

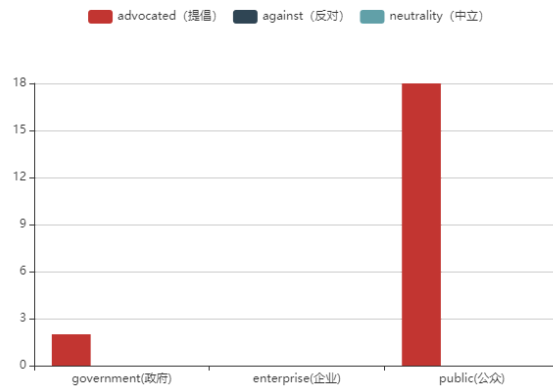
减盐-新闻

Salt Reduction - News

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Sodium in food

没有相关文章!

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高血压

Hypertension

没有相关文章!

No such articles!

心血管健康

Cardiovascular health

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食物中的钠

Sodium in food

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安徽
Anhui

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浙江
Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 6款早餐面包酱，哪种最健康？ Six breakfast bread sauces, which is the healthiest?	来源：华龙网 Source: Hualong net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 06:26:40 Time: 06:26:40
现代人生活节奏快，为了求方便早餐都会选择吃吐司面包，吃面包酱料当然不能少！牛油、花生酱、朱古力酱、炼乳、蜜糖及果酱这6种常用的面包酱料中，哪一款最健康呢？经过小编网上搜寻，找到各款面包酱的卡路里情况如下：牛油（每100克）有879卡路里，炼奶（每100克）有326卡路里，朱古力酱（每100克）有540卡路里，花生酱（每100克）有600，果酱（每100克）有278卡路里，蜜糖（每100克）有304卡路里。				
Modern people live at a fast pace. In order to have a convenient breakfast, they always choose toast and bread sauce. Which of the six most popular bread sauces, butter, peanut butter, chocolate sauce, condensed milk, honey and jam, is the healthiest? The calories of each bread sauce were as follows: butter (879 calories per 100 grams), milk (326 calories per 100 grams), chocolate sauce (540 calories per 100 grams), peanut butter (600 calories per 100 grams), jam (278 calories per 100 grams) and honey (304 calories per 100 grams).				
2. [搞编稿件] 这些东西清肠刮脂不发胖 [Draft manuscripts] These things are sausage-clearing, fat-curettage and not	来源：锦州新闻网 Source: Jinzhou News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:41:06 Time: 08:41:06

