

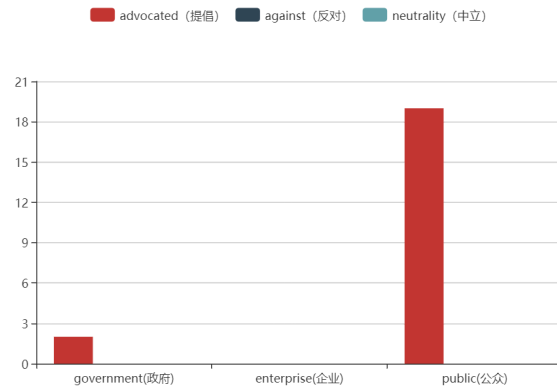
减盐-新闻

Salt Reduction - News

今日 (2018-10-19) 共监测到21条资讯。请点击标题查看原文。

There are 21 articles monitored today 2018-10-19. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

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No such articles!

综合健康信息 Comprehensive Health Information

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决心工程 Resolve To Save Lives

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河南

Henan

食物中的钠 Sodium in food

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高血压 Hypertension

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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽
Anhui

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浙江
Zhejiang

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 吃了“不合格”的海天酱油会有什么问题？ Eat "unqualified" Haitian sauce will have what problem?	来源：新浪网	主体：公众	态度：提倡	时间：09:23:56
	来源：新浪网	Subject: public	Attitude: advocate	Time: 09:23:56
第三方对比测试数据，提供靠谱的购物指南！吃了“不合格”的酱油会有什么问题？怎么才能买到好酱油？江苏消保委在2018年10月12日，发布了120款酱油的对比测试，结果让消费者揪心，因为常吃的知名品牌海天酱油也被检出有问题了：“蛋白质营养参考值百分比”不符合国家标准要求，属于不合格产品。海天接着也紧急在微博上作了回应，认为所抽检的这款海天酱油不存在品质问题，更不会有安全问题，消费者可以放心食用。▲海天作出回应：所检酱油并无问题。可惜，这样的措辞未能让消费者满意，也引发了一阵恐慌。酱油还是要吃的，毕竟这是一种日常必备调味品				
Third party comparison test data, provide reliable shopping guide!What's wrong with eating "unqualified" soy sauce? How can I buy good soy sauce?On October 12, 2018, Jiangsu Provincial Committee of Consumers and Protectors issued a comparative test of 120 soy sauces, the results of which made consumers worried, because the well-known brand of Haitian soy sauce was also found to have problems: "protein nutritional reference value percentage" does not meet the requirements of national standards, belonging to unqualified products.Haitian then responded urgently on its microblog, saying that the soy sauce tested had no quality problems, let alone safety problems, and consumers could				

eat it safely.Haitian responded: there was no problem with the soy sauce tested.Unfortunately, such wording failed to satisfy the consumers and caused panic.Soy sauce still needs to be eaten. After all, this is a daily condiment.

2. 宝宝添辅食不能只看价格来源：新华网主体：公众态度：提倡时间： 09:40:23
Baby consisting not only look at the price来源：新华网Subject: publicAttitude: advocateTime: 09:40:23

宝宝虾皮、宝宝盐、宝宝酱油、儿童蜂蜜.....对于6个月以上的宝宝来说，已经可添加辅食了，然而家长们在选购商品时却容易在名目繁多的品类中挑花了眼，往往是多花了钱还买不到合适的。专家表示，部分标榜为婴幼儿专用的产品只是普通产品换了个标，婴幼儿的辅食最好是家庭自制食物，如果要购买现成的，不能只买贵的，一定要会看配料表和营养成分表。如何添辅食妈妈因惑多 思思已经6个月了，由于妈妈需要返回工作岗位，就不得不给她添加辅食，可是对于味道清淡的米粉等辅食，思思的兴趣并不大。为了让孩子能多吃一点，思思妈妈多方求助，有的建议米粉里掺点南瓜、地瓜，有的说可以买一种特制的婴儿面条，加上宝宝酱油。可是，网上有宝妈留言常吃这些产品会造成孩子对甜的或咸味食物的偏好，将来挑食

Baby shrimp, baby salt, baby soy sauce, children's honey... For babies over six months old, supplementary foods are already available, but parents are more likely to choose from a wide range of products, often spending too much money to buy the right ones. Experts said that part of the products for infants and toddlers are just ordinary products changed a label, infants and toddlers'supplementary food is best home-made food, if you want to buy off-the-shelf, can not only buy expensive, must see the ingredients table and nutritional ingredients table.How to add food to mother is puzzled.It's been more than six months since she had to go back to work, so she had to add supplementary food, but she's not interested in light rice flour and other supplementary food. In order to allow children to eat more, Sisi Mum asked for help, some suggested rice flour with pumpkin, sweet potato, and some said that you can buy a special baby noodles, plus baby soy sauce. However, there is a message on the Internet that Bao mothers often eat these products will create a child's preference for sweet or salty foods and will be picky in the future.

3. 给味精正名台媒：味精不仅无害还有营养来源：多维新闻网主体：公众态度：提倡时间： 17:42:15
Justify MSG Taiwan media: monosodium glutamate not only harmless and nutrition来源：多维新闻网Subject: publicAttitude: advocateTime: 17:42:15

味精一贯给人的印象是有害健康的可怕物质，许多人相信味精有害，除了一些都市传说，很重要的原因是认为它是“化学工业品”。但事实并非如此。据台湾《中时电子报》10月17日报道，最新研究证明，味精除了给菜肴增添美味之外，还具有营养价值。味精是谷氨酸的单钠盐，谷氨酸是构成蛋白质的氨基酸之一，是人体和动物的重要营养物质，具有特殊的生理作用。味精在都市传说中具有许多危害，这些“危害”在不同的传说版本中也不尽相同（图源：VCG）味精在都市传说中具有许多危害，这些“危害”在不同的传说版本中也不尽相同（图源：VCG）报道称，早在1968年有美国人描述他吃过中餐后全身无力、心悸和手臂麻木

Monosodium glutamate has always given people the impression that it is a terrible substance harmful to health. Many people believe that it is harmful. Apart from some urban legends, a very important reason is that it is considered a "chemical industrial product". But this is not the case.According to Taiwan's Zhongshi Electronic Daily on October 17, the latest research has proved that monosodium glutamate not only adds delicacy to dishes, but also has nutritional value. Monosodium glutamate is a monosodium salt of glutamic acid. Glutamic acid is one of the amino acids that make up protein. It is an important nutrient for human and animals, and has special physiological functions.Monosodium glutamate has many harms in urban legends, and these "harms" are different in different legendary versions (source: VCG) Monosodium glutamate has many harms in urban legends, and these "harms" are different in different legendary versions (source: VCG)Reported that, as early as in 1968, Americans described his body weakness, palpitation and arm numbness after eating Chinese food.

