, or small fill; and middle-aged people have to make corresponding adjustments according to recent physical conditions, such as recently very tired, too much physical loss, we need to make up; now the elderly often suffer from a variety of chronic diseases, more attention should be paid to protection.

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-12-17，共监测到540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 540 WeChat public articles were monitored in 2018-12-17. This page shows the top five articles by repeat number today.

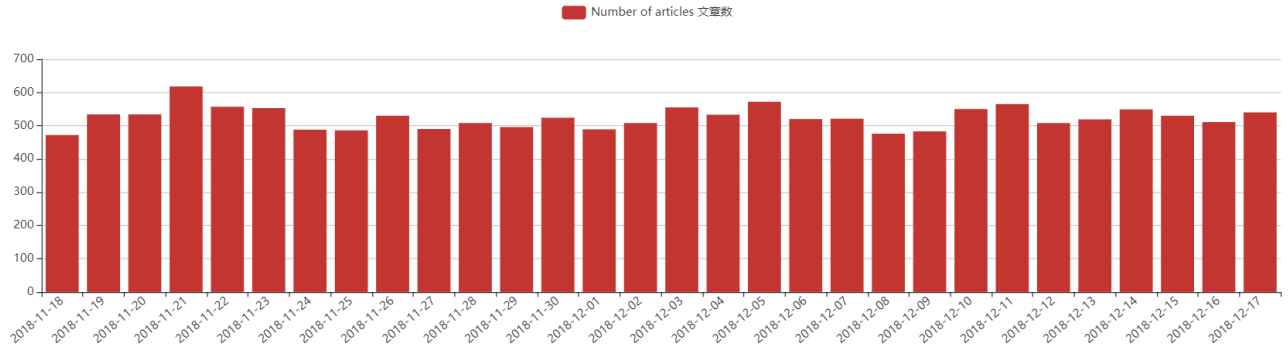
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. [【健康】血压比正常值高一点点，怎么办？](#)

重复数: 10

日期: 2018-12-17

[\[Health\] Blood pressure is a little higher than normal. What should we do?](#)

Repeat Number: 10

Date: 2018-12-17

控制饮食 首先是限盐，盐摄入越多，血压水平越高，严格限盐可有效降低血压。中国营养学会推荐，健康成人每日食盐摄入量不宜超过6克，限制钠盐的摄入是预防高血压花费成本最小化的有效措施。

The first step in controlling the diet is to limit the salt. The more salt intake, the higher the blood pressure level. Strict salt restriction can effectively lower blood pressure. Recommended by the Chinese Nutrition Society, the daily salt intake of healthy adults should not exceed 6 grams. Limiting the intake of sodium salts is an effective measure to minimize the cost of preventing hypertension.

#### 2. [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: 5

日期: 2018-12-17

[Ten health warning lines have been drawn out, and the length of life depends on it! Very important!](#)

Repeat Number: 5

Date: 2018-12-17

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.

#### 3. [【常识】食盐，有误区，这些你知道吗？](#)

重复数: 4

日期: 2018-12-17

[\[Common sense\] There are some misunderstandings of salt. Do you know that?](#)

Repeat Number: 4

Date: 2018-12-17

多吃一口盐，伤害遍全身 无盐不成味，作为“百味之首”，盐是人人不可或缺的调料。但是一旦过量，对健康是百害而无一利的。高盐饮食有导致血压升高的作用，研究发现，每天食盐摄入每增加0.5克，中风的风险就增加17%。盐吃多了会引起高血压，同时还会使血浆胆固醇升高，促使我们的血管变薄、变脆，这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the “first of the hundred flavors”, salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

#### 4. [吃盐越少就越健康？未必！盲目低盐饮食有危害，快看！](#)

重复数: 3

日期: 2018-12-17

[The less salt you eat, the healthier you will be? Not necessarily! Blindly keeping low salt diet is harmful. Look!](#)

Repeat Number: 3

Date: 2018-12-17

健康组织长期以来都警告高盐对健康造成危害，摄入过多盐是高血压的重要原因之一，而高血压可进一步诱发心脏病和中风等更严重危害的发生。因此，一般推荐每日不超过6克的食盐摄入量才有利于健康（具体推荐量上不同时间或不同国家略有差异，但都在6克左右）。

Health organizations warn that high salt poses a health hazard. Excessive salt intake is one of the important causes of high blood pressure, which can further trigger more serious hazards such as heart disease and stroke. Therefore, it is generally recommended that a salt intake of no more than 6 grams per day is beneficial to health (the specific recommended amount is slightly different at different times or in different countries, but both are around 6 grams).