fattening

<p>冬季，很多人都会借着进补的名头，不加控制，大量进补，一不小心就补多了，体重飙升，怎么办？推荐几种解腻促消化的食物，大家可以搭配着加入食谱。喝对茶饮降脂消食。饮茶能助消化之说在我国民间流传甚广。《日用本草》中就有“除烦止渴、解腻清神”的记载。这足以说明茶是一种帮助消化与调节脂肪代谢的饮品。</p>				
<p>Winter, many people will borrow the name of supplement, uncontrolled, a large number of supplements, inadvertently make up more, soaring weight, how to do? Recommend several kinds of greasy digestive food, you can add recipes with. Drink tea to reduce fat and diet. The theory that drinking tea can help digestion is widely spread among Chinese people. "Daily Materia Medica" has a record of "eliminating boredom and thirst, relieving fatigue and purifying spirit". This suffices to show that tea is a drink that helps digest and regulates fat metabolism.</p>				
3. 不爱喝牛奶，成年人如何达标奶制品摄入量？	来源：光明网	主体：公众	态度：提倡	时间：08:01:48
Do not like to drink milk, adults how to meet the standard intake of dairy products?	Source: Guangming net	Subject: public	Attitude: advocate	Time: 08:01:48
<p>“吃奶”是婴儿的专利？可不是！《中国居民膳食指南(2016版)》推荐成人每天摄入奶及奶制品300g，如果不愿意喝牛奶，可以尝试用奶粉、酸奶、奶酪等奶制品来代替。干酪：浓缩了的固体牛奶。干酪又名乳酪、奶酪或芝士，甚至还有有的音译叫起司。大约每10公斤牛奶才能产出1公斤比较“硬”的奶酪，常见的奶酪含蛋白质高达20%以上，含钙量可达鲜奶的6~8倍左右，B族维生素和维A、维D的含量都高于普通牛奶好几倍。</p>				
<p>"Eating milk" is the patent of infants? No, it is not! The Dietary Guidelines for Chinese Residents (2016 Edition) recommends that adults take in 300 g of milk and dairy products every day. If they are unwilling to drink milk, they can try to use milk powder, yogurt, cheese and other dairy products instead. Cheese: Concentrated solid milk. Cheese, also known as mashed milk, cheese or cheese, is even transliterated into cheese. About every 10 kilograms of milk can produce one kilogram of "hard" cheese. Common cheese contains more than 20% protein and 6-8 times calcium as fresh milk. The content of B vitamins, vitamin A and vitamin D are several times higher than ordinary milk.</p>				
4. 营养品哪些是噱头哪些真有用？专家解读来了	来源：光明网	主体：公众	态度：提倡	时间：08:03:23
Which nutrients are gimmicks and which are really useful? Experts have come to interpret it.	Source: Guangming net	Subject: public	Attitude: advocate	Time: 08:03:23
<p>蛋白粉、葡萄籽胶囊、有机食品、高钙奶、鱼油、海参、解酒药、酵素、儿童酱油、养胃饼干、初产蛋、黑糖、黑枸杞.....这些东西完全没用吗？也不是！蛋白粉：如果日常能吃够鱼肉蛋奶，的确不需要再加蛋白粉。即便是去健身房增肌，除非是健美运动员，一般人只需比平常多吃一两瘦肉和一两个蛋就可以了。</p>				
<p>Protein powder, grape seed capsule, organic food, high calcium milk, fish oil, sea cucumber, antialcoholic drugs, enzymes, children's soy sauce, stomach biscuits, primipara eggs, black sugar, black wolfberry... Are these things completely useless? No! Protein powder: If you can eat enough fish, eggs and milk everyday, you really don't need to add protein powder. Even if you go to the gym to build up your muscles, unless you are a bodybuilder, the average person only needs to eat one or two more lean meat and one or two more eggs than usual.</p>				
<div><div>高血压</div><div>Hypertension</div></div>				
1. 高血压患者几大要素需谨记	来源：南方网	主体：公众	态度：提倡	时间：08:36:17
Several essential factors of hypertension patients should be kept in mind	Source: Southern net	Subject: public	Attitude: advocate	Time: 08:36:17
<p>不少高血压患者平日生活规律，血压控制得很平稳，一旦外出，生活环境、气候、饮食习惯、作息时间都有很大改变，心脑血管并发症发生率会大大增加。如何做到平安出游？广东省中医院老年病科主治医师吴瑜支招，在旅行前及旅行时做好充分的准备，只要控制得当，高血压患者也可以享受像正常人一样的旅游玩乐。</p>				
<p>Many hypertensive patients live regularly and their blood pressure is controlled smoothly. Once they go out, their living environment, climate, eating habits and working and sleeping time have changed greatly, and the incidence of cardiovascular and cerebrovascular complications will increase greatly. How to travel safely? Wu Yu, the chief physician in geriatrics department of Guangdong Hospital of Traditional Chinese Medicine, made full preparations before and during the trip. As long as the hypertension patients were properly controlled, they could enjoy the same traveling pleasure as normal people.</p>				
2. 新年健康从这十条开始	来源：人民网	主体：公众	态度：提倡	时间：09:45:23
New Year's Health Begins with Ten Rules	Source: People's net	Subject: public	Attitude: advocate	Time: 09:45:23