4. 食物里的糖和盐比烟酒更致命来源：金羊网主体：公众态度：提倡时间： 17:57:08
In the food more deadly than alcohol, tobacco, sugar and salt来源：金羊网Subject: publicAttitude: advocateTime: 17:57:08

喝酒伤肝、抽烟伤肺，但是比酒精、抽烟更可怕的是食物里的糖和盐。在绝大部分食物中都含有糖和盐，过量的糖和盐就像慢性毒药，而且还是“双拼”。糖：糖不仅是蜂蜜蔗糖这一类让味蕾感受到甜味的食品，还包括淀粉、纤维素等。粮、谷、薯类、豆类以及米面制品和蔬菜水果中都富含糖。如果过量的糖无法及时消耗，多余的热量就会转化成脂肪储存在人体中，还会令血糖快速上升，导致血液中胰岛素增加

Drinking hurts liver and smoking hurts the lungs, but what is more terrible than alcohol and smoking is sugar and salt in food. Most foods contain sugar and salt, and excessive amounts of sugar and salt are like chronic poisons, and they are "double spelled".Sugar: Sugar is not only honey sucrose such as taste buds feel sweet food, but also starch, cellulose and so on. Cereals, Cereals, potatoes, beans, rice flour products and vegetables and fruits are all rich in sugar.If excess sugar is not consumed in a timely manner, excess calories can be converted into fat stored in the body, and blood sugar can rise rapidly, leading to increased insulin in the blood.

5. 优质酱油咋选？老“酱人”教你看门道来源：华龙网主体：公众态度：提倡时间： 07:20:41
High quality soy sauce to choose how?The old "paste" teach you guard the entrance来源：华龙网Subject: publicAttitude: advocateTime: 07:20:41

近日，江苏省消保委发布酱油产品比较试验报告。120个酱油样品，涉及48个品牌，涵盖生抽、老抽、国产酱油、进口酱油、儿童酱油等各种类型。比较试验结果显示，有29个样品不符合国家相应标准，包括知名的李锦记牌珍生抽盐超标、海天生抽酱油营养值有误等。如今市场上的酱油产品琳琅满目，种类繁多，价格不一，让人眼花缭乱。很多消费者在选择酱油时，都是看品牌、看价格，这样真的对吗？记者就此采访了重庆黄花园酿造调味品有限责任公司行政主任、同时也是有丰富酿造经验的“酱人”黄文能，请他对如何挑选优质酱油进行解答

Recently, the Jiangsu Provincial Consumer Protection Commission released soy sauce products comparative test report. 120 soy sauce samples, involving 48 brands, including raw soy sauce, old soy sauce, domestic soy sauce, imported soy sauce, children's soy sauce and other types. The comparative test results showed that 29 samples did not conform to the corresponding national standards, including the well-known Li Jinji Jinzhensheng salt extraction exceeded the standard, Haitiansheng soy sauce nutritional value errors.Today, soy sauce products on the market are full of dazzling variety, different prices, dazzling. Many consumers are looking at the brand and the price when choosing soy sauce. Is that true? The reporter interviewed Huang Wenneng, executive director of Chongqing Huangyuan Brewing and Seasoning Co., Ltd., who is also a "sauce man" with rich brewing experience, and asked him how to choose high-quality soy sauce.

高血压 Hypertension

1. 株洲启动2018年慢性病宣传月活动来源：株洲新闻网主体：公众态度：提倡时间： 18:07:44
Zhuzhou started in 2018 chronic disease awareness month activity来源：株洲新闻网Subject: publicAttitude: advocateTime: 18:07:44

▲ 石峰区全民“三减三健”在行动。▲ 荷塘区举办“低盐少油健康生活”烹饪比赛。为落实好国家卫生健康委员会疾病预防控制中心关于开展2018年“全国高血压日”等活动要求，株洲将在全市范围内开展2018年慢性病主题宣传月活动。根据《株洲市居民疾病谱及相关因素调查研究报告》和相关监测数据显示，2015年，我市因慢性病导致的死亡占总死亡人数的85.3%，因慢性病导致的住院费用达24.8亿元，占总住院费用的71.2%；18岁及以上居民高血压、糖尿病患病率分别为27.2%和8.1%；成年人超重率和肥胖率分别为26.2%和16.2%，吸烟率为31.2%。“不合理的饮食和不健康的生活方式是导致慢性病高发的重要原因，合理饮食和健康的生活方式能预防慢性病……”市疾控专家介绍，我市各县区从10月8日起以健康讲座、自制减糖模型展、减重大赛、健康大厨比赛等多种形式开展“三减三健”活动，即减盐、减油、减糖，健康口腔、健康骨骼、健康体重

The "three reduction of three health" in the peak area is in action.The "low salt, less oil and healthy life" cooking competition is held in the lotus pond area.In order to fulfill the requirements of the National Hypertension Day 2018 issued by the Disease Prevention and Control Bureau of the National Health Commission, Zhuzhou will carry out the theme publicity month of chronic diseases in the whole city in 2018.According to the investigation report on disease spectrum and related factors of Zhuzhou residents and related monitoring data, 85.3% of the total deaths were caused by chronic diseases in 2015, and the hospitalization expenses caused by chronic diseases amounted to 2.48 billion yuan, accounting for 71.2% of the total hospitalization expenses; the prevalence of hypertension and diabetes mellitus among residents aged 18 years and over The rates of overweight and obesity were 27.2% and 8.1% respectively, 26.2% and 16.2% respectively, and the smoking rate was 31.2%."Unreasonable diet and unhealthy lifestyle are the main reasons for the high incidence of chronic diseases. A reasonable diet and healthy lifestyle can prevent chronic diseases..." The city's disease control experts said that since Oct. 8, various counties and districts in our city have been carrying out activities of "reducing salt, reducing oil, reducing sugar, healthy mouth, healthy bones and healthy weight" in the form of health lectures, self-made parade of sugar-reducing models, weight-reducing competitions and healthy chef competitions.

