

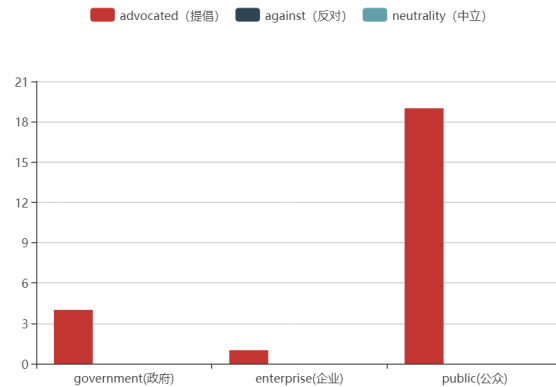
减盐-新闻

Salt Reduction - News

今日 (2018-10-22) 共监测到24条资讯。请点击标题查看原文。

There are 24 articles monitored today 2018-10-22. 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

1. 治高血压,你得换个活法

来源: 光明网

主体: 公众

态度: 提倡

时间: 14:20

[To treat high blood pressure, you have to change a life-style](#)

来源: 光明网

Subject: public

Attitude: advocate

Time: 14:20

每年的5月17日是世界高血压日。世界卫生组织的一项统计数据显示,目前全球有15亿人患有高血压,每年有700多万人死于高血压引发的疾病。高血压在危害人类健康的同时,也带来了沉重的医疗负担。受生活方式等多种因素影响,如年轻人群高血压患病率正在快速增加。山东18-69岁人群中34%血压偏高

May 17th is the world's high blood pressure day. World Health Organization statistics show that 1.5 billion people worldwide suffer from hypertension, and more than 7 million people die from hypertension-related diseases every year. Hypertension, while endangering human health, also brings heavy medical burden. Influenced by many factors such as lifestyle, the prevalence rate of hypertension among young people is increasing rapidly. 34% of Shandong's 18-69 year old population had high blood pressure.

心血管健康

Cardiovascular health

1. 山东老年人要防心脑血管病,大数据显示:肥胖、缺少运动是心血管病...

来源: 半岛网

主体: 公众

态度: 提倡

时间: 16:12

[Shandong the elderly to prevent cardio-cerebral vascular disease, big data show: obesity, lack of exercise are cardiovascular disease...](#)

来源: 半岛网

Subject: public

Attitude: advocate

Time: 16:12

记者从山东省卫健委了解到, 2017年, 全省老年人口中男性共1019.5万人, 占47.7%, 女性共1117.8万人, 占52.3%。全省65岁及以上人口抚养比为20.3%, 比2010年提高了7.0个百分点。与全国平均水平相比, 山东省人口老龄化形势更加严峻, 社会养老负担偏重。而老年人中高超重率和运动缺乏, 让心脑血管病在老年人中高发, 老年人应注意防治。老年人口增加和老龄化, 带来的对老年人身体健康的关注

According to the Shandong Health and Health Commission, in 2017, there will be 10.195 million males, accounting for 47.7 percent, and 11.178 million females, accounting for 52.3 percent. The dependency ratio of population aged 65 and above is 20.3%, which is 7 percentage points higher than that in 2010. Compared with the national average, the situation of population aging in Shandong Province is more serious, and the burden of social pension is heavy. The high overweight rate and lack of exercise in the elderly, so that cardiovascular and cerebrovascular diseases in the elderly high incidence, the elderly should pay attention to prevention and treatment. The increase and aging of the elderly population are concerned about the health of the elderly.

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

1. 新闻983 | 惊呆了!周口人常吃的这些早餐,竟然减寿又致病!尤其第一个

来源: 大河报

主体: 公众

态度: 提倡

时间: 07:48

[News 983 | astonished!Zhoukou people often eat the breakfast, could reduce the sick again!Especially the first](#)

来源: 大河报

Subject: public

Attitude: advocate

Time: 07:48

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? 七种早餐习惯易伤身。

A good day starts with breakfast! Everyone knows that it is harmful to not eat breakfast. I don't know if breakfast is bad, it will lead to a series of health problems such as gastritis, obesity and gallstones. Even studies have shown that people who don't pay attention to eating breakfast are shortened by an average of 2.5 years! What bad habits do we have for

breakfast? Seven kinds of breakfast habits are easy to hurt.				
2. “定制食品”靠不靠谱? 医师:还是要看配料表	来源: 腾讯大渝网	主体: 公众	态度: 提倡	时间: 09:28
"Custom food" by unreliable?Doctor: still depends on the ingredients	来源: 腾讯大渝网	Subject: public	Attitude: advocate	Time: 09:28
儿童酱油等“定制食品”靠不靠谱? 医师:还是要看配料表, 食品健康无小事。为人父母, 总想把最好的都给孩子, 很多商家正是看中了这一点, 标注着“专为儿童定制”的食品比比皆是。“儿童酱油”就是其中之一。很多儿童酱油以“无添加、少盐”为卖点, 有的还声称“含有多钟儿童成长必备营养元素”, 事实真的如此吗? 河南商报记者通过某购物平台检索发现, 儿童酱油的种类不下十几种, 其中多款进口儿童酱油销量都非常可观。河南商报记者在郑州多家卖场走访发现, 其所售卖的儿童酱油种类并不少, 在一些进口商品超市会更多一些				
Children's soy sauce and other "customized foods" are not reliable. Doctor: look at the ingredient list. Food is healthy. Parents always want to give the best to their children, and many businesses take this into account. Foods labeled "tailor-made for children" abound."Children's soy sauce" is one of them. Many children's soy sauces sell as "no added, little salt" or claim to contain "a variety of essential nutrients for children's growth." Is this really the case?Henan Business News reporter through a shopping platform search found that children's soy sauce types of more than a dozen, of which many imported children's soy sauce sales are very impressive.A reporter from Henan Business Daily visited several stores in Zhengzhou and found that there were many kinds of children's soy sauce on sale, and there would be more in some imported supermarkets.				
3. 高血压的罪魁祸首其实是它!再不忌口就晚了...	来源: 大河报	主体: 公众	态度: 提倡	时间: 19:55
High blood pressure, the culprit is it!Don't avoid late...	来源: 大河报	Subject: public	Attitude: advocate	Time: 19:55
你知道吗? 诱发高血压的真正凶手不是盐, 而是钠! 钠从哪里来? 除了食盐外, 我们吃的腌菜、肉制品、休闲食品、豆制品、蔬菜、水果等食物中也含有一定量的“钠”。我们每天吃的盐含钠量5克, 但实际上, 我们摄入“钠”的含量还是超过了5克。所以现在高血压的患病率迟迟没有降下来。钠含量高的食物清单。				
You know what? The real killer of hypertension is not salt, but sodium.Where does sodium come from?In addition to salt, we eat pickles, meat products, snack foods, soy products, vegetables, fruits and other foods also contain a certain amount of sodium.We eat 5 grams of sodium a day, but in fact, we still eat more than 5 grams of sodium. So the prevalence of hypertension has not been lowered.A list of foods with high sodium content.				