<p>“健康快乐”是每个人的愿望。美国医学会开年之际提出10项建议，希望人们新的一年在生活方式、心理健康等方面做出积极调整，收获健康。《生命时报》记者根据国内情况，邀请多位专家进行了详细解读和指导。</p>				
<p>"Health and happiness" is everyone's wish. At the beginning of the new year, the American Medical Association put forward 10 suggestions, hoping that people will make positive adjustments in lifestyle, mental health and other aspects in the new year, so as to reap health. According to the domestic situation, the reporter of Life Times invited many experts to interpret and guide in detail.</p>				
3. 汤要喝对才有营养这几类人喝汤注意这些原则	来源：星岛环球网	主体：公众	态度：提倡	时间：10:35:23
These principles should be paid attention to when people drink soup properly.	Source: Star Island Global Network	Subject: public	Attitude: advocate	Time: 10:35:23
<p>到了冬季有一部分人群会通过喝汤的方式来养生，不仅仅能够提高身体的温度，同时也可以吸收里面的营养，但是对于特殊的人群来说，如果不注意喝汤的话，有可能会带来健康隐患。哪些人群喝汤要谨慎？</p>				
<p>In winter, some people will drink soup to keep healthy. It can not only increase the body temperature, but also absorb the nutrition inside. But for special people, if they do not pay attention to the soup, it may bring health risks. Which groups should be cautious when drinking soup?</p>				
<div><div>心血管健康</div><div>Cardiovascular health</div></div>				
1. 保养血管要趁早这些好习惯助你一臂之力	来源：多维新闻网	主体：公众	态度：提倡	时间：16:36:23
Maintaining your blood vessels should help you with these good habits as early as possible.	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 16:36:23
<p>提到血管保养，很多人认为这是老年人才会关心的事。但是，近年来频频发作的中青年人猝死事情，显示了心脑血管疾病日益年轻化的征兆。要预防或改善心脑血管病，血管健康是基础。最近，日本庆应义塾大学特任教授暨东京巢原医院院长栗原毅，在日本《一周新闻》杂志上，向公众介绍了让血管恢复“青春”的3条生活习惯。</p>				
<p>When it comes to blood vessel maintenance, many people think it's something older people care about. However, in recent years, the frequent occurrence of sudden death in young and middle-aged people shows signs of the younger and younger cardiovascular and cerebrovascular diseases. To prevent or improve cardiovascular and cerebrovascular diseases, vascular health is the foundation. Recently, Professor-in-Charge of Keio Yiku University and Dean of Keihara Hospital in Tokyo, Ichihara, introduced to the public three habits of restoring blood vessels to "youth" in Japan's Weekly News magazine.</p>				
2. 脐痛、犯懒、牙痛.....都是心肌缺血的警报！这些实用的护心要点，记得...	来源：搜狐	主体：公众	态度：提倡	时间：23:42:25
Umbilical pain, laziness, toothache... It's all a warning of myocardial ischemia! These practical key points of heart protection, remember	Source: Sohu	Subject: public	Attitude: advocate	Time: 23:42:25
<p>作为心内科专家，首都医科大学北京胸科医院心脏中心主任张健有个习惯，每次手术后都会仔细询问患者，身体有哪些变化，哪些症状在手术后改善了、不见了？问得多了，他便总结出了一系列让人意外的心肌缺血症状。张健说，虽然很多症状现在还不能从医学理论上作出很好的解释，但患者手术前后症状的明显变化，可以在一定程度上说明它们与心肌缺血间存在相关性。如果你的身体也出现类似表现，不妨多多个心眼，考虑是不是心脏问题所致。</p>				
<p>As an expert in cardiology, Zhang Jian, director of the heart center of Beijing Thoracic Hospital, Capital Medical University, has a habit of asking patients carefully after each operation what changes have taken place in their bodies and what symptoms have improved or disappeared after the operation. Asked a lot, he summed up a series of unexpected symptoms of myocardial ischemia. Zhang Jian said that although many symptoms can not be well explained from the medical theory, the obvious changes of symptoms before and after surgery can explain to some extent the correlation between them and myocardial ischemia. If your body has similar performance, you might as well have more than one eye to consider whether it is caused by heart problems.</p>				
3. 血管越硬越短命，特别30岁以上！5种方法促进血液循环，软化血管	来源：搜狐	主体：公众	态度：提倡	时间：20:43:49
The harder the blood vessels, the shorter the life expectancy, especially over 30 years old! Five methods to promote blood circulation and soften blood vessels	Source: Sohu	Subject: public	Attitude: advocate	Time: 20:43:49
<p>现如今，正是各种心脑血管疾病高发的一个阶段，无论是高血压还是高血脂，都是影响血管健康的重要威胁因素。正因为如此，市面上关于“洋葱软化血管”、“红酒软化血管”的理论层出不穷；但其实，对于软化血管这件事来说，和您想的还真不太一样。吃哪些食物可以软化血管？从科学角度来讲，吃哪种食物都不会起到软化血管的作用。</p>				
<p>Nowadays, it is a high-incidence stage of various cardiovascular and cerebrovascular diseases. Hypertension and hyperlipidemia are important threats to vascular health. Because of</p>				