2. 泉州：贴近基层服务群众来源：中国福建主体：政府态度：提倡时间： 11:07:45
Quanzhou: close to service the masses at the grass-roots level来源：中国福建Subject: governmentAttitude: advocateTime: 11:07:45

今年以来，我省泉州市安溪县、丰泽区等地行政执法等部门多措并举，贴近基层，扎实开展工作，服务一方群众。开展饮用水源地生态环境整治。近日，泉州市洛江区行政执法局联合万安街道，依法对沈海高速后埭段高速桥下两侧3宗空心砖搭盖物、破废建筑物进行拆除，拆除面积约800平方米。此次行动，响应了“百日拆违行动”号召，恢复了水源保护区周边环境，保障了居民饮用水安全。今后，区执法局还将根据《关于做好配合全国集中式饮用水源地环境保护专项行动第二轮督查的通知》要求，加大对北高干渠（洛江段）两侧、洛阳江南岸饮用水源地地日常巡查管控力度，确保饮用水安全

Since this year, the administrative law enforcement departments in Anxi County, Fengze District and other places in Quanzhou City have taken many measures and taken many measures to close to the grass-roots level, carry out solid work and serve the masses of one party.To carry out the ecological environment improvement of drinking water sources.Recently, the administrative law enforcement bureau of Luojiang District of Quanzhou City, in conjunction with Wan'an Street, demolished three hollow brick covers and dilapidated buildings on both sides of the Houdao section of Shenhai Expressway in accordance with the law, covering an area of about 800 square meters. This action responded to the call of "100-day demolition action", restored the surrounding environment of the water source protection area, and guaranteed the safety of drinking water for residents. In the future, the District Law Enforcement Bureau will intensify the daily inspection and control of drinking water sources on both sides of the Beigao trunk canal (Luojiang section) and the South Bank of Luoyang River to ensure the safety of drinking water, in accordance with the requirements of the Circular on Coordinating the Second Round of Special Action on Environmental Protection of National Centralized Drinking Water Sources.

3. 熬夜吸烟爱吃肉患了高血压不吃药心梗了！52岁男子差点没挺过这个...来源：沈阳网主体：公众态度：提倡时间： 07:23:08
Stay up smoking not love to eat meat had high blood pressure medicine myocardial infarction!52 years old man could hardly survive this...来源：沈阳网Subject: publicAttitude: advocateTime: 07:23:08

熬夜吸烟爱吃肉 患了高血压不吃药 心梗了！ 52岁男子差点没挺过 这个降温天 天冷致心血管疾病高发 近两周 胸痛患者数量 是日常的二到三倍 随着温差变大，天气的转冷，沈阳几家医院的急诊胸痛患者是平时的2到3倍，一半以上的胸痛患者都是急性冠脉综合征，病情危急。 昨天，沈阳晚报、沈报融媒记者从省人民医院急诊内科胸痛中心了解到，52岁的王先生因为平时不注意按时吃药，又不注意季节变化，没有做好保暖工作，导致心梗，幸亏医生及时抢救才保住了性命。 疏忽：不按时吃药凌晨突发心梗 王先生今年52岁，是企业的中层干部，平时喜欢吃肉，爱吸烟，运动很少，经常熬夜。3年前因为头晕测过血压，最高达到170/80mmHg，但因为怕所谓的“西药伤肝”，不吃任何药物

Stay up late smoking, eat meat, suffer from hypertension, do not take medicine, myocardial infarction! The 52 year old man almost did not survive this cooling day.The incidence of chest pain is two to two times three days after the onset of cold.As the temperature difference becomes larger and the weather turns colder, emergency chest pain patients in several hospitals in Shenyang are 2 to 3 times as much as usual. More than half of patients with chest pain are acute coronary syndrome, and they are in critical condition.Yesterday, Shenyang Evening News and Shenyang Newspaper financial correspondent learned from the Chest Pain Center of the Emergency Department of Medicine of the Provincial People's Hospital that Mr. Wang, 52 years old, didn't take medicine on time and pay attention to seasonal changes. He didn't do a good job in keeping warm, which led to myocardial infarction. Fortunately, doctors saved his life in time.Carelessness: not taking the medicine on time.Mr. Wang, 52, is a middle-level cadre in an enterprise. He likes to eat meat, smoke, exercise very little and often stays up late. Three years ago because of dizziness measured blood pressure, the highest 170/80mmHg, but because of fear of the so-called "Western medicine hurt the liver," do not take any drugs

4. 荷塘区举办“低盐少油健康生活”烹饪比赛	来源：株洲新闻网	主体：政府	态度：提倡	时间： 16:23:58
Lotus pond district to hold "low salt less oil healthy life" cooking competition	来源：株洲新闻网	Subject: government	Attitude: advocate	Time: 16:23:58

为进一步全面推进荷塘区慢性病综合防控示范区创建工作，有效的预防和控制高血压，提高居民对高血压的认识和重视程度，10月18日，荷塘区在政府食堂举办了全国高血压日“低盐少油健康生活”烹饪比赛。活动现场，辖区十家参赛餐饮单位的厨师紧张地进行雕花、炒菜、摆盘。精彩的非洲鼓、小提琴、魔术表演等节目陆续上场，有奖竞答更是受到观众热烈抢答。随着一道道美味佳肴的陆续登场，比赛进入到最受期待的品尝阶段，由20位大众评审根据每道菜的色香味、搭配以及油和盐的用量给出评分，最后由小金川夺得桂冠、楚蜀香和兄弟厨房分别摘得第二名、第三名。“健康的菜肴原来这么好吃、这么好看，今天学到了，回家一定要做给家人吃！”不少市民感慨

In order to further promote the establishment of a demonstration area for comprehensive prevention and control of chronic diseases in Hetang District, effectively prevent and control hypertension, and enhance residents'awareness and attention to hypertension, on October 18, Hetang District hosted the National Hypertension Day Cooking Competition "Low Salt and Low Oil Healthy Life".At the scene of the event, the cooks of ten participating catering units nervously carried out carving, cooking and swinging plates. Wonderful African drums, violins, magic performances and other performances came on stage one after another, and the award competition was warmly answered by the audience. With the arrival of a delicious dish, the competition entered the most anticipated tasting stage. Twenty public judges rated each dish according to its color, aroma, mix, and the amount of oil and salt used. Finally, Xiao Jinchuan won the laurel, Chu Liuxiang and his brother's kitchen took second and third places respectively."Healthy dishes used to be so delicious, so good-looking, to learn today, home must be cooked for the family to eat!" Many citizens sigh with emotion.