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				
1. 为什么日本人胃癌治疗效果远远高于我们?	来源: 中原网	主体: 公众	态度: 提倡	时间:
Why the Japanese gastric cancer treatment effect is much higher than us?	来源: 中原网	Subject: public	Attitude: advocate	Time:
日本人发现胃癌大多都是早期的, 我们国家发现80%都是晚期, 这样治疗效果远远就差于日本人, 胃癌总体5年生存率我们不到30%, 日本人却可以达到75%! 这是为什么? 先进的仪器设备是一方面原因, 主要原因是日本人防癌意识很强, 筛查也很普及! 这样我们就需要大力, 再大力地宣传相关知识, 提高人们对胃癌的认识, 加强预防。胃癌发生的遗传因素人无法改变, 预防胃癌主要从饮食和治疗癌前病变这两方面做起。少吃、不吃油炸烧烤, 其中致癌物是多环芳炔; 少吃腌制食品, 多吃些新鲜蔬菜, 食物冷藏, 避免高盐饮食, 过于辛辣刺激等等, 从饮食注意。胃溃疡, 胃息肉, 以及萎缩性胃炎这些癌前病变积极治疗, 避免、减少癌的发生。尤其常见的萎缩性胃炎, 在此阶段治疗还有可能逆转, 如果进一步发展到肠上皮化生, 就不太可能逆转了				

Japanese found that most of the gastric cancer is early, our country found that 80% are late, so the treatment effect is far worse than the Japanese, the overall 5-year survival rate of gastric cancer is less than 30%, the Japanese can reach 75%! Why is that? Advanced equipment is one reason, the main reason is that the Japanese cancer awareness is very strong, screening is also very popular! In this way, we need to vigorously publicize relevant knowledge, improve people's understanding of gastric cancer, and strengthen prevention.The genetic factors of gastric cancer can not be changed. The prevention of gastric cancer mainly starts from diet and the treatment of precancerous lesions.Eat less, do not eat fried barbecue, which carcinogens are polycyclic aromatic alkynes; eat less pickled food, eat more fresh vegetables, food cold storage, avoid high salt diet, too spicy stimulation, etc., from the diet attention.Gastric ulcer, gastric polyps, and atrophic gastritis, these precancerous lesions are actively treated to avoid and reduce the incidence of cancer. Atrophic gastritis, which is particularly common, may be reversed at this stage of treatment and is unlikely to be reversed if intestinal metaplasia develops further.

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

安徽 Anhui

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
1. 限盐减重动起来	来源: 安徽商报	主体: 公众	态度: 提倡	时间: 10:05
Limit salt weight loss in motion	来源: 安徽商报	Subject: public	Attitude: advocate	Time: 10:05
高血压为大家所关心, 心血管病专家认为, 对高血压患者在启动药物治疗同时, 可通过正确的生活方式干预, 也是合理有效的治疗手段。国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍, 目前我国高血压患病人数达2.7亿, 高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高, 给患者家庭和社会带来沉重负担。不过专家指出, 高血压可控可防。除了药物治疗, 正确的生活方式干预也可明显降低血压				