this, theories about "onion softening blood vessels" and "red wine softening blood vessels" emerge in endlessly, but in fact, for the matter of softening blood vessels, it is quite different from what you think. What foods can you eat to soften blood vessels? From a scientific point of view, eating any kind of food will not play a role in softening blood vessels.				
4. 佳节临近，心健康是送给自己和家人最好的礼物 Heart health is the best gift for yourself and your family as the festival approaches.	来源：科技讯 Source: Science and Technology News	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:06:15 Time: 15:06:15
春季临近，合家欢乐，但这却是一年中最考验中老年人朋友心脏健康的时刻。 每年春节期间都是心血管疾病的高发期，对于有高血压病、糖尿病、高血脂症等病史的人群，尤其需要预防冠心病、急性心肌梗死的发 春季临近，合家欢乐，但这却是一年中最考验中老年人朋友心脏健康的时刻。 每年春节期间都是心血管疾病的高发期，对于有高血压病、糖尿病、高血脂症等病史的人群，尤其需要预防冠心病、急性心肌梗死的发作。				
Spring is approaching and the family is happy, but this is the most test time of the year for the heart health of old people and friends. Every Spring Festival is a period of high incidence of cardiovascular diseases. For people with history of hypertension, diabetes, hyperlipidemia and other diseases, especially the need to prevent the onset of coronary heart disease, acute myocardial infarction in the spring is approaching, family joy, but this is the most test of the year in the heart health of elderly friends. Every Spring Festival is a period of high incidence of cardiovascular diseases. For people with history of hypertension, diabetes, hyperlipidemia and other diseases, it is particularly necessary to prevent the onset of coronary heart disease and acute myocardial infarction.				
综合健康信息 Comprehensive Health Information				
1. 宝宝吃零食，“好朋友”“坏朋友”要分清 Baby snacks, "good friends" and "bad friends" should be distinguished	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 05:23:46 Time: 05:23:46
爱吃零食是宝宝的天性，而这也让很多的妈妈们感到头疼，让宝宝吃吧，怕影响健康，不吃吃吧，宝宝充满渴望的小眼神又让人心疼。其实妈妈们大可不必如此伤神，只要学会正确挑选，吃零食就对宝宝的健康有利无弊。 跟大人相比，宝宝的胃容量小、肝糖原储备不足，抗饿能力差，再加上小孩子活泼好动，更会加速能量消耗，所以只靠三餐提供能量远远不够，给宝宝增加零食非常必要。				
Snacking is a baby's nature, and this also makes many mothers feel headache, let the baby eat, afraid of affecting health, do not let it eat, baby's small eyes full of desire is painful. In fact, mothers need not be so distressed, as long as they learn to choose correctly, eating snacks will be good for the health of their babies. Compared with adults, the baby's small stomach capacity, inadequate liver glycogen reserve, poor anti-hunger ability, coupled with active children, will accelerate energy consumption, so only three meals to provide energy is far from enough, it is necessary to increase snacks for the baby.				
2. 学校应注重对学生进行“食育” Schools should pay attention to "feeding and educating" students	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 00:23:52 Time: 00:23:52
邻居小军肚子胀，吃不下饭，嘴里还不时冒出一股股发酵的酒味，尽管吃了许多健胃消食的药也无济于事，身体日渐虚弱，还伴有发烧等症状，父母急得连夜送他往州府医院救治。经医生诊治得知，小军得的是“防腐剂中毒”，胃里的消化液被过量的防腐剂严重破坏而导致消化不良。医生只得采用药物催吐法等措施，让他胃里的“滞食”全部吐出来，才化险为夷。究其原因，学校尽管早已取缔食品经销店，但吃惯了鸭脖、凤爪、腌蛋等垃圾食品的小军还在街边路口的代销店里偷偷地买吃。				
Neighbor Xiaojun's stomach is bloated, he can't eat, and his mouth is full of fermented wine. Although he has eaten a lot of stomach-strengthening drugs, he is getting weaker and weaker. He also has fever and other symptoms. His parents rushed him to the state capital hospital overnight for treatment. According to the doctor's diagnosis and treatment, Xiaojun was suffering from "preservative poisoning". The digestive juice in his stomach was severely damaged by excessive preservatives, resulting in indigestion. Doctors have to use drug emetic method and other measures, so that his stomach "stasis" all vomit out, before turning dangerous. The reason for this is that although the school has banned food distributors for a long time, the small army, accustomed to eating junk food such as duck neck, chicken claws and pickled eggs, is still buying and eating in the distributor's shops at street junctions.				
3. 香港饭店推行减盐减糖堆“糖山” 冀创世界纪录 Hong Kong Hotel Promotes Sugar Hill, a Salt Reduction and Sugar Reduction Pile, to Set a World Record	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:35:06 Time: 14:35:06
据香港《文汇报》报道，香港开展《少盐、少糖、少·确幸》全城减盐减糖运动，目前已有约400间饭店加入行动。2月23日，中环“大馆”将举办大型宣传活动，届时会将参与饭店减少的方糖按比例堆成糖山，预计能打破堆糖山世界纪录，打造以减盐减糖为主导的健康饮食新潮流。营养师建议，市民可以用小番茄、麦片、麦包等，取代高糖高脂和加工食物。				