5. 确诊为高血压后这几种食物最好少碰	来源：多维新闻网	主体：公众	态度：提倡	时间： 15:41:42
Diagnosed with high blood pressure after the several kinds of food had better touch less	来源：多维新闻网	Subject: public	Attitude: advocate	Time: 15:41:42

高血压，是一种常见的慢性血管疾病，一旦被确诊，就要遵医嘱服用药物，不可擅自停药。并且一定要控制饮食，以下这几种食物最好少碰。 动物内脏：确诊为高血压后，最好不要吃动物内脏，易诱发高血脂症。如猪肝、鸡心等动物内脏含有大量的脂肪和胆固醇，经常食用可能引发高血脂症，增加高血压并发症的风险。 含酒精饮品：高血压患者服用药物期间，不建议饮酒，可能会影响降压药物的疗效，增加其副作用，损伤肝脏、肾脏

Hypertension is a common chronic vascular disease, once diagnosed, it is necessary to follow the doctor's instructions to take drugs, can not be stopped without authorization. And must control diet, the following foods are best to touch less. Animal viscera: after diagnosis of hypertension, it is best not to eat animal viscera, easily induce hyperlipidemia. Animal viscera, such as pig liver and chicken heart, contain a lot of fat and cholesterol. Regular consumption may lead to hyperlipidemia and increase the risk of hypertension complications. Alcoholic drinks: Alcohol is not recommended for hypertensive patients during medication, which may affect the efficacy of antihypertensive drugs, increase their side effects, and damage the liver and kidneys

6. 科学防病常识登上顺平县司仓村文化墙	来源：新华网河北频道	主体：公众	态度：提倡	时间： 16:42:08
Prevention science knowledge on shunping county department of warehouse wall village culture	来源：新华网河北频道	Subject: public	Attitude: advocate	Time: 16:42:08

“每天只吃6克盐，搬抬重物讲科学，预防乳腺增生有方法……”10月16日，保定市顺平县司仓村村支书王志凯和几位上了年纪的村民正在认真阅读刚刚绘制上墙的科学防病常识。当天，顺平县总工会携手“保定责任”公益平台共同为该村打造的公益健康文化墙全部绘制完成。 图为村民观看文化墙。 王志凯说，这些防病常识前几天刚一绘制完成就引来了村民的围观，尤其是“预防高血压，一定少吃盐”这个大字十分醒目，好多村民看后当天回家炒菜就少放了一勺盐。“以后不熬夜看电视了，听专家的早睡早起多锻炼

"Eat only 6 grams of salt a day, carry heavy objects, talk about science, and prevent breast hyperplasia." On October 16, Wang Zhikai, a village branch of Sicang Village in Shunping County, Baoding City, and several elderly villagers were reading carefully the scientific knowledge of disease prevention just drawn on the wall. On the same day, the Shunping County Federation of Trade Unions joined hands with the "Baoding Responsibility" public welfare platform for the village to create a public health culture wall all completed.The picture shows villagers watching the cultural wall.Wang Zhikai said that just a few days before the completion of the drawing of these common sense of disease prevention attracted the villagers to watch, especially the "prevention of high blood pressure, must eat less salt," the ten characters are very striking, many villagers go home the same day after looking at the cooking less than a spoonful of salt. "Do not stay up late watching TV, listen to experts early to bed, get up early and exercise more.

心血管健康 Cardiovascular health

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综合健康信息 Comprehensive Health Information

1. 常喝饮料可能增加乳腺癌风险!!!	来源：中国江西新闻网	主体：公众	态度：提倡	时间： 10:23:58
Often drink may increase the risk of breast cancer!!!!!!!	来源：中国江西新闻网	Subject: public	Attitude: advocate	Time: 10:23:58

奶茶、果汁、可乐等一直是女孩零食榜的宠儿。每当一杯杯甜饮料入口，带来味蕾上的极大满足之时，经常让人们忽略这“甜滋滋”背后的健康危害。 哈佛大学研究发现，女孩经常喝甜饮料，会导致月经初潮年龄提前，增加乳腺癌的患病风险（月经初潮早是乳腺癌的危险因素）。 甜饮料经常会加入大量的人工添加糖，至使饮料的血糖生成指数会高于果汁等天然的含糖饮料，而高血糖指数会导致胰岛素水平迅速升高，从而产生更高的性激素浓度，循环中的这些激素浓度的显著改变和月经初潮的提前相关联。 而初潮年龄每提前一年，乳腺癌的风险则随之增加5%

Milk tea, fruit juice, cola and so on have always been the favorites of girls' snacks list. Every time a cup of sweet drink enters the mouth and brings great satisfaction to the taste bud, people often ignore the health hazards behind this "sweet" drink.The Harvard study found that girls who regularly drink sweet drinks can lead to premature menarche and an increased risk of breast cancer (premature menarche is a risk factor for breast cancer).Sweet drinks are often supplemented with large amounts of artificial sugar so that the glycogen production index of the beverage is higher than that of natural sugary drinks such as fruit juice. The high glycemic index leads to a rapid increase in insulin levels, resulting in higher levels of sex hormones. Significant changes in these hormone concentrations in circulation are associated with earlier menarche. Couplet. At the age of menarche, the risk of breast cancer increases by 5%.