Hypertension is of concern to everyone. Cardiovascular disease experts believe that starting medication for hypertensive patients at the same time, through the correct lifestyle intervention, is also a reasonable and effective treatment.Jiang Lixin, assistant director of the National Cardiovascular Disease Center and vice president of Fuwai Hospital, Chinese Academy of Medical Sciences, said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of high disability and mortality rate, to the family and society of patients with a heavy burden.However, experts point out that hypertension can be prevented. In addition to drug therapy, proper lifestyle intervention can also significantly reduce 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
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
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!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 产品品种多样 消费者购买需求各异 市民如何选购 “放心” 酱油	来源：恩施新闻网	主体：公众	态度：提倡	时间： 07:56
Product variety Different consumers to purchase demand People how to choose and buy "rest assured" soy sauce	来源：恩施新闻网	Subject: public	Attitude: advocate	Time: 07:56
民以食为天，食以安为先。食品安全问题一直以来都是民生热点。10月15日，人民网微信公众号一篇题为《海天、李锦记都有问题！120款酱油送检，竟有这么多猫腻……》的推文引发了广泛关注。该文章表示，10月12日，江苏省消保委发布酱油产品比较试验，120款酱油中，29个样品不符合国家相应标准；23款酱油实测营养成分数据，与产品标识明示的营养成分不符，其中包括蟹园、李锦记、味美思等知名品牌。 为了解州城酱油产品的相关情况，10月18日，记者对州城舞阳坝几家大型超市进行走访调查，并向恩施市食品药品监督管理局了解了相关情况				
Food is the food of the people. Food safety has always been the focus of people's livelihood. In October 15th, an issue entitled "Haitian" and "Lee Kun Kee" were wrong with the WeChat public number. 120 soy sauce for inspection, there are so many tricky... The tweets aroused widespread concern. According to the article, on October 12, Jiangsu Provincial Committee of Consumer Protection issued a comparative test of soy sauce products, 29 of the 120 soy sauces did not meet the corresponding national standards; 23 soy sauces were tested for nutrient content, which was not consistent with the nutritional content clearly indicated in the product logo, including famous brands such as Crab Garden, Li Jinji and Weimei Si.In order to know about the relevant situation of soy sauce products in Zhoucheng, on October 18, the reporter visited and investigated several large supermarkets in Wuyang Da, Zhoucheng, and inquired about the relevant situation to Enshi Food and Drug Administration.				
2. “十全十美的食物”马铃薯有哪些营养价值？	来源：中国三农网	主体：公众	态度：提倡	时间： 09:56
What are the food of the "perfect" potato nutritional value?	来源：中国三农网	Subject: public	Attitude: advocate	Time: 09:56
马铃薯是植物学家为它取的世界通用名。在世界各地，马铃薯也有很多别名，比如意大利人叫它“地豆”，法国人叫它“地苹果”，德国人叫它“地梨”，美国人叫它“爱尔兰薯”，俄国人叫它“荷兰薯”。马铃薯的故乡是秘鲁。大约7000多年前，秘鲁南部的当地人率先改良了野生的马铃薯品种，使其成为最早的种植马铃薯。此后，人们将种植马铃薯与野生马铃薯杂交，培育出了很多马铃薯品种				
Potatoes are the world's common name for botanists. Potato has many other nicknames all over the world, such as "sweet potato" by Italian, "apple" by French, "pear" by German, "Irish potato" by American, and "Dutch potato" by Russian.The hometown of potatoes is Peru. About 7,000 years ago, locals in southern Peru took the lead in improving wild potato varieties to make them the earliest potato plants. Since then, potatoes have been hybridized with wild potatoes and many potato varieties have been produced.				
高血压 Hypertension				
1. 大事件 厉害了!这么多 “大腕” 齐聚高密为 “高血压” 发声!	来源：中华网	主体：公众	态度：提倡	时间： 20:27
Big event badly! So many "big shots" gathered in density, as the voice of "hypertension"!	来源：中华网	Subject: public	Attitude: advocate	Time: 20:27
“2018首届高密健康医疗高峰论坛”暨“中国人血压真实世界研究计划”启动大会隆重召开。10月21日上午，红高粱大酒店剧场座无虚席，中国工程院院士、空军装备研究院研究所所长费爱国，中国科技技术信息研究所所长书记赵志耘；科技部文献中心主任、科技部基础司原副司长彭以祺，军事医学科学院教授、科技部脑科学项目组组长范明，北京中医药大学教授、国家中医药管理局科技司原司长高思华，空军总医院特诊科主任、“中国人血压真实世界研究计划”负责人王新宴等来自国内医疗卫生权威机构、科研院所及部分大医院的领导、专家、教授们齐聚这里，共同参加2018年首届高密健康医疗高峰论坛暨“中国人血压真实世界研究计划”启动大会。“健康是我们所有人的梦想。用血压、血糖、血脂、体重等7项指标来衡量，我们的健康人群仅仅占到2%。就拿血压来说，用140/90来衡量，我们中国约10亿成年人中至少有3亿人高血压；如果用130/80来衡量，则约有6亿人超标				
"The first high-density health care summit forum in 2018" and "Chinese blood pressure real world research program" launched a grand conference. On the morning of October 21, the theatre of Red Sorghum Hotel was full. Fei Aiguo, academician of the Chinese Academy of Engineering and director of the Institute of Air Force Equipment Research, Zhao Zhiyun, Secretary of the China Institute of Science and Technology and Information, Peng Yiqi, director of the Documentation Center of the Ministry of Science and Technology and former deputy director of the Basic Department of the Ministry of Science and Technology, professor of the Academy of Military Medical Sciences, and Fan Ming, Professor of Beijing University of Traditional Chinese Medicine, Gao Sihua, Former Director of Science and Technology Department of State Administration of Traditional Chinese Medicine, Director of Special Clinic Department of Air Force General Hospital, Wang Xinyan, Director of Research Program on the Real World of Chinese Blood Pressure, and other leaders and experts from authoritative medical and health institutions, scientific research institutes and some large hospitals in China Professors and professors gathered here to participate in the first high-density health care summit forum in 2018 and the launching meeting of the "Chinese Blood Pressure Real World Research Program". "Health is the dream of all of us. Using blood pressure, blood sugar, blood fat, body weight and other 7 indicators to measure, our healthy population accounted for only 2%. In terms of blood pressure, at least 300 million of China's 1 billion adults are hypertensive by 140/90, and about 600 million by 130/80.				
2. 懒癌患者的福音:无需运动的降压疗法	来源：搜狐体育	主体：公众	态度：提倡	时间： 21:24
Lazy cancer patients: the Gospel of antihypertensive therapy without	来源：搜狐体育	Subject: public	Attitude: advocate	Time: 21:24

懒癌患者的福音：无需运动的降压疗法。β-羟基丁酸 (beta hydroxybutyrate) 是一种主要由肝脏产生的化学物质。近日，美国托莱多大学 (UT) 的高血压研究人员证明，增加人体中β-羟基丁酸的供应，可以在不减少钠摄入量或增加运动的情况下调节高血压。这项研究已发表在10月16日的《Cell Reports》上。研究通讯作者、高血压与精准医学中心主任Bina Joe博士说，“我们发现，高盐摄入会降低循环β-羟基丁酸的水平

The gospel of lazy cancer: no need for exercise to reduce blood pressure.Beta hydroxybutyrate is a chemical substance mainly produced by the liver. Recently, researchers at the University of Toledo (UT) showed that increasing the supply of beta-hydroxybutyric acid in the body can regulate hypertension without reducing sodium intake or increasing exercise. The study was published in the October 16th Cell Reports."We found that high salt intake lowered circulating beta-hydroxybutyric acid levels," said Bina Joe, Ph.D., co-author of the study and director of the Center for Hypertension and Precision Medicine.

3. 玉米绿豆控血糖、绿叶蔬菜降血压 推荐给四高患者的好食物	来源： 新华网	主体： 公众	态度： 提倡	时间： 09:59
Corn mung bean control blood sugar, green leafy vegetables four patients with high blood pressure is recommended to good food	来源： 新华网	Subject: public	Attitude: advocate	Time: 09:59

高血糖（糖尿病）、高血压、高血脂（高胆固醇血症）、高尿酸（痛风）等慢性病的饮食调理都要从调整膳食结构、改变生活方式入手。众所周知，不能指望靠吃某一种食物来解决慢性病问题。但是，在这些慢性病的饮食调理中，有一些食物特别重要，推荐给有需要的朋友。

Hyperglycemia (diabetes), hypertension, hyperlipidemia (hypercholesterolemia), hyperuricemia (gout) and other chronic diseases of dietary conditioning should start from adjusting the dietary structure, changing lifestyle. As we all know, we can not rely on a certain kind of food to solve chronic diseases. However, in the diet of these chronic diseases, some food is particularly important, recommended to friends in need.

