

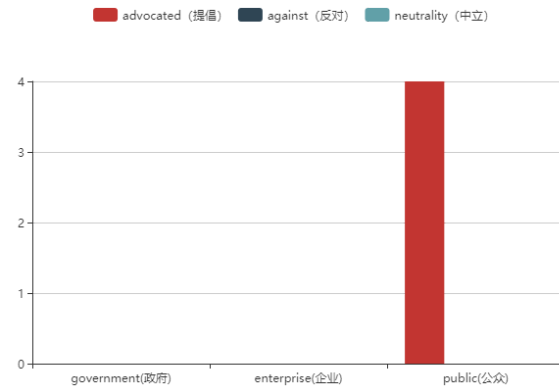
减盐-新闻

Salt Reduction - News

今日 (2018-10-20) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-10-20. 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 |
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| 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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| 综合健康信息 Comprehensive Health Information |

家住康乐社区的马设老人今年65岁，原本和老伴两人过着悠闲的退休生活。去年开始，孙子的出生和母亲突然生病住院让老两口一下子变得忙碌起来。为照顾好母亲和孙子，老两口进行了分工，马设负责在家照顾84岁的母亲，老伴一大早赶到儿子家照看孙子。如今，看着孙子一天天长大，母亲的身体也在一点点恢复，马设说：“虽然很忙碌，但心里还是很高兴的。”马设和老伴育有一个儿子，2014年结婚后就搬出去住了

The old man, who lives in the Kangle community, is 65 years old. He had a leisurely retirement with his wife and two people. Last year, Sun Tzu's birth and his mother's sudden illness and hospitalization made the old two suddenly become busy. In order to take good care of their mother and grandson, the old couple division of labor, Ma Shi is responsible for home care of 84-year-old mother, his wife rushed to the son's home early in the morning to look after his grandson. Now, as his grandson grew up and his mother's body recovered a little bit, Ma Shih said, "Although very busy, but still very happy in my heart." Ma and his wife had a son. They moved out after they got married in 2014.

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

安徽
Anhui

| 食物中的钠 Sodium in food |
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| 没有相关文章! |
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| 高血压 Hypertension |
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| 没有相关文章! |
| No such articles! |
| 决心工程 Resolve To Save Lives |
| 没有相关文章! |
| No such articles! |

浙江
Zhejiang

| 食物中的钠 Sodium in food |
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| 没有相关文章! |
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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! |

其他省份
Other Provinces

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| 食物中的钠 Sodium in food |
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| No such articles! |

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|--|----------|-----------------|--------------------|----------------|
| 综合健康信息 Comprehensive Health Information | | | | |
| 1. 因为这个坏习惯，让七旬老伯一抬手就成粉碎性骨折 Because of the bad habit, let the age old man's hand into a comminuted fracture | 来源：星岛环球网 | 主体：公众 | 态度：提倡 | 时间： 15:22:44 |
| | 来源：星岛环球网 | Subject: public | Attitude: advocate | Time: 15:22:44 |

说起骨质疏松，很多人都不是很在意。可是，这个病还真不容小觑。 72岁的孙先生家住湖北省武汉市，是个身体硬朗的抽陀螺爱好者，就在今年的4月26日，向来“手脚灵便”的他正要使出全力挑战2公斤的大型陀螺，没想到刚一扬鞭，左肩剧痛无比，赶忙到医院检查，没想到竟是粉碎性骨折！为何抽陀螺会造成如此严重的损伤?武汉市中心医院后湖院区骨科副主任医师汪阳介绍：元凶就是骨质疏松！而造成孙先生骨骼远脆于常人的原因，竟然是——吸烟！ 11骨质疏松轻重程度对比 很多人认为骨质疏松是年纪变老之后的必然结果，而事实并非如此。骨质疏松虽然是增龄性疾病，常见于绝经后妇女和老年男性，但并不是生理现象，也并非每个老年人都会患上骨质疏松，骨质疏松是可以预防和治疗的。 这些坏习惯会“啃”空你的骨头 研究证实，骨骼大小和强度的60%~80%由遗传性因素决定，其余20%~40%由生活方式决定，后者可以通过个人的努力而优化