#### 5. [十大健康警戒线划出来了，寿命长短都由它决定！看一眼能保命](#)

重复数: 3

日期: 2018-12-17

[Ten health warning lines have been drawn out, and the length of life depends on it!](#)

Repeat Number: 3

Date: 2018-12-17

烹调时尽可能用量具(如限盐勺等)称量用盐。做菜时，加少量的醋，就能突出盐的味道，从而减低盐的食用量。注意隐形盐，生活中的零食，很多市民不认为其中有盐，但其实，它的含盐量触目惊心，比如话梅、九制陈皮、饼干、爆米花等，吃二两话梅，就等于吃下了三天的食盐。

When cooking, use as much as possible (such as salt spoon, etc.) to weigh the salt. When cooking, add a small amount of vinegar to highlight the taste of the salt, thus reducing the amount of salt consumed. Pay attention to the invisible salt. Many people do not think that there is salt in snacks, but in fact, its salt content is shocking, such as plum, preserved mandarin peel, biscuits, popcorn, etc. Eating 100g preserved plums is equivalent to eating three days of salt.

## 减盐-微博 Salt Reduction - Weibo

2018-12-17, 共检测到1480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。

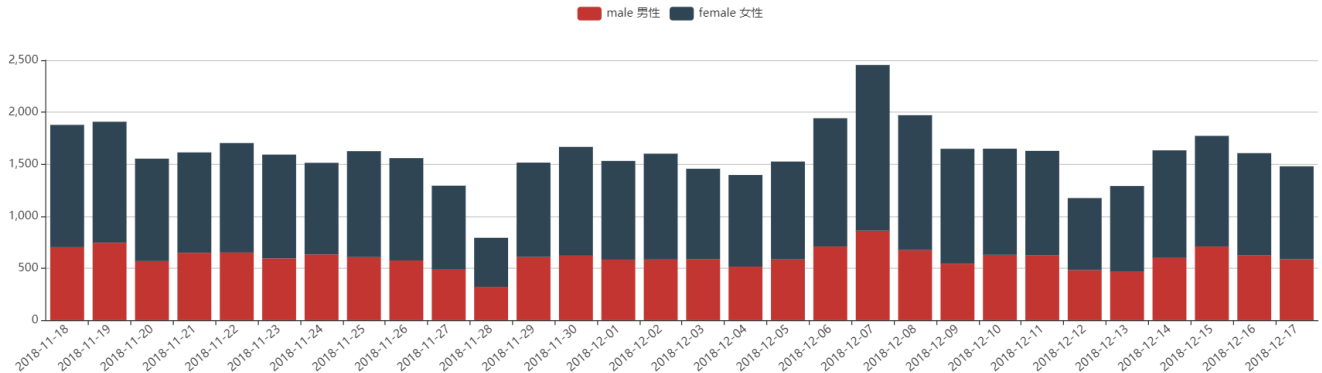
There are 1480 weibos about salt reduction monitored on 2018-12-17.

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. 昵称: 山东新华制药官方微博

地区: 山东

认证: 机构

Nickname: 山东新华制药官方微博

Area: Shandong

Identity: Institution

时间: 2018-12-17 10:22

来自: 360安全浏览器

转发数: 108

评论数: 93

点赞数: 85

Time: 2018-12-17 10:22

Source: 360安全浏览器

Repost: 108

Comment: 93

Like: 85

#健康知识#【吃盐过多的九大迹象你有吗?】1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~via人人视频L人人视频的秒拍视频

Do you have the nine signs of eating too much salt? 1. always thirsty; 2. often go to the toilet; 3. always want to eat junk food; 4. non-elderly and non-athletes but frequent cramps; 5. frequent fatigue and headache; 6. kidney pain; 7. high blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly.... If you have these signs, please pay attention to the right amount of salt.