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. 湖北省国民营养计划实施“三步走”战略	来源： 新浪新闻	主体： 政府	态度： 提倡	时间： 15:19
Hubei province national nutrition plan implementation of the "three steps" strategy	来源： 新浪新闻	Subject: government	Attitude: advocate	Time: 15:19

湖北省国民营养计划实施“三步走”战略。近日，湖北省政府办公厅印发了《湖北省国民营养计划（2018-2030年）实施方案》（鄂政办发〔2018〕61号）（以下简称《方案》），全方位布局我省国民营养健康工作。10月22日，湖北省政府召开新闻发布会，湖北省卫生计生委副主任姚云及相关专家在会上对《方案》相关内容进行了解读。姚云介绍，《方案》的实施分三步走。“三步走”战略包括：第一步，在现阶段，以加强营养健康与食品安全标准化建设为抓手，解决当前的突出问题，实现科学营养；第二步，到2020年，针对国民生活水平进一步提高，对营养健康多元化需求，提供差异化服务，实现精准营养；第三步，到2030年，面向未来的国民营养健康发展，依靠科技创新，实现智慧营养

The national nutrition program of Hubei province has implemented the "three step" strategy.Recently, the General Office of the Hubei Provincial Government issued the Implementation Plan of the Hubei National Nutrition Plan (2018-2030) (No. 61 issued by the Hubei Government Office) (hereinafter referred to as the "Plan") to comprehensively distribute the national nutrition and health work in Hubei Province. On October 22, the Hubei Provincial Government held a press conference. Yao Yun, deputy director of the Hubei Provincial Health and Family Planning Commission, and relevant experts interpreted the relevant contents of the Plan.Yao Yun introduced the implementation of the plan in three steps. The "three-step" strategy includes: the first step, at this stage, to strengthen the standardization of nutrition and health and food safety as a grasp, to solve the current outstanding problems, to achieve scientific nutrition; the second step, to 2020, in view of the further improvement of the national living standards, nutrition and health diversified needs, to provide differentiated services, to achieve Accurate nutrition; the third step, by 2030, facing the future healthy development of national nutrition, relying on scientific and technological innovation, to achieve intelligent nutrition

2. 解读《湖北省国民营养计划(2018—2030年)实施方案》	来源： 湖北省人民政府	主体： 政府	态度： 提倡	时间： 16:52
Read the national nutrition programs in hubei province (2018-2030) implementation plan"	来源： 湖北省人民政府	Subject: government	Attitude: advocate	Time: 16:52

习近平总书记指出，没有全民健康就没有全面小康。营养是人类维持生命、生长发育和健康的重要物质基础。国民营养事关全民健康、国民素质的提高、经济社会的发展，是推动健康中国建设的重要组成部分。湖北近日发布《湖北省国民营养计划（2018—2030年）实施方案》，从实际出发，立足我省人群营养健康现状和需求，以普及营养健康知识、优化营养健康服务、完善营养健康制度、建设营养健康环境、发展营养健康产业为重点，关注国民生命全周期、健康全过程的营养健康，是营养工作的顶层设计和整体部署，是未来十几年来湖北省营养工作的行动纲领。省卫生计生委副主任姚云就《方案》相关内容进行了解读

General secretary Xi Jinping pointed out that without universal health, there would be no overall well-off society. Nutrition is an important material basis for human beings to maintain their life, growth and development and health. National nutrition concerns the health of the whole people, the improvement of national quality, economic and social development, and is an important part of promoting the construction of a healthy China.Hubei recently issued the implementation plan of the National Nutrition Plan of Hubei Province (2018-2030). Starting from the reality and basing on the nutritional and health status and needs of the people in Hubei Province, Hubei has focused on popularizing nutritional and health knowledge, optimizing nutritional and health services, improving nutritional and health systems, building a healthy nutritional environment and developing nutritional and health industries. It is the top-level design and overall deployment of nutrition work to pay attention to the nutrition and health of the whole life cycle and health process of the people, and it is also the action program of nutrition work in Hubei Province in the next decade or so. Yao Yun, deputy director of the provincial health and Family Planning Commission, explained the relevant contents of the plan.

3. 《湖北省国民营养计划(2018-2030)实施方案》政策解读新闻发布会	来源： 湖北省人民政府	主体： 政府	态度： 提倡	时间： 16:06
The national nutrition programs in hubei province (2018-2030) implementation plan "policy press conference	来源： 湖北省人民政府	Subject: government	Attitude: advocate	Time: 16:06

营养问题是大家普遍关心的健康问题，做好营养工作是一项重大民生工程。省委、省政府对国民营养健康工作高度重视，先后出台了一系列政策文件。2018年9月29日，省政府办公厅印发了《湖北省国民营养计划（2018-2030年）实施方案》，明确了今后一段时期我省国民营养工作的任务目标和工作措施，为进一步提升全省居民营养健康水平、加快推进健康湖北建设提供了有力保障。针对大家对《方案》的关心和关注，今天特请省卫生计生委副主任姚云同志、省疾病预防控制中心副主任李阳同志、华中科技大学同济医学院公共卫生学院教授、湖北省营养学会副理事长兼秘书长杨雪峰同志，解读《方案》的有关内容，并回答记者朋友的提问

Nutrition is a health problem that we are all concerned about. Nutrition work is a major livelihood project. The provincial Party committee and the provincial government attached great importance to the work of national nutrition and health, and issued a series of policy documents successively. On September 29, 2018, the General Office of the Provincial Government issued the Implementing Plan of the National Nutrition Plan of Hubei Province (2018-2030), which clarified the tasks, objectives and working measures of the national nutrition work in the future, and provided a powerful guarantee for further improving the nutritional and health level of the residents of the province and accelerating the construction of a healthy Hubei Province. In view of the concern and concern about the Plan, today we invite Yao Yun, Deputy Director of the Provincial Health and Family Planning Commission, Li Yang, Deputy Director of the Provincial Center for Disease Control and Prevention, Professor of the School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Vice-Chairman and Secretary-General of Hubei Nutrition Society, Comrade Yang Xuefeng, to interpret the Plan. Content and answer questions from a reporter's friend

4. 有一类人万万不可吃盐	来源： 中华网	主体： 公众	态度： 提倡	时间： 12:23
There is a certain type of people absolutely not eat salt	来源： 中华网	Subject: public	Attitude: advocate	Time: 12:23

都说孩子是父母的小心肝，没有哪位家长不希望自己的孩子好。但总有些时候，好心却也办成坏事，尤其是面对一岁以下的宝宝，正是身心发育的黄金时期。由于家长需要忙着工作，因此常常有不少人会拜托老人来帮忙带娃。往往由于育儿观念差异，不仅让宝宝“踩坑”，甚至有时还会引发各种家庭矛盾。其中有个老观念，不仅不健康，严重还会让宝宝有性命之忧！孩子不吃盐会没劲？吃了盐或许会没命！民间常常有“孩子不吃盐会没劲”这种说法，这是个彻彻底底的大谎言！由于6-12个月婴儿每天需要350mg钠，而奶类以及其他辅食的钠含量已足够满足宝宝体内所需

They say that children are parents' little heartless parents, and no parent does not want their children to be good.But sometimes good intentions can do bad things, especially when it comes to babies under one year old.Because parents need to work hard, many people often ask the elderly to help them.Often due to differences in parenting concepts, not only let the baby "step on the pit", and sometimes even trigger a variety of family conflicts.One of the old concepts is not only unhealthy, but also serious.Children will have no appetite without salt? Eating salt may be fatal.People often have "children do not eat salt will be boring" this statement, this is a thorough lie!Because babies need 350 mg of sodium a day for 6-12 months, the amount of sodium in milk and other supplements is enough to meet the baby's needs.