According to Hong Kong's Wen Bao, about 400 hotels have joined the city's campaign to reduce salt, sugar and sugar. On February 23, a large-scale publicity campaign will be held in the Central Pavilion. Sugar mountain will be piled up proportionally with the reduced square sugar in the hotel. It is expected to break the world record of sugar mountain and create a new trend of healthy diet dominated by reducing salt and sugar. Nutritionists suggest that people can replace high sugar, high fat and processed food with small tomatoes, cereals, wheat bags, etc.				
4. 感冒时这8种食物最好别碰可能加重病情 When you have a cold, these eight foods are best left untouched, which may aggravate the illness.	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:37:21 Time: 21:37:21
近段时间，流感盛行。一人感冒，身边人纷纷被传染。有时候明明吃了药，病情为啥还是不见好？可能是你吃了不该吃的东西！1、蜂蜜。感冒了多半会咳嗽，而蜂蜜有止咳的作用，于是很多人感冒时会喝蜂蜜缓解咳嗽症状。专家表示，感冒药最好不要和蜂蜜一起喝。同理，凡是含蜂蜜的中成药，如止咳糖浆、川贝枇杷膏等也不宜和感冒药同服。另外，蜂蜜主要通过润肺来达到止咳作用，感冒引起的咳嗽多因外感所致，不宜滋补，最好不要喝蜂蜜。				
Influenza has been prevalent in recent years. One person caught a cold and others around him were infected. Sometimes I take medicine, why is my condition still not good? Maybe you ate something you shouldn't eat! 1. Honey. Most colds cough, and honey has a cough-relieving effect, so many people will drink honey when they have a cold to relieve cough symptoms. Experts say it's better not to drink cold medicine with honey. Similarly, any Chinese patent medicine containing honey, such as cough syrup, Chuanbei loquat ointment, should not be taken with cold medicine. In addition, honey can relieve cough mainly by moistening the lungs. Cough caused by cold is mostly caused by exogenous cold. It is not suitable to nourish, and it is better not to drink honey.				
5. 每周运动一两次不足以“击退”脂肪肝 Exercise once or twice a week is not enough to "fight off" fatty liver	来源：人民网广西频道 Source: People's Network Guangxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:39:15 Time: 16:39:15
前段时间的体检高峰之后，不少人拿到了体检报告，有人发现，报告上出现了“脂肪肝”的字样。得了脂肪肝该怎么办？广州市中医医院主任中医师林穗芳提醒，体检发现脂肪肝不用过度紧张，脂肪肝一般都是可以恢复的，但是也不能掉以轻心，假如任由其发展，继续不良的生活习惯、饮食习惯或药物伤害，就会发展到肝硬化甚至肝功能衰竭。而一旦到了肝硬化这个阶段，就不可逆转了。				
Some time ago, after the peak of physical examination, many people got the medical examination report. Some people found that the word "fatty liver" appeared in the report. What should I do when I get fatty liver? Lin Suifang, director of Guangzhou Hospital of Traditional Chinese Medicine, reminded me that physical examination found that fatty liver can be recovered without excessive tension, but it can not be taken lightly. If we allow it to develop and continue to have bad habits, dietary habits or drug injuries, it will develop to liver cirrhosis and even liver failure. Once the stage of cirrhosis is reached, it is irreversible.				
6. 国家卫健委：目前流感疫苗供应已基本平衡 National Health Care Commission: At present, the supply of influenza vaccine has been basically balanced.	来源：新华报业网 Source: Xinhua News Network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 20:45:35 Time: 20:45:35
冬春季是流感、感染性腹泻等传染病的高发季节，其中流感作为冬春季常见的呼吸道传染病，每年冬春季都会出现流行高峰。春节将近，为了做好节假日期间的传染病等疾病的防控和应对工作，国家卫健委25日在北京召开新闻发布会，介绍冬春季传染病防控工作情况和防护知识，并回答记者提问。				
Winter and spring are the high-incidence seasons of influenza, infectious diarrhea and other infectious diseases. Influenza, as a common respiratory infectious disease in winter and spring, has an epidemic peak every winter and spring. With the Spring Festival approaching, in order to do a good job in the prevention, control and response of infectious diseases and other diseases during the festival, the State Health and Health Commission held a press conference in Beijing on the 25th to introduce the situation and knowledge of prevention and control of infectious diseases in winter and spring, and to answer journalists' questions.				
7. 蒙城县吕望卫生院开展健康教育进家庭行动实现贫困患者家庭全覆盖 Mengcheng Lvwang Health Hospital Carries out Health Education into Family Action to Achieve Full Family Coverage for Poverty-stricken Patients	来源：健康报 Source: Health News	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 23:53:06 Time: 23:53:06
蒙城县吕望卫生院依托重大公共卫生项目、基本公共卫生服务、家庭医生签约服务和基层计划生育服务，覆盖全部贫困患者家庭，积极开展健康教育进家庭行动，根据村（居）民的疾病特点提供健康教育服务，为贫困家庭筑起健康防护网。一家一张“明白纸”。每年度向每个贫困患者家庭发放至少1份有针对性的健康教育材料，如书籍、宣传册、折页、张贴画等。				
Relying on major public health projects, basic public health services, family doctor contracting services and family planning services at the grass-roots level, Lvwang Health Hospital of Mengcheng County covers all poor families, actively carries out health education into family action, provides health education services according to the disease characteristics of				