Speaking of osteoporosis, many people do not care much about it. However, this disease should not be underestimated.Mr. Sun, 72, who lives in Wuhan, Hubei Province, is a hard-bodied gyroscope enthusiast. On April 26 this year, he was trying to challenge 2 kilograms of large gyroscopes with all his strength. Unexpectedly, he had a sharp pain in his left shoulder. He rushed to the hospital to have a check-up, but he was unexpectedly comminuted fracture.Why does gyroscope extraction cause such serious injury? Wang Yang, deputy director of orthopedic surgery at Houhu Hospital, Wuhan Central Hospital, said: The main culprit is osteoporosis!The reason why Mr. Sun's bones are far from ordinary people is that he smokes!Comparison of degree of osteoporosisMany people believe that osteoporosis is the inevitable result of aging, but this is not the case.Osteoporosis is an age-related disease, common in postmenopausal women and elderly men, but it is not a physiological phenomenon, not every elderly people will suffer from osteoporosis, osteoporosis can be prevented and treated.These bad habits will "gnaw" empty your bones.Studies have shown that 60 to 80 percent of bone size and strength are determined by genetic factors, and the remaining 20 to 40 percent are determined by lifestyle, which can be optimized through individual effort.

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|---|------------|-----------------|--------------------|----------------|
| 2. 在日本最受欢迎的早餐，营养价值高，但对于中国人却“难以下咽” In Japan's most popular breakfast, high nutritional value, but for the Chinese to swallow | 来源：中国江西新闻网 | 主体：公众 | 态度：提倡 | 时间： 21:45:39 |
| | 来源：中国江西新闻网 | Subject: public | Attitude: advocate | Time: 21:45:39 |

在日本最受欢迎的早餐，营养价值高，但对于中国人却“难以下咽”。 我们都知道日本是全世界肥胖率最低的一个国家，而且他们的国民健康程度也是普遍较高的，这其中跟饮食脱不了关系，因为日本人每天吃的都比较健康，而且他们都认为在一天当中早餐是非常重要的一顿饭，只有早上吃的比较好，那么一天才能元气满满，所以说日本人在吃早饭的时候，大多数情况下都会吃米饭，如果是稀饭或者是粥的话，都会选择在中午或者是晚上的时候食用。 而且不知道大家有没有发现这样一个现象，那就是日本人每天在吃早饭的时候都会多吃一个生鸡蛋，因为生鸡蛋的营养价值比较高。而在日本最受欢迎人气也比较高的一款早饭，那就是一大碗白米饭再加一个生鸡蛋，然后再加上一些不同种类的蔬菜或者是水果。 因为对于日本人来说吃米饭是非常有讲究的，而且这个时候他们吃米饭大多数都是干饭，不太喜欢使用稀饭，而且他们都认为只有在生病的时候才能吃稀饭

The most popular breakfast in Japan is nutritious, but it's hard for Chinese to swallow.We all know that Japan has the lowest obesity rate in the world, and its people are generally healthier, which is related to diet, because Japanese eat healthier every day, and they all think breakfast is a very important meal in the middle of the day, with only the ratio of breakfast to breakfast. Better, then one day can be full of vitality, so the Japanese eat breakfast, most of the time will eat rice, if it is porridge or porridge, will choose to eat at noon or at night.And I do not know if you have found such a phenomenon, that is, the Japanese will eat more raw eggs at breakfast every day, because the nutritional value of raw eggs is higher. And the most popular breakfast in Japan is a big bowl of white rice with a raw egg, followed by some different kinds of vegetables or fruits.Because the Japanese eat rice is very particular, and this time they eat rice is mostly dry rice, do not like to use porridge, and they think that only when sick to eat porridge.

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|---|--------|-----------------|--------------------|----------------|
| 3. 脑梗塞初期不宜喝汤 The early cerebral infarction unfavorable drink soup | 来源：新浪网 | 主体：公众 | 态度：提倡 | 时间： 05:08:08 |
| | 来源：新浪网 | Subject: public | Attitude: advocate | Time: 05:08:08 |

读者：患有脑梗塞的人平时可以喝什么汤呢？ 靓汤姐姐：脑梗塞病人一般有糖尿病、高血脂、高血压、房颤基础病或者有饮酒、吸烟的习惯，因此不建议饮用老火靓汤。 脑梗塞病人的症状因具体梗塞的部位不同而不同。有的病人初期会出现吞咽困难的症状，需要吃一些半流质饮食，例如米粥、鱼蓉、鸡蛋羹、肉泥、碎瓜菜等。在食用液体的时候，他们需要在其中放入凝固粉，使液体变成果冻状，以免食用时候呛咳。若吞咽困难症状十分严重，则需要使用胃管帮助病人进食