5. 宝宝添辅食不能只看价格	来源： 广西新闻网	主体： 公众	态度： 提倡	时间： 16:09
Baby consisting not only look at the price	来源： 广西新闻网	Subject: public	Attitude: advocate	Time: 16:09

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。如何添辅食妈妈困惑多 思思已经6个多月了，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

<p>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.</p>				
<p>6. 孕期饮食知多少 Diet during pregnancy to know how much</p>	<p>来源：光明网 来源：光明网</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：14:20 Time: 14:20</p>
<p>母亲是生命的缔造者、哺育者，她们饱尝怀胎的艰辛，忍受分娩的痛苦，将一个鲜活的生命带到人间。得知新生命即将到来，那个曾经冰棍、甜品不离手的女孩，开始小心翼翼地计算热量摄入；怀抱着呱呱坠地的婴儿，初为人母的她对一饮一食都格外留心，但求孩子健康成长。值此母亲节到来之际，我们特邀业内专家，为正在孕育生命和刚刚分娩的母亲们提供饮食指导，为新生命的成长和新妈妈的健康保驾护航。生命的形成和生长需要良好的营养环境，孕期营养缺乏和营养过剩都可能对母亲和胎儿健康造成不良影响。孕期营养缺乏严重者可能出现流产、早产、乏力、易感染等现象；缺乏某些营养素可能导致胚胎或胎儿发育异常，严重时危及胎儿生命</p>				
<p>Mothers are the creators and nurturers of life. They are full of the hardships of conception, endure the pain of childbirth, and bring each fresh life to the world. Knowing that a new life was about to come, the girl who once had ice hockey and dessert at her fingertips began to calculate calorie intake carefully, and with a baby of birth in her arms, the new mother was very careful about every meal she drank, but she wanted her child to grow up healthily.On the occasion of Mother's Day, we invite industry experts to provide dietary guidance for mothers who are pregnant and have just given birth, and to escort the growth of new life and the health of new mothers.The formation and growth of life require a good nutritional environment. Nutrition deficiency and overnutrition during pregnancy may have adverse effects on the health of mothers and fetuses.Abortion, preterm birth, fatigue and infection may occur in the pregnant women with severe nutritional deficiency. Deficiency of certain nutrients may lead to abnormal development of the embryo or fetus and endanger fetal life in severe cases.</p>				
<p>7. 2018安利纽崔莱营养中国行走进上海 The 2018 amway nutritlite nutrition China walk into Shanghai</p>	<p>来源：美通社（亚洲） 来源：美通社（亚洲）</p>	<p>主体：企业 Subject: industry</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：15:30 Time: 15:30</p>
<p>上海2018年10月22日 -- 10月19日，由中国健康教育中心指导，中国疾病预防控制中心营养与健康所、中国营养学会支持的“2018安利纽崔莱营养中国行上海站”在上海举行，中国疾病预防控制中心营养与健康所所长丁钢强，解放军309医院营养科主任左小霞等专家与上海当地20多家媒体共聚一堂，倡导大众密切关注自身身材变化，掌握适合自身特点的健康塑形方法，养成“运动+营养”的健康生活方式。</p>				
<p>Shanghai October 22, 2018 -- October 19, guided by the China Health Education Center, the "2018 Amway Nutrilite Nutrition China Tour Shanghai Station", supported by the China Center for Disease Control and Prevention, and the China Nutrition Society, was held in Shanghai. Ding Gangqiang, director of the Nutrition and Health Center of the Chinese Center for Disease Control and Prevention, and Zuo Xiaoxia, director of the Nutrition Department of the 309 Hospital of the People's Liberation Army, and other experts from Shanghai have gathered together to advocate the public to pay close attention to their own body changes and master the healthy shaping that suits their own characteristics. The method is to develop a healthy lifestyle of "sports + nutrition" .</p>				
<p>8. 腹部胖易患冠心病和中风 Abdominal fat was susceptible to coronary heart disease and stroke</p>	<p>来源：中青在线 来源：中青在线</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：13:32 Time: 13:32</p>
<p>日前，由中国健康教育中心指导，中国疾病预防控制中心营养与健康所、中国营养学会支持的“2018安利纽崔莱营养中国行上海站”活动在沪举行，中国疾病预防控制中心营养与健康所所长丁钢强，解放军309医院营养科主任左小霞等专家参与活动，倡导公众密切关注自身身材变化，掌握适合自身特点的健康塑形方法。很多人认为“胖”是一种时代病，相比欧美人的肥胖程度，中国人的胖不值一提。但现实情况是，英国医学杂志《柳叶刀》2016年公布的数据显示，中国超越美国成为全球肥胖人口最多的国家。更关键的是，我国的肥胖情况还呈现出两大特色：一方面是增幅迅猛。中国疾病预防控制中心营养与健康所所长丁钢强分享的报告表明：2002年至2012年的10年间，国人非正常体重者数量迅速上升，几乎占全国总人口的一半</p>				
<p>A few days ago, under the guidance of the Chinese Health Education Center, the Nutrition and Health Institute of the Chinese Center for Disease Control and Prevention and the Chinese Nutrition Society supported the "2018 Amway Nutrition China Travel Shanghai Station" held in Shanghai, Ding Gangqiang, Director of the Institute of Nutrition and Health of the Chinese Center for Disease Control and Prevention, and Zuo Xiao, Director of Nutrition Department of the 309 Hospital of the Chinese People's Liberation Army Xia and other experts participated in the activities, advocating the public to pay close attention to their own body changes, to master the characteristics of their own healthy shaping methods.Many people believe that "fat" is a disease of the times, compared with the degree of obesity in Europe and the United States, Chinese obesity is not worth mentioning. But the reality is that data published in the British Medical Journal The Lancet in 2016 show that China has surpassed the United States as the world's most obese country.More importantly, China's obesity situation also presents two characteristics: one is the rapid growth. Ding Gangqiang, director of the Institute of Nutrition and Health of the Chinese Centers for Disease Control and Prevention, reported that the number of people with abnormal body weight increased rapidly in the 10 years from 2002 to 2012, accounting for almost half of the country's total population.</p>				