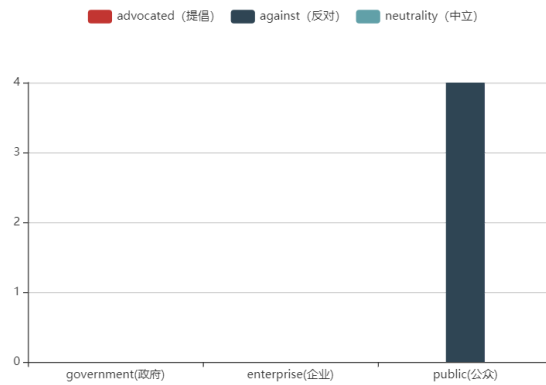
## 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-17) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-12-17. 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. <a href="#">特色农产品加工研讨会在青岛举办</a> <a href="#">Seminar on Processing Special Agricultural Products in Qingdao</a>	来源：中国食品科技网 Source: China Food Science and Technology Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 00:42:38 Time: 00:42:38
<p>今年上半年，我国农产品加工业深入推进供给侧结构性改革，转型升级步伐加快，质量效益持续改善，产能利用率不断提高，产业融合发展趋势明显，总体呈现稳中向好态势。日前，在中国食品科学技术学会第十五届年会上，主办方特别设置了“特色农产品加工研讨会”，来自全国多家高校院所的多名专家在会上作了主题报告。报告内容涉及不同农产品品种，囊括了基础研究、应用基础以及产品开发等不同方面。与会专家和企业代表分享了各自领域取得的研究成果及最新的加工技术，对未来农产品加工产业发展给出了建设性意见。</p> <p>In the first half of this year, China's agro-product processing industry deepened the structural reform of the supply side, accelerated the pace of transformation and upgrading, continued improvement of quality and efficiency, continuous improvement of productivity utilization, obvious trend of industrial convergence, overall showing a steady and positive trend. Recently, at the 15th Annual Conference of the Chinese Food Science and Technology Association, the organizer set up a special "Symposium on Processing Special Agricultural Products", at which a number of experts from colleges and universities throughout the country made thematic presentations. The report covers different agricultural products, including basic research, application and product development. Experts and enterprise representatives at the meeting shared the research results and latest processing technology in their respective fields, and gave constructive suggestions on the future development of agricultural product processing industry.</p>				
2. <a href="#">哪些食物改善皮肤干燥</a> <a href="#">What foods improve dry skin</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 22:42:57 Time: 22:42:57
<p>入冬以来，室外风大，室内温度高，很多人被皮肤干燥困扰。除了选择合适的护肤品，吃对食物也有助缓解皮肤干燥。富含维生素A食物。维生素A为上皮组织的合成和修复所必需，如果它严重不足，皮肤和黏膜的抵抗力就会降低，黏膜免疫功能也会下降。维生素A缺乏表现为表皮干燥而角质化，毛囊突起，皮肤摸起来粗糙而扎手，甚至眼睛也会发干。维生素A是脂溶性维生素，存在于肝脏、肾脏以及富含脂肪的海鱼中。</p> <p>Since winter, many people have been puzzled by dry skin because of the strong outdoor wind and high indoor temperature. In addition to choosing appropriate skin care products, eating food can also help alleviate dry skin. Foods rich in vitamin A. Vitamin A is essential for the synthesis and repair of epithelial tissue. If it is seriously inadequate, the resistance of skin and mucosa will be reduced, and the immune function of mucosa will also be reduced. Vitamin A deficiency is characterized by dry and keratinized epidermis, prominent hair follicles, rough and prickly skin, and even dry eyes. Vitamin A is a fat-soluble vitamin found in the liver, kidneys and fatty marine fish.</p>				
3. <a href="#">每年喝800包，咖啡是“健康卫士”还是“心血管杀手”？</a> <a href="#">Drink 800 packs a year. Is coffee a "health guard" or a "cardiovascular killer"?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 21:43:00 Time: 21:43:00
<p>每年喝800包，咖啡是“健康卫士”还是“心血管杀手”？今天关于#考研生一年喝800包咖啡#的话题引起大家讨论。饮用咖啡是否影响健康呢？提到“咖啡因”，人们似乎习惯把咖啡归类到“不健康”饮食这一栏。但也有很多积极的信号在提醒我们，咖啡不仅仅能够提神，还有促进健康的意义。我们看看一些有关咖啡的实验证据：一项来自于加拿大的小型调查研究结果指出长期饮用含咖啡因饮料的年轻人群，其血液中的胰岛素含量会比正常人高，因此更容易罹患2型糖尿病。</p> <p>Drink 800 packs a year. Is coffee a "health guard" or a "cardiovascular killer"? Today, the topic of 800 packs of coffee a year for postgraduate students has aroused discussion. Does drinking coffee affect health? When it comes to caffeine, people seem to be accustomed to classifying coffee as an unhealthy diet. But there are also many positive signs to remind us that coffee can not only refresh us, but also promote health. Let's look at some experimental evidence for coffee: A small Canadian study found that young people who drink caffeinated beverages for a long time have higher levels of insulin in their blood than normal people, making them more susceptible to type 2 diabetes.</p>				
4. <a href="#">考研800包咖啡网友：这是在拿生命考研啊</a> <a href="#">800 packs of coffee netizens for postgraduate entrance exam: This is taking life for postgraduate entrance exam.</a>	来源：西安文明网 Source: Xi'an Civilization Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:54:07 Time: 16:54:07
<p>咖啡配肖四，为防瞌睡，考研生一年喝800包咖啡！随着2018年即将过去，2019年考研生的初试备考也步入了尾声，大家也都在抓紧最后一点时间冲刺，时间很是紧迫。据人民网报道，12月15日，河南郑州升达经贸管理学院的一名大四考研生表示自己每天六点起床，晚上近11点睡觉，每天学习时间长达12小时，为防瞌睡，每天喝三四包咖啡，一年算下来喝了七八百包咖啡！随之便以“考研一年喝800包咖啡”上了微博热搜榜。不少网友纷纷表示：这是在拿生命考研啊！大家都纷纷劝告姑娘不要太拼，要注意劳逸结合，从采访视频就可以看出小姐姐的黑眼圈很重呢。</p> <p>Coffee with Xiao 4, in order to prevent sleepiness, graduate students drink 800 packs of coffee a year! With the passing of 2018, the preliminary exam preparation for postgraduate students in 2019 is also coming to an end, and everyone is also grabbing the last time to rush, the time is very urgent. On December 15, a senior postgraduate student at Shengda College of Economics, Trade and Management in Zhengzhou, Henan Province, said he got up at 6:00 a.m. every day, went to bed at nearly 11:00 p.m. and studied for up to 12 hours every day. In order to prevent drowsiness, he drank 34 packs of coffee every day and drank 7,800 packs of coffee a year. Then it was listed as "800 packs of coffee a year for postgraduate entrance examination". Many netizens have said: This is taking life for postgraduate entrance examination ah! Everyone also advised the girl not to fight too hard, pay attention to the combination of work and leisure, from the interview video you can see that the black circles of Miss Sister is very heavy.</p>				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				