2. 中国每年因胃癌死亡49.8万人早发现早治疗是关键	来源：中国新闻网	主体：公众	态度：提倡	时间： 16:25:36
498000 people died every year in China because of stomach cancer, early found early treatment is the key	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 16:25:36

全国早期胃癌防治宣传周启动 每年因胃癌死亡49.8万人 早发现早治疗是扭转关键 国家消化道早癌防治中心联盟日前启动全国早期胃癌防治宣传周，全国超过400家联盟成员将举行一系列早期胃癌筛查宣传活动。 中国工程院院士、国家消化道早癌防治中心联盟理事长李兆申介绍，目前恶性肿瘤已经成为我国人民健康的主要杀手。 据估算，我国消化道肿瘤发病率占到成人肿瘤发病率一半左右。此次宣传周主题为“防治胃癌，从筛查开始”，希望更多的人能够加入到消化道早癌筛查项目中，进一步提升我国消化道肿瘤的防治水平。 胃癌是我国第二大癌症

National early gastric cancer prevention and control publicity week starts.Each year, 498 thousand deaths due to gastric cancer early detection and early treatment is the key to reversing.National Association for the Prevention and Treatment of Early Gastric Cancer of the digestive tract recently launched a national propaganda week for the prevention and treatment of early gastric cancer, more than 400 members of the National Alliance will hold a series of early gastric cancer screening publicity activities.Li Zhaoshen, academician of the Chinese Academy of Engineering and director of the National Association for the Prevention and Treatment of Early Cancer of the Digestive Tract, said that malignant tumors have become the main killer of the people's health in China. It is estimated that the incidence of digestive tract cancer accounts for about half of the incidence of cancer in adults. The theme of this publicity week is "prevention and treatment of gastric cancer, starting from screening," hoping that more people can join the early cancer screening program in the digestive tract, to further enhance the level of prevention and treatment of gastrointestinal cancer in China.Gastric cancer is the second largest cancer in China.

3. 洋松茸携全新产品亮相2018秋季糖酒会，消费升级引领健康生活	来源：汉丰网	主体：公众	态度：提倡	时间： 10:41:44
The tricholoma matsutake with new products will appear fall 2018 rum. consumption upgrade lead a healthy life	来源：汉丰网	Subject: public	Attitude: advocate	Time: 10:41:44

休闲食品作为消费者一日三餐外所食用的食品，已成为日常食品消费中的重要组成部分，并随着居民生活水平的提高，人们越来越注重健康生活理念，使得休闲食品行业市场结构发生了明显变化，以“健康、有机食品”为主的休闲食品不断升温，成为市场主力军，据中商产业研究院预测：2018年休闲食品行业规模将破千亿。 国际新型健康食品产品迭代传统零食产品。 现今社会，休闲食品品类繁多，消费需求多以美味为前提，为刺激消费者的味觉，许多美味食品在生产加工的过程中添加香精、色素、防腐剂等不健康物质，或如油炸食品薯片、虾条等脂肪热量高但实际无营养的食

品，加上近些年来食品安全事件也是频发，健康型食品无疑成为了未来休闲食品市场的新趋势，具备了非常广阔的市场需求和发展前景。那健康型食品具体说的是什么呢？①由营养价值高的原材料制成；②非油炸膨化食品，低糖、少盐、低热量；③极少加工后保留食材95%的营养和原有美味，健康无添加；④健康的加工方式——烘焙、风干、低温催化；⑤轻便携带有营养，食品包装绿色健康；为满足消费者对于健康型食品的需求，市场上出现了香菇片、山药片等休闲食品，但从其营养价值和食用口感而言，可能并未触达消费者的主核心诉求，因此食用菌行业巨头品牌洋松茸以健康有机的休闲食品概念新生，从选材源头就区别于以往的香菇脆片、山药片等，全新推出跨世纪的新品类——洋松茸刺身褐菇脆片、洋松茸白菇脆，是国内乃至国际上少有创新型产品，有着强大的蓝海市场空白等待挖掘，是经销商开拓全国化新市场的一把利器，预计在未来几年里将会实现井喷式增长。休闲食品新标杆，洋松茸重重突围 洋松茸全新推出的新型健康食品从食材的选择避免了产品同质化严重的问题，选取风靡欧美30年的有机褐菇（洋松茸刺身褐菇）、有机白菇作为主食材，健康营养，天然有机，口感醇厚，高蛋白，零脂肪零胆固醇，富含维生素C及多种氨基酸、微量元素，经常食用有益于身体健康

As a kind of food consumed by consumers outside three meals a day, leisure food has become an important part of daily food consumption. With the improvement of people's living standard, people pay more and more attention to the concept of healthy life, which makes the market structure of leisure food industry have changed significantly, with "healthy, organic food" as the main part. Recreational food is becoming the main force of the market. According to the prediction of China Business Industry Research Institute, the scale of the recreational food industry will break hundreds of billions in 2018. International new health food products iterate traditional snacks products. In today's society, there are many kinds of snack foods, and the consumption demand is mostly based on taste. In order to stimulate consumers' taste, many tasty foods add flavors, pigments, preservatives and other unhealthy substances in the process of production and processing, or foods such as fried foods, potato chips, shrimp strips and other foods with high calorie but actually no nutrition. In recent years, food safety incidents are also frequent, healthy food has undoubtedly become a new trend in the future leisure food market, with a very broad market demand and development prospects. What is the specific meaning of healthy food? (1) made of raw materials with high nutritional value; 2. Non fried puffed foods are low sugar, low salt and low calorie. (3) few processed foods retain 95% of the nutrition and original taste, but no health. 4. The healthy processing methods are baking, air drying and low temperature catalysis. It is portable and nutritious, and food packaging is green and healthy. In order to satisfy consumers' demand for healthy food, leisure food such as mushroom slices and yam slices appeared on the market, but from its nutritional value and taste, it may not meet the main core demands of consumers. Therefore, the giant brand of edible fungi industry, Yangsong pilose, was born with the concept of healthy and organic leisure food and selected materials. Originally different from the past mushroom crisps, yam tablets and so on, the brand-new cross-century varieties of crispy brown mushroom with velvet velvet pierced body, crisp white mushroom with velvet velvet are rare innovative products at home and abroad, with a strong blue sea market blank waiting to be excavated, is a distributor to open up a new market in the country a sharp weapon. It is expected to achieve blowout growth in the next few years. A new benchmark for leisure food, a breakthrough of pine and velvet. The selection of new healthy food ingredients from Pinus matsutake has avoided the serious problem of product homogeneity. Organic brown mushroom and organic white mushroom, which have been popular in Europe and America for 30 years, are selected as staple food ingredients. They are healthy, nutritious, natural, organic, full-bodied, high protein, zero fat, zero cholesterol and rich in vitamin C. And a variety of amino acids and trace elements, regular consumption is good for health.