<p>9. 老年人这样吃饭 身体格外健康 Old people like to eat, the body health</p>	<p>来源：光明网 来源：光明网</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：14:20 Time: 14:20</p>
<p>老年人体弱，因此在饮食方面更应该多加注意，均衡营养是主要的。广州医科大学附属第五医院中医主治医师梁健宁表示，对于每天都吃饭这件事，老年人如果做到以下几点，更有助于健康——要软。老年人牙口不好、脾胃消化力弱，宜“吃软不吃硬”，所谓“硬食”，除了指坚硬的果实类食物外，还包括煎炒油炸、肥甘厚腻一类不好消化的食物。要提醒的是，老年人不能因为牙口不好只吃粥喝汤等不需咀嚼的食物，需要注意蛋白质、维生素等营养摄入。</p>				
<p>Elderly people are weak, so they should pay more attention to diet. Balanced nutrition is the main thing. Liang Jianning, chief physician of Chinese medicine in the Fifth Affiliated Hospital of Guangzhou Medical University, said that the elderly would be more helpful to their health if they ate every day. Old people have bad teeth and weak digestion of the spleen and stomach. They should "eat soft food but not hard food". The so-called "hard food" refers to not only hard fruit food, but also fried, fat, sweet and greasy food which is not easy to digest. It should be reminded that the elderly can not only eat porridge and soup because of bad teeth do not need to chew food, need to pay attention to protein, vitamins and other nutritional intake.</p>				
<p>10. 低盐少油 粤海街道试点全区首个街道长者饭堂 Low salt less oil Guangdong.pilot first street in the street the elder the dining hall</p>	<p>来源：晶报 来源：晶报</p>	<p>主体：政府 Subject: government</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：06:21 Time: 06:21</p>
<p>近期，粤海街道启动了“粤海长者饭堂”项目，在滨海、铜鼓社区试点建设“粤海长者饭堂”。据悉，“粤海长者饭堂”的午餐菜谱是根据老年居民的健康需求设计的，具有低盐少油的特点，同时患有高血压、高血糖等慢性病的老人可以根据自己需要，选择自己的菜单搭配。此外，1周15个套餐还会根据每个季度的气候特点进行调整。据粤海街道主要负责人介绍，“粤海长者饭堂”项目是由区委书记王强亲自部署、区长曾湃开会落实、副区长谢炳文和区民政局具体指导的全区首个街道长者饭堂试点项目。滨海、铜鼓社区是粤海街道的第一批试点社区，接下来街道还将在海珠、科技园、麻岭等多个老年居民较为集中的社区以“嵌入式”方式利用闲置空间、场所建设“粤海长者饭堂”，解决更多老年人午餐就餐难问题</p>				
<p>Recently, Yuehai Street launched the "Canteen for the Elderly" project, and pilot construction of "Canteen for the Elderly" in Binhai and Tonggu communities. It is reported that the lunch menu is designed according to the health needs of the elderly, with the characteristics of low salt and oil, while suffering from hypertension, hyperglycemia and other chronic diseases, elderly people can choose their own menu matching according to their own needs. In addition, 1 weeks, 15 packages will be adjusted according to the climate characteristics of each quarter.According to the introduction of the main person in charge of the streets in Guangdong, the project is the first pilot project of the elderly canteen in Guangdong, which was deployed by Wang Qiang, the Secretary of the District Committee, and implemented by Zeng Mei, the district governor, Xie Bingwen, the Deputy District governor, and the District Civil Affairs bureau. Binhai and Tonggu communities are the first pilot communities in the streets of Guangdong. Next, the streets will be built in Haizhu, Science and Technology Park, Ma Ling and many other communities with more elderly residents to use the "embedded" way to build "Cantonese elderly dining hall" to solve the problem of more elderly lunch.</p>				
<p>11. 血压血糖高或引发健忘 病友应该要注意 High blood glucose or triggering forgetfulness Patients should pay attention to</p>	<p>来源：凤凰网 来源：凤凰网</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：16:47 Time: 16:47</p>
<p>血压血糖高或引发健忘，病友应该要注意。并非所有健忘都是阿尔茨海默症。高血脂、高血压、糖尿病、肥胖等也能引发记忆力衰退、健忘、不爱说话、吞咽困难，这与阿尔茨海默症的忘事、社交困难、言语词汇减少、失语等症状很相似。因此，有高血压、糖尿病的人应注意健康状况，在饮食上应避免摄取过多的盐分及动物性脂肪，平时应积极用脑动手，可多做手工，做简易家务等。另外应保持良好的人际关系、愉悦的心情，适当打扮自己</p>				
<p>High blood pressure, high blood sugar or forgetfulness should be noticed.Not all forgetfulness is Alzheimer's disease. Hyperlipidemia, hypertension, diabetes, obesity, etc. can also lead to memory loss, forgetfulness, inarticulation, dysphagia, which is similar to Alzheimer's forgetfulness, social difficulties, lack of vocabulary, aphasia and other symptoms. Therefore, people with hypertension and diabetes should pay attention to their health, avoid excessive intake of salt and animal fats in their diet, and actively use their brains in peacetime, and do more handwork and simple housework. Besides, we should maintain good interpersonal relationships, cheerful mood and dress appropriately.</p>				
<p>12. 这些健康生活方式，你做到了几个？ You did a few of these healthy lifestyle?</p>	<p>来源：扬子晚报 来源：扬子晚报</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：22:19:36 Time: 22:19:36</p>
<p>这些健康生活方式，你做到了几个？健康的生活方式包括：“少出去应酬，多回家吃饭”、“年轻人别熬熬夜”、“让学习成为一种生活方式”世界卫生组织指出，100%健康就是60%生活方式+17%环境+15%遗传+8%卫生服务。</p>				

How many of these healthy lifestyles have you done? A healthy lifestyle includes: “less going out to socialize, go home to eat more” , “Young people don’ t stay up late” , “Let learning become a way of life” ... The World Health Organization points out that 100% health is 60% lifestyle + 17% environment + 15% genetic + 8% health service.