Readers: what kind of soup do people with cerebral infarction usually drink?Sister Liangtang: Cerebral infarction patients generally have diabetes, hyperlipidemia, hypertension, basic disease of atrial fibrillation or have the habit of drinking, smoking, so it is not recommended to drink Laohuo Liangtang.The symptoms of cerebral infarction vary according to the location of specific infarction. Some patients will have difficulty swallowing early symptoms, need to eat some semi-fluid diet, such as rice porridge, fish paste, egg soup, meat paste, broken melon vegetables and so on. When they eat liquids, they need to put coagulation powder in them to make the liquid jelly-like, so as not to cough when eating. If symptoms of dysphagia are serious, gastric tube should be used to help patients to eat.

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

减盐-微信

Salt Reduction - WeChat

2018-10-20, 共监测到561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 561 WeChat public articles were monitored in 2018-10-20. 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.



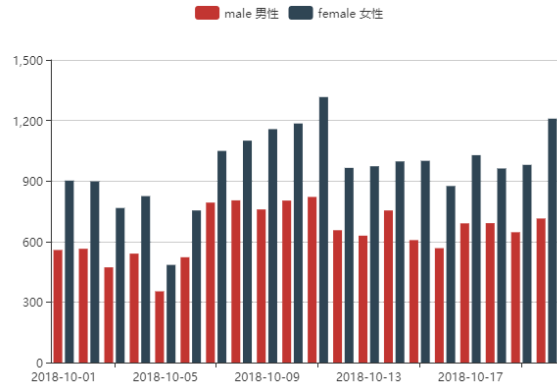
热门文章-前五 Popular Articles - Top 5

- | 热门文章-前五
Popular Articles - Top 5 | 重复数: 4
Repeat Number: 4 | 日期: 2018-10-20
Data: 2018-10-20 |
|---|----------------------------|------------------------------------|
| <p>1. 清淡饮食≠只吃青菜, 你一直都吃错了! Light diet, only eat vegetables, you have been eating the wrong!</p> <p>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。</p> <p>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.</p> | | |
| <p>2. 南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是... The reason why the southerners live longer than the north is finally found.</p> <p>我国人均耗盐量居世界第一, 高血压和胃病发病率都和吃盐多有关。一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。</p> <p>The consumption of salt per capita is the highest in the world, and the high incidence of hypertension and stomach diseases is related to eating more salt. Generally speaking, the diet of Southerners is relatively light, while that of Northerners is relatively heavy, and the prevalence of hypertension is significantly higher than that of Southerners.</p> | 重复数: 4 Repeat Number: 4 | 日期: 2018-10-20 Data: 2018-10-20 |
| <p>3. “重口味”易致血压高, “减盐、减油、减糖”就看这几条! "Heavy taste" is easy to cause high blood pressure, "salt reduction, oil reduction, sugar reduction" look at these points!</p> <p>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。做菜时可尝试用辣椒、大蒜、醋和胡椒等为食物提味。其实, 少放5% - 10%的盐并不会影响菜肴的口味。</p> <p>The daily salt intake of healthy adults should not exceed 6 grams per person, 2-3 year-old children should not exceed 2 grams, 4-6 year-old children should not exceed 3 grams, 7-10 year-old children should not exceed 4 grams and 65 year-old people should not exceed 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. Try cooking dishes with pepper, garlic, vinegar and pepper to taste the food. In fact, less than 5% to 10% of salt does not affect the taste of dishes.</p> | 重复数: 2 Repeat Number: 2 | 日期: 2018-10-20 Data: 2018-10-20 |
| <p>4. 此调料人人吃, 中医一辈子不碰! 不想伤血管, 你也少碰 This condiment everyone eats, Chinese medicine does not touch for life! You don't want to hurt your blood vessels.</p> <p>调查表明: 我们平均食盐每增加1克, 收缩压(高压)就增加2毫米汞柱, 舒张压(低压)就增加1.7毫米汞柱。而60岁以上的人对钠盐的摄入尤为敏感。所以, 老年人的味精的摄入应该与食盐一样慎重。</p> <p>The survey showed that for each gram of salt we averaged, systolic blood pressure (high pressure) increased by 2 mm Hg and diastolic blood pressure (low pressure) increased by 1.7 ml Hg. People over the age of 60 are especially sensitive to sodium intake. Therefore, the consumption of MSG should be as prudent as that of salt.</p> | 重复数: 2 Repeat Number: 2 | 日期: 2018-10-20 Data: 2018-10-20 |
| <p>5. 三减三健促健康 Three reduce three health can help health.</p> <p>为什么要减盐呢? 盐是人体必须摄入的食品, 但是它多了以后会对人体造成危害, 一个是现在有大量的科学证据证明是高血压的危险因素, 高血压可以造成脑卒中、冠心病等等。</p> <p>Why salt? Salt is a food that people must take in, but it will do harm to people after it is too much. One is that there is a lot of scientific evidence to prove that hypertension is a risk factor, hypertension can cause stroke, coronary heart disease and so on.</p> | 重复数: 1 Repeat Number: 1 | 日期: 2018-10-20 Data: 2018-10-20 |