# 反式脂肪酸-微信 Transfat - WeChat

2018-12-17, 共监测到304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 304 WeChat public articles were monitored in 2018-12-17. This page shows the top five articles by repeat number today.

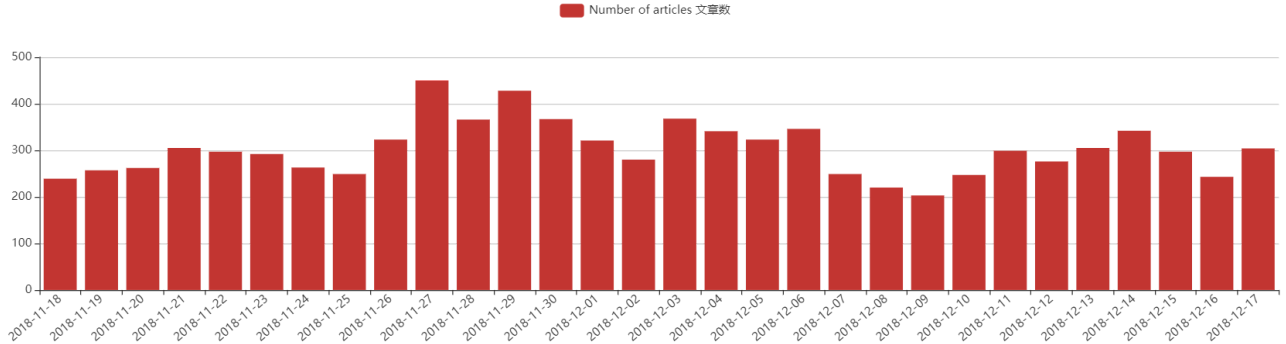
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 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](#)  
[It kills 500,000 people a year and has been called off by WHO. And it is hidden in the food you eat every day.](#)