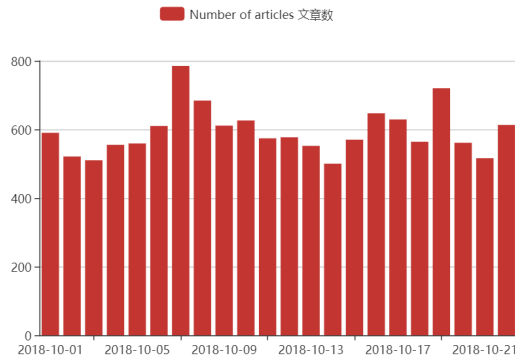
决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-10-22, 共监测到613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 613 WeChat public articles were monitored in 2018-10-22. 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

- [七成家庭日摄盐超标! 5种方法教你正确减盐](#) [Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#) 重复数: 3 日期: 2018-10-22

吃盐过多, 人体感到渴, 于是会多喝水, 这些水分子很快进入血液, 被血液里的盐吸引, 使血管膨胀, 血压升高, 身体水肿。长期有经前期综合征 (情绪不稳、疲劳无力) 的女性, 在经期前应注意控盐。

If you eat too much salt, your body will feel thirsty, so you will drink more water. These water molecules quickly enter the bloodstream and are attracted by the salt in the blood, causing the blood vessels to swell, the blood pressure to rise, and the body to edema. Women who have long-term premenstrual syndrome (emotional instability, fatigue, weakness) should pay attention to salt control before menstruation.

Repeat Number: 3 Data: 2018-10-22
- [菜中有盐, 适量摄取, 您吃对了吗?](#) [The dish contains salt and should be taken in moderation. Did you eat it correctly?](#) 重复数: 2 日期: 2018-10-22

盐对肾脏的损害更加可怕, 高血压本身就造成肾脏的损害, 高盐与高血压相关, 也就可想而知了; 高盐的另一可怕之处在于会造成人体血浆的晶体渗透压升高, 对肾脏直接产生危害, 同样, 肾脏病治疗中好的预后与限盐也是分不开的。

Salt has serious damage to the kidneys. High blood pressure can cause damage to the kidneys. High salt is associated with high blood pressure. It is conceivable. Another scary thing about high salt is that it causes an increase in the crystal osmotic pressure of human plasma, which directly harms the kidneys. Good prognosis and limited salt in the treatment of kidney disease are also inseparable.

Repeat Number: 2 Data: 2018-10-22
- [1种挂面是高血压的“元凶”! 医生爆料: 从来不买, 太伤血管!](#) [One type of noodles is the "culprit" of high blood pressure! The doctor broke the news: never buy it because it is harmful to blood vessels!](#) 重复数: 2 日期: 2018-10-22

长期摄入摄入过量的钠盐, 肾脏难以将其排除干净, 经过日积月累, 人体内的钠离子就会超量, 将直接影响到一些内分泌激素 (如副肾皮质激素等) 的调节作用, 增加血管对各种升压物质的敏感性, 细小动脉发生痉挛, 从而导致血压升高。引发高血压等疾病。

Long-term intake of excessive intake of sodium salts is difficult for the kidneys to remove. After a long period of time, the sodium ions in the human body will exceed the amount, which will directly affect the regulation of some endocrine hormones (such as para-cortical hormones), and increase the sensitivity of blood vessels to various boosting substances. Then the small arteries are paralyzed, which leads to an increase in blood pressure and causes diseases such as high blood pressure.

Repeat Number: 2 Data: 2018-10-22
- [6名院士集体发声: 不要再打着“养生”的旗子谋财害命了!](#) [The six academicians collectively stated: Don't use the "health" flag to make a fortune!](#) 重复数: 2 日期: 2018-10-22

饮食降血压的第一点就是要少吃盐。食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界卫生组织建议正常人群每日食盐量为6-8克, 也就是一小啤酒瓶盖。高血压患者应控制在4克以下。

The first point of diet lowering blood pressure is to eat less salt. Sodium in salt can cause retention of water and sodium, leading to increased peripheral vascular resistance, resulting in increased blood pressure. The WHO recommends that the normal population have 6-8 grams of salt per day, that is, a small beer bottle cap. Patients with hypertension should be controlled below 4 grams.

Repeat Number: 2 Data: 2018-10-22
- [这7种食物是衰老“加速器”, 越吃越显老!](#) [These seven foods are aging "accelerators". The more you eat, the more old you are!](#) 重复数: 2 日期: 2018-10-22

口味重的人一般都存在钠盐超标的情况, 很容易引发高血压以及水肿的现象, 除了做菜的时候少放一些盐之外, 还需要减少那些加工食品, 这些食品也普遍存在钠盐超标的现象。

People with heavy tastes generally have excessive sodium salts, which can easily cause high blood pressure and edema. In addition to cooking less salt, you need to eat less processed foods, which are also common in sodium salts.

Repeat Number: 2 Data: 2018-10-22

减盐-微博

Salt Reduction - Weibo

2018-10-22, 共检测到2048条与“减盐”相关的微博。

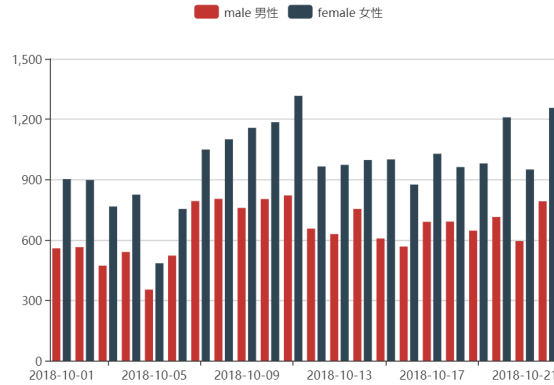
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 2048 weibos about salt reduction monitored on 2018-10-22.