减盐-微博

Salt Reduction - Weibo

2018-10-20, 共检测到1923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 1923 weibos about salt reduction monitored on 2018-10-20.
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

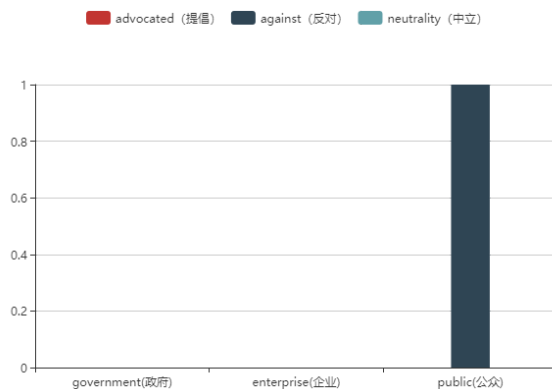
| | | | |
|----|---|----------------------|--------------------|
| 1. | 昵称: 世界卫生组织 | 地区: 北京 | 认证: 政务 |
| | Nickname: 世界卫生组织 | Area: Beijing | Identity: Official |
| | 时间: 2018-10-20 21:00 | 来自: 微博 weibo.com | 转发数: 125 |
| | Time: 2018-10-20 21:00 | Source: 微博 weibo.com | 评论数: 2 |
| | | | 点赞数: 23 |
| | | | Like: 23 |
| | 【减盐小贴士】小心隐藏钠来源。中国人膳食中最主要的钠来源是家庭烹饪中添加的食盐。但此外还有其他来源，甚至面包、面条、面点和培根、火腿、零食或汤等。#盐不过6#[salt reducing tips] carefully hide the source of sodium. The most important source of sodium in Chinese diet is the salt added to family cooking. But there are other sources, even bread, noodles, pasta and Bacon, ham, snacks or soup. Salt is only 6# | | |

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-20) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-20. 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 |
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| 没有相关文章! |
| No such articles! |

其他省份
Other Provinces

| 反式脂肪酸 Trans fat | | | | |
|---|-------------|-----------------|-------------------|----------------|
| 1. 东北农大创新育人“双驱动”打造农业“科技翅膀” | 来源：新华网黑龙江频道 | 主体：公众 | 态度：反对 | 时间： 09:36:12 |
| The northeast nongda innovation education "build agriculture" wings "of science and technology of the double drive" | 来源：新华网黑龙江频道 | Subject: public | Attitude: against | Time: 09:36:12 |
| “我是一条老泥鳅，你们都是小泥鳅，只要我在你们中间一转，你们身上就有腥味了。”这是已故我国大豆杂交育种开拓者、东北农业大学教授王金陵常讲的一句话。如今，东北农业大学越来越多的“老泥鳅”发扬“艰苦奋斗、自强不息”的“东农精神”，为现代农业发展插上“科技翅膀”。创新驱动助“三农”发展 深秋的午后，暖阳洒在实验台上，东北农业大学食品学院院长江连洲和他的团队正盯着实验台上的试剂瓶观察着。“目前我国食用植物油生产不仅油料资源利用率低，增加企业成本，而且浸出法制油还会产生反式脂肪酸等物质 | | | | |
| "I am an old loach, you are all small loach, as long as I turn among you, you have a fishy smell." Wang Jinling, a professor of Northeast Agricultural University and a pioneer of Soybean Cross Breeding in China, often said this. Nowadays, more and more "old loach" in Northeast Agricultural University carry forward the "Dongnong spirit" of "arduous struggle and self-improvement" and insert "scientific and technological wings" for the development of modern agriculture.Innovation drives the development of agriculture, rural areas and farmersIn the late autumn afternoon, warm sunshine was sprinkled on the laboratory bench. Changjiang Lianzhou and his team were staring at the reagent bottle on the laboratory bench."At present, the production of edible vegetable oil in China is not only low in the utilization rate of oil resources, but also increases the cost of enterprises, and trans fatty acids and other substances are produced in the process of extracting oil. | | | | |
| 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