4. [这些中国人常吃的早餐，竟然减寿又致病！第一个就很多人喜欢...](#) 来源：中工网 主体：公众 态度：提倡 时间：20:47:33
[The Chinese often eat breakfast, should reduce the pathogenic again! The first is a lot of people like...](#) 来源：中工网 Subject: public Attitude: advocate Time: 20:47:33

美好的一天从早餐开始。大家都知道不吃早餐危害大。殊不知早餐吃不好竟会引发胃炎、肥胖、胆结石等一系列的健康问题。甚至有研究表明，不注重吃早餐的人寿命平均缩短了2.5岁！对于早餐，我们有哪些易忽视的坏习惯呢？十种早餐习惯易伤身。1豆浆+油条， 豆浆配油条或者大饼油条，应该是很多人喜欢的早餐之一

False
5. [连续打麻将8小时女子脑干出血险丧命](#) 来源：中国新闻网 主体：公众 态度：提倡 时间：16:57:33
[Women play mahjong 8 hours straight brainstem hemorrhage risk](#) 来源：中国新闻网 Subject: public Attitude: advocate Time: 16:57:33

连续打麻将8小时，女子脑干出血险丧命。48岁的王女士特别爱打麻将，经常连续十余个小时不下桌，打到凌晨四五时是常事，这个嗜好差点要了她的命。近日，王女士在麻将桌上连续作战后突然晕倒，经湖南省脑科医院（湖南省第二人民医院）诊断为脑干出血。所幸经过精心治疗，目前王女士的病情已趋于平稳。8日凌晨2时，连续与牌友酣战8个小时的王女士突然感到头痛，瞬间发不出声音，四肢无法动弹，随后昏倒在地

Playing mahjong for 8 hours in a row, women died of brain stem bleeding. Ms. Wang, 48, loves playing mahjong. She often stays off the table for more than ten hours. It's a common thing to play until four or five in the morning. This hobby almost kills her. Recently, Ms. Wang fainted after a continuous battle on the mahjong table and was diagnosed as brainstem hemorrhage by the Hunan Provincial Brain Hospital (Hunan Second People's Hospital). Fortunately, after careful treatment, Ms. Wang's condition has stabilized. At 2 a.m. on the 8th, Ms. Wang, who had been fighting with her card friend for eight hours, suddenly felt headache, lost her voice, left her limbs motionless, and fainted to the ground.

6. [40岁后，饭后常做3件事，可能折损寿命！第一个估计你正在做！](#) 来源：汉丰网 主体：公众 态度：提倡 时间：13:59:17
[After 40 years old, do three things, often after a meal may wreck a life! The first estimate what are you doing!](#) 来源：汉丰网 Subject: public Attitude: advocate Time: 13:59:17

40岁后，饭后常做3件事，可能折损寿命！第一个估计你正在做！人上了40岁后，身体开始不如前，气血循环、器官功能、身体代谢情况也逐渐变弱，这是正常的生老病死必经阶段，这个时候生活习惯影响了你的寿命长短。不想比别人老得快，养生要提前开始。40岁后，三餐很重要，饭后习惯更重要。3个饭后不宜进行的习惯，可能会影响寿命。1、饭后立即躺着，饭后你习惯躺着休息吗？饭后肠胃在消化，躺着会导致气血凝滞，消化不良，代谢无法正常进行，加大中风的风险，长期如此会影响寿命

After the age of 40, 3 things are often done after meals, which may damage the life span. The first estimate is that you are doing it! After 40 years of age, the body begins to be worse than before, and the circulation of Qi and blood, organ function, and body metabolism are gradually weakening. This is the normal stage of life, old age, illness and death. At this time, life habits affect your life span. Don't want to be older than others, keep your health ahead of schedule. After 40 years of age, three meals are very important. After dinner, habits are more important. 3 habits that are not suitable after meals may affect life expectancy. 1. Lie down immediately after dinner. Are you used to having a rest after dinner? Gastrointestinal digestion after meals, lying down, can lead to blood clotting, indigestion, metabolic abnormalities, and increased risk of stroke, which in the long run can affect longevity

7. [袁惟仁意外跌倒脑出血昏迷，脑出血能否治好？医生：关键看这3点](#) 来源：搜狐 主体：公众 态度：提倡 时间：09:12:17
[Yuan wei jen falling accident cerebral hemorrhage coma, cerebral hemorrhage can cure? Doctor: critical look at the three points](#) 来源：搜狐 Subject: public Attitude: advocate Time: 09:12:17

袁惟仁意外跌倒脑出血昏迷，脑出血能否治好？医生：关键看这3点。今年50岁的音乐人袁惟仁10月17日下午在上海录影时，不慎因跌倒撞到头引发脑出血昏迷，立即送往上海瑞金医院就诊，后发现脑部另外一侧有肿瘤，10月17日晚顶尖的脑外科医生给他做了手术，目前还在昏迷状态中。袁惟仁是台湾著名音乐人，先后担任动力火车、齐秦、迪克牛仔、熊天平等等歌手的专辑制作人，1998年，他为了那英写下《征服》、《梦醒了》、《梦一场》等歌曲。袁惟仁具体病情目前保密，因此我们不知道到底是跌倒导致脑出血昏迷，还是先有脑出血才导致人跌倒，根据他的年龄以及后来发现他脑部还有肿瘤存在，推测他是现有了脑出血，发病后跌倒昏迷的。什么是脑出血？哪些原因可能导致脑出血？脑出血是指脑实质内血管破裂引起的出血，秋冬和冬春季节发病率高