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: 鼓楼微讯

地区: 江苏

认证: 政务

Nickname: 鼓楼微讯

Area: Jiangsu

Identity: Official

时间: 2018-10-22 13:15

来自: 微博 weibo.com

转发数: 277

评论数: 126

点赞数: 2

Time: 2018-10-22 13:15

Source: 微博 weibo.com

Repost: 277

Comment: 126

Like: 2

#社区连线#为了增强辖区居民自我保健的意识和能力,树立科学健康的生活方式,近日,@阅江楼街道唐山路社区开展“三减三健 全民健康生活方式宣传日”活动。活动以“减盐、减油、减糖,健康口腔、健康体重、健康骨骼”为主题开展科普宣传,吸引了不少小区居民驻足观看,受到了广大社区居民的一致好评。

[Community Connection] In order to enhance the awareness and ability of residents in the jurisdiction to establish a healthy and healthy lifestyle, the Tangshan Road Community in Yuejianglou Street recently launched the “Three Reductions and Three-Key National Health Lifestyle Promotion Day”. The campaign carried out popular science promotion under the theme of “salt reduction, oil reduction, sugar reduction, healthy oral, healthy weight, healthy bones”, which attracted many residents to stop and watched, and was highly praised by the community.

2. 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: 2018-10-22 12:00

来自: 微博 weibo.com

转发数: 58

评论数: 14

点赞数: 32

Time: 2018-10-22 12:00

Source: 微博 weibo.com

Repost: 58

Comment: 14

Like: 32

【减盐小贴士】减盐不只是说说而已,而需落到每一个实际的小行动,让低盐理念融入日常生活,为健康加分! #盐不过6#[Tips for Salt Reduction] Salt reduction is not just about talking. It needs to fall into every actual small action. Let the low-salt concept be integrated into everyday life and add points to your health!

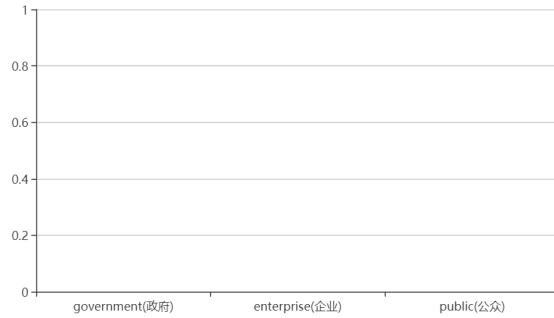
反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-22) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-10-22. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



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

2018-10-22, 共监测到322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 322 WeChat public articles were monitored in 2018-10-22. 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. 患上糖尿病, 脚上会有4个“奇怪”的变化, 不注意就晚了!](#)
[If you suffer from diabetes, there will be 4 "strange" changes on your feet. It will be late if you don't pay attention.](#)

重复数: 18
Repeat Number: 18

日期: 2018-10-22
Data: 2018-10-22

糖尿病患者还要避免食用含反式脂肪酸的食物, 这类脂肪酸大多存在于油炸食品、人造奶油食品中, 一定要注意避免

People with diabetes should also avoid eating foods that contain trans-fatty acids, which are found in fried foods and margarines. Be sure to avoid it.
- [2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#)
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-22
Data: 2018-10-22

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。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.
- [3. 中国人的身体, 迟早被“网红美食”吃坏了.....](#)
[Sooner or later, the Chinese body is damaged by these "internet celebrity foods".](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-22
Data: 2018-10-22

低档的人造奶油中可能含有人工色素、香精、防腐剂等添加剂, 植物油氢化过程中会产生大量反式脂肪酸。反式脂肪酸: 人体很难代谢的物质, 增加罹患心血管疾病概率, 增加肾脏代谢的负担, 对糖尿病患者和儿童的危害尤其大。

Low-grade margarine may contain artificial colors, flavors, preservatives and other additives, and a large amount of trans fatty acids are produced during the hydrogenation of vegetable oils. Trans fatty acids are substances that are difficult to metabolize in humans. They increase the risk of cardiovascular disease and the burden of kidney metabolism, especially for diabetics and children.
- [4. 【健康】喝奶茶会诱发癌症? 奶茶: 这锅我不背!](#)
[\[health\] Drinking milk tea can induce cancer? This matter has nothing to do with me!](#)

重复数: 1
Repeat Number: 1

日期: 2018-10-22
Data: 2018-10-22

世界卫生组织(WHO)2003年建议人体反式脂肪酸的供能比应低于1%。而调查显示我国男性和女性的反式脂肪酸供能比均为0.2%, 也就是说, 多数人日常反式脂肪的摄入量都不会超过建议标准, 偶尔喝点奶茶不用太担心。只要不多吃, 对健康的风险是可控的, 关键是要控制量。

The World Health Organization (WHO) recommended in 2003 that the energy supply ratio of human trans fatty acids should be less than 1%. The survey shows that the trans-fatty acid supply ratio of both men and women in China is 0.2%. That is to say, most people's daily trans fat intake will not exceed the recommended standard, so we don't have to worry about drinking milk tea occasionally. As long as you don't eat too much, the risk to health is controllable. The key is to control the amount.
- [5. 减肥就要戒掉油脂? 今天为油脂平反!](#)
[Is it necessary to quit fat when losing weight? Rehabilitation for fat today!](#)

重复数: 1
Repeat Number: 1

日期: 2018-10-22
Data: 2018-10-22

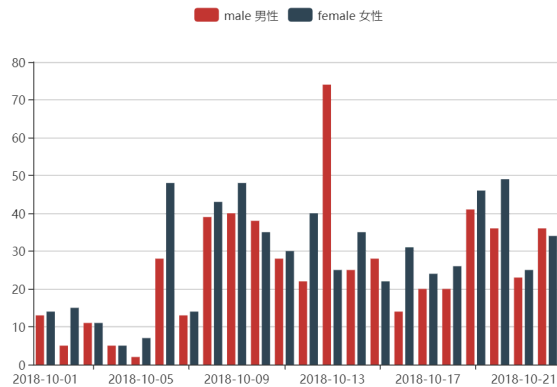
反式脂肪就是典型的坏油脂, 而氢化植物油是最普遍、最典型的反式脂肪——有些面包房为了节省成本, 会用氢化植物油代替优质黄油来制作点心。另外, 180°C以上的长时间加热, 比如油炸、油煎的过程当中, 都会产生反式脂肪。所以油炸食品是减肥期间最需要严格禁止的。总之, 各种高度加工食品和煎炸食品, 几乎都藏有反式脂肪。

Trans fat is a typical bad fat, and hydrogenated vegetable oil is the most common and typical trans fat. In order to save costs, some bakeries use hydrogenated vegetable oil instead of high-quality butter to make snacks. In addition, long-term heating above 180 °C, such as during frying and frying, produces trans fat. Therefore, fried foods are most strictly prohibited during fat loss. In short, almost all highly processed foods and fried foods contain trans fats.

反式脂肪酸-微博

Transfat - Weibo

2018-10-22, 共检测到70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 70 weibos about transfat reduction monitored on 2018-10-22.
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!