重复数: 47 日期: 2018-12-17  
Repeat Number: 47 Data: 2018-12-17

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!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.
- [2. 血栓是吃出来的, 这四种食物一定要少吃或不吃](#)  
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数: 17 日期: 2018-12-17  
Repeat Number: 17 Data: 2018-12-17

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.
- [3. 每年致死50万人, 已被世卫组织呼吁停用! 就藏在每天吃的食物里...](#)  
[It kills half a million people die each year and have been called off by WHO! It's hidden in the food you eat every day...](#)

重复数: 7 日期: 2018-12-17  
Repeat Number: 7 Data: 2018-12-17

顺式脂肪代谢周期为7天, 而反式脂肪在人体内的代谢周期可长达51天, 它们不容易被人体消化, 因此更容易累积, 进而导致肥胖。研究发现, 正常情况下, 人们多吃油脂之后的确会引起发胖, 但按同样的数量来说, 人造反式脂肪酸促进肥胖的“力度”是一般脂肪总体平均效应的7倍。

The cis fat metabolism cycle is 7 days, and trans fats can have a metabolic cycle of up to 51 days in the human body. They are not easily digested by the human body and are therefore more likely to accumulate, leading to obesity. The study found that under normal circumstances, people who eat more fat will indeed cause weight gain, but in the same amount, the "strength" of artificial trans-fatty acids to promote obesity is seven times the average effect of general fat.
- [4. 脸要穷养, 脚要富养: 心要穷养, 肺要富养, 养好身体才好!](#)  
[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 5 日期: 2018-12-17  
Repeat Number: 5 Data: 2018-12-17

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。

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.
- [5. 此物已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)  
[This item has been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 3 日期: 2018-12-17  
Repeat Number: 3 Data: 2018-12-17

研究还发现, 反式脂肪还与大脑提前衰老有关, 会促进老年痴呆的发生。美国心脏协会曾经对1000名年龄在45岁以下的健康男性的调查发现, 大量摄入反式脂肪酸的受试者, 在单词记忆测试方面成绩最差。即使在考虑年龄、教育水平和抑郁症等因素后, 这一关联仍然存在。

The study also found that trans fat is also associated with premature aging of the brain and promotes the development of Alzheimer's disease. The American Heart Association surveyed 1,000 healthy men under the age of 45 and found that subjects who consumed large amounts of trans fatty acids had the worst performance in word memory testing. Even after considering factors such as age, education level, and depression, this association still exists.

## 反式脂肪酸-微博 Transfat - Weibo

2018-12-17, 共检测到85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。

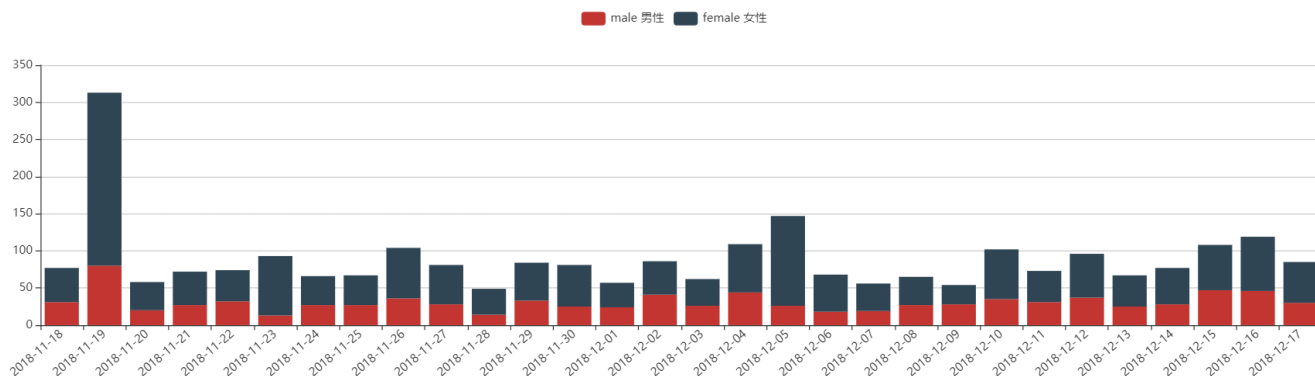
There are 85 weibos about transfat reduction monitored on 2018-12-17.

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!