Yuan Weiren fell unconscious with cerebral hemorrhage, can he cure intracerebral hemorrhage? Doctor: look at these 3 points. Yuan Weiren, a 50-year-old musician, was caught in a coma after falling over and hitting his head during a video recording in Shanghai on the afternoon of October 17. He was rushed to Shanghai Ruijin Hospital and was found to have a tumor on the other side of his brain. On the evening of October 17, a top brain surgeon operated on him and is still in a coma. Yuan Weiren, a famous Taiwanese musician, has been the album producer of power train, Qi Qin, Dick cowboy and Xiong Tianping singer. In 1998, he wrote songs such as Conquest, Dream Awakened, Dream One for Naying. Yuan Weiren's specific condition is currently confidential, so we do not know whether he fell into a coma caused by cerebral hemorrhage, or first cerebral hemorrhage caused a fall, according to his age and later found that there are tumors in his brain, it is speculated that he had cerebral hemorrhage, fell into a coma after the onset. What is cerebral hemorrhage? What causes cerebral hemorrhage? Cerebral hemorrhage refers to hemorrhage caused by rupture of blood vessels in the cerebral parenchyma, and has a high incidence in autumn and winter and winter and spring.

8. [咳嗽也能致骨折？当心骨质疏松成为“沉默的杀手”](#) 来源：新民网 主体：公众 态度：提倡 时间：09:21:51
[Cough can also cause fracture? Beware of osteoporosis as a "silent killer"](#) 来源：新民网 Subject: public Attitude: advocate Time: 09:21:51

多数人认为骨质疏松离自己太遥远。殊不知，你的骨骼健康可能早已“余额不足”。骨质疏松之所以被称为“沉默的杀手”，是因为骨质疏松的早期并没有什么症状。骨质疏松极易被我们忽视。严重的情况下，一个轻微的举动，甚至是打一个喷嚏，都能造成骨折

Most people think that osteoporosis is too far away from itself. Little imagine, your bone health may already "insufficient balance". Osteoporosis is called a "silent killer" because osteoporosis does not have any symptoms in its early stages. Osteoporosis is easily ignored by us. In severe cases, a slight move, even a sneeze, can cause a fracture.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信 Salt Reduction - WeChat

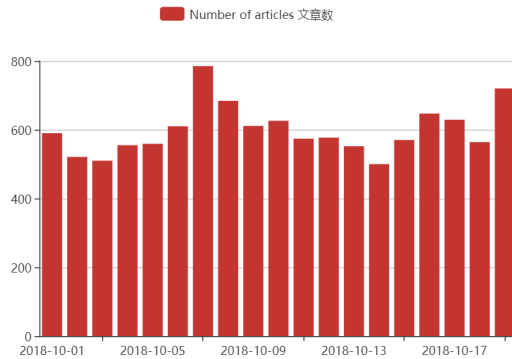
2018-10-19, 共监测到720篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 720 WeChat public articles were monitored in 2018-10-19. 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.



热门文章-前五 Popular Articles - Top 5

1. [“重口味”易致血压高, “减盐、减油、减糖”就看这几点!](#)

重复数: 3

日期: 2018-10-19

["Heavy taste" is easy to cause high blood pressure, "salt reduction, oil reduction, sugar reduction" should pay attention to these points!](#)

Repeat Number: 3

Data: 2018-10-19

《中国居民膳食指南》健康成年人每人每天食盐摄入量不超过6克, 2 - 3岁幼儿不超过2克, 4 - 6岁幼儿不超过3克, 7 - 10岁儿童不超过4克, 65岁以上老年人不超过5克。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一平勺食盐量为2克。

The Dietary Guidelines for Chinese Residents The daily intake of salt for healthy adults is not more than 6 grams, for children aged 2-3 not more than 2 grams, for children aged 4-6 not more than 3 grams, for children aged 7-10 not more than 4 grams, and for the elderly over 65 not more than 5 grams. In order to avoid eating too much salt, it is recommended to use a quantitative salt spoon, 2 grams of salt per tablespoon.

2. [中国“卒中带”被发现, 原来这些地区都是高发地! 要小心啦!](#)

重复数: 3

日期: 2018-10-19

[The "stroke belt" has been discovered in China. Be careful!](#)

Repeat Number: 3

Data: 2018-10-19

偏咸不利健康。有数据显示, 如果我国居民盐摄入量减少一半, 估计每年全国可减少脑卒中、心脏病和慢性肾脏病死亡50万人。所以说, 限盐是非常经济的预防心血管病的措施。

Salt is bad for health. Statistics show that if our salt intake is halved, an estimated 500,000 deaths from stroke, heart disease and chronic kidney disease can be reduced nationwide each year. Therefore, salt restriction is a very economical measure to prevent cardiovascular diseases.

3. [减盐、减油、减糖.....你会距离健康更近一步!](#)

重复数: 2

日期: 2018-10-19

[Salt reduction, oil reduction, sugar reduction... You will be closer to healthy life!](#)

Repeat Number: 2

Data: 2018-10-19

《中国居民膳食指南》健康成年人每人每天食盐摄入量不超过6克, 2 - 3岁幼儿不超过2克, 4 - 6岁幼儿不超过3克, 7 - 10岁儿童不超过4克, 65岁以上老年人不超过5克。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一平勺食盐量为2克。

The Dietary Guidelines for Chinese Residents The daily intake of salt for healthy adults is not more than 6 grams, for children aged 2-3 not more than 2 grams, for children aged 4-6 not more than 3 grams, for children aged 7-10 not more than 4 grams, and for the elderly over 65 not more than 5 grams. In order to avoid eating too much salt, it is recommended to use a quantitative salt spoon, 2 grams of salt per tablespoon.

4. [清淡饮食≠只吃青菜, 你一直都吃错了!](#)

重复数: 2

日期: 2018-10-19

[Light diet does not equal to eat vegetables only, so you have been eating the wrong!](#)

Repeat Number: 2

Data: 2018-10-19

除了在日常饮食中, 少摄入盐分, 更要少吃一些零食, 比如薯条薯片、炸鸡饼干、椒盐花生、奶油瓜子、盐津梅子等, 因为绝大多数零食里面, 都加了不少含盐的调味料。

In addition to the daily diet, eat less salt, but also eat less snacks, such as potato chips, fried chicken biscuits, salt and pepper peanuts, cream melon seeds, salt and plum seeds, because most snacks, are added a lot of salt seasoning.