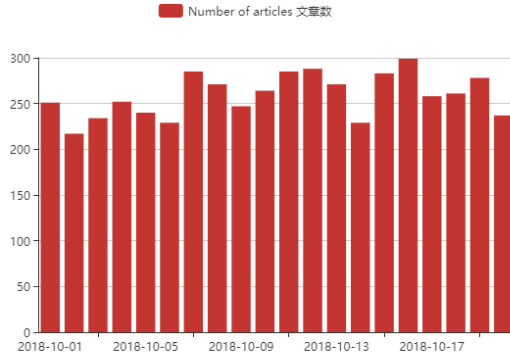
2018-10-20, 共监测到237篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 237 WeChat public articles were monitored in 2018-10-20. 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. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 6

日期: 2018-10-20

[Keep your face poor, your feet rich, your heart poor, your lungs rich and your body healthy.](#)

Repeat Number: 6

Data: 2018-10-20

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。保养要点: 少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰部, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made natural food, ingredients appear in the table: hydrogenation, refining, man-made words to be vigilant, may be trans fat. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

2. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#)

重复数: 3

日期: 2018-10-20

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

Repeat Number: 3

Data: 2018-10-20

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。

In response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "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.

3. [味精、鸡精真是“害人精”? 戳这里了解真相, 再也不用吃得“胆战心惊”!](#)

重复数: 3

日期: 2018-10-20

[Monosodium glutamate and chicken essence are really harmful to human beings. Poke here to understand the truth, no longer need to eat "scared"!](#)

Repeat Number: 3

Data: 2018-10-20

奶精是脂肪被乳化剂分散成微小颗粒的产品, 也叫“植脂末”“咖啡伴侣”或者“咖啡增白剂”。奶精的健康风险主要是其中的反式脂肪。如果减少或者消除了反式脂肪, 奶精的安全性不用太担心。

Milk essence is a product in which fat is dispersed into tiny particles by emulsifiers, also known as "fat mottles", "coffee companions" or "coffee whiteners". The health risk of creams is mainly trans fats. If the trans fat is reduced or eliminated, the safety of the cream should not be too worried.

4. [味精、鸡精是“害人精”? 这些真相现在知道还不晚](#)

重复数: 2

日期: 2018-10-20

[Monosodium glutamate and chicken essence are "harmful human essence". The truth is not too late now.](#)

Repeat Number: 2

Data: 2018-10-20

很多父母都对家里的小孩说。到底有没有依据呢? 一般的奶精是从植物脂肪里提取氢化植物油而成, 跟奶并没有什么关系。而氢化植物油含有反式脂肪酸, 被认为对心脑血管有损害。

Many parents say to their children. Is there any evidence? Generally, the cream is derived from hydrogenated vegetable oil from vegetable fat, and has nothing to do with milk. Hydrogenated vegetable oils contain trans fatty acids, which are thought to damage the heart and brain vessels.

5. [这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)

重复数: 2

日期: 2018-10-20

[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

Repeat Number: 2

Data: 2018-10-20

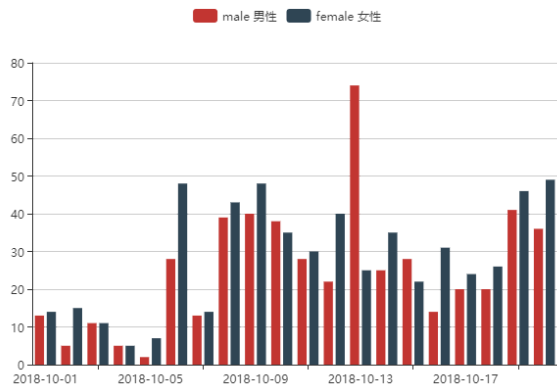
仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Looking closely at the ingredient list, you will find that in addition to milk powder, sugar, there are also the most terrible fat powder, which contains a large number of junk food standard - trans fatty acids, not only unfavorable to the baby's health, but also affect intellectual development, and most of the milk tablets are added flavor, eating too much will affect the baby's health.

反式脂肪酸-微博

Transfat - Weibo

2018-10-20, 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 2018-10-20.
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 imformation.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!