5. [一辈子远离“四高”的方法! 不用吃药花钱, 简单实用, 人手一份](#)

重复数: 2

日期: 2018-10-19

[A lifetime away from the "four high" method! No money for medicine, simple and practical, therefore everybody should have one.](#)

Repeat Number: 2

Data: 2018-10-19

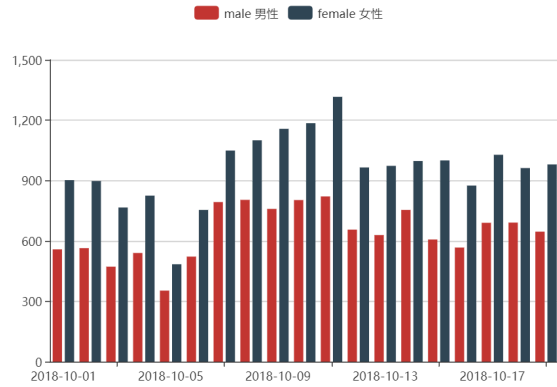
70%~90%高血压患者盐摄入量超过每日6克, 因为食盐中的钠离子能使血压升高。所以日常饮食中一定要控制食盐的摄入量, 也要少吃腌制品, 如咸菜等。

70 to 90 percent of hypertensive patients consume more than six grams of salt a day because sodium ions in salt can raise blood pressure. So in daily diet, we must control the intake of salt, and also eat less salted products, such as pickled vegetables.

减盐-微博

Salt Reduction - Weibo

2018-10-19, 共检测到1626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 1626 weibos about salt reduction monitored on 2018-10-19.
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.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

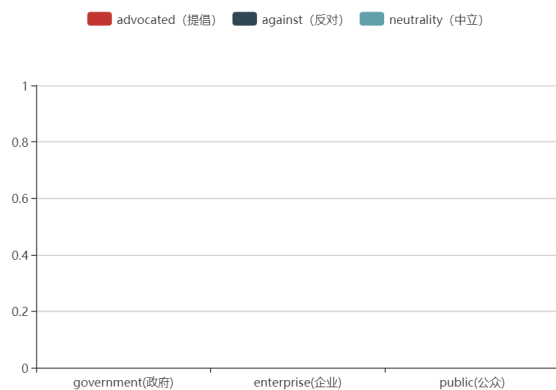
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-19) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-10-19. 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

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!

反式脂肪酸-微信 Transfat - WeChat

2018-10-19, 共监测到278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 278 WeChat public articles were monitored in 2018-10-19. 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.



热门文章-前五 Popular Articles - Top 5

1. [别让“网红美食”玩坏了我们的身体, 再不知道就晚了.....](#)

重复数: 11

日期: 2018-10-19

[Don't let popular food ruin our body, we will never know it is late.](#)

Repeat Number: 11

Data: 2018-10-19

反式脂肪酸是一种人体很难代谢的物质, 会增加人们罹患心血管疾病的概率。同时增加肾脏代谢的负担, 可能影响儿童智力发育, 对糖尿病患者和儿童的危害尤其大。

Trans fatty acids are a substance that is difficult to metabolize and increase the risk of cardiovascular disease. At the same time, increasing the burden of kidney metabolism may affect children's intellectual development, especially in diabetic patients and children.

3. [超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#)

重复数: 3

日期: 2018-10-19

[Look at this word when you buy food from supermarkets! I didn't expect this loss for so many years.](#)

Repeat Number: 3

Data: 2018-10-19

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。有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。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 World Health Organization says people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the list of ingredients with hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat and other words, containing trans fatty acids more likely, which is not suitable for purchase.

4. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#)

重复数: 3

日期: 2018-10-19

[If you eat a vegetarian meal, you must have a technical content and eat it wrong.](#)

Repeat Number: 3

Data: 2018-10-19

实际上, 针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

"vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" than animal oil worse. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

5. [少吃人造的, 多吃神造的! 这句话一定要记住](#)

重复数: 3

日期: 2018-10-19

[Eat less artificial food and eat more than God! This sentence must be remembered.](#)

Repeat Number: 3

Data: 2018-10-19

美国食品和药物管理局宣布, 将禁止在食品中使用人造奶油(反式脂肪酸), 以降低心脏疾病发病率。中国疾控中心营养与食品安全所研究员霍军生介绍, “天然奶油”“是从鲜奶里提炼出来的。除了鲜奶中的脂肪, 其他的就是水分或者奶里面的成分, 吃起来口感比较香甜, 但价格比较贵。而“人造奶油”是把植物油经过加氢处理后把它变成固体, 模仿天然奶油的形状和味道, 加入一些防腐剂、香精、色素等等, 达到和天然奶油口感差不多的效果。

The Food and Drug Administration has announced that margarine (trans fatty acids) will be banned from foods to reduce the incidence of heart disease. Huo Junsheng, a researcher at the Institute of Nutrition and Food Safety of the Chinese Center for Disease Control and Prevention, said that "natural cream" was "extracted from fresh milk. In addition to the fat in fresh milk, other is the moisture or milk inside the ingredients, taste sweet, but more expensive. And "margarine" is to turn the vegetable oil into solid after hydrotreating, mimic the shape and taste of natural cream, add some preservatives, flavors, pigments and so on to achieve the same effect as natural cream.

反式脂肪酸-微博 Transfat - Weibo

2018-10-19, 共检测到87条与“反式脂肪酸”相关的微博。

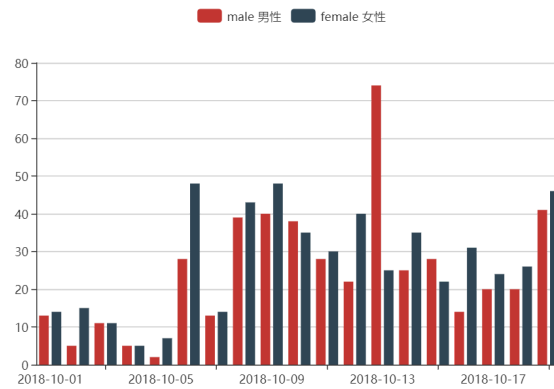
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 87 weibos about transfat reduction monitored on 2018-10-19.

Weibos whose repost number is greater than 50 are listed in this page.

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热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!