the villagers, and builds a health protection network for poor families. One by one "clear paper". Every year, at least one targeted health education material, such as books, brochures, folders and posters, is distributed to every poor family.

8. [糖尿病人过年忌口营养师:掌握五大原则](#)
[Diabetic New Year's Day Dietitian: Mastering Five Principles](#)

来源: 大纪元 (新闻发布)
Source: The Great Era (Press Release)

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 22:09:59
Time: 22:09:59

除夕围炉团聚，一不小心就热量爆表，对慢性病人来说更是危机重重。“糖尿病过年底到底可以吃什么？” ，为了和家人朋友聚餐不扫兴，台中医院营养师教导掌握 5 大原则，就可以安心享用美味年菜。第1招“原态食物，少加工”，尤其是慢性肾脏病有更需注意，经过加工后的食品虽然口感、香味或色泽更好，内含的各种食品添加剂也是增加肾脏负荷的来源。

New Year's Eve reunion, accidentally on the heat meter explosion, for chronic patients is a serious crisis. "What on earth can diabetes eat during the Spring Festival?" In order to have dinner with family and friends without spoiling the fun, the nutritionist of Taiwanese Traditional Chinese Medicine Hospital teaches and grasps five principles, so that you can enjoy delicious New Year's dishes with ease. The first recruit is "raw food, less processing", especially chronic kidney disease needs more attention. Although processed food has better taste, fragrance or color, the various food additives are also the source of increasing kidney load.

9. [惊! 校园内暗藏危机! 台湾糖尿病学童十年升1.5倍](#)
[Surprise! Hidden crisis on campus! Diabetes mellitus in Taiwan has increased 1.5 times in ten years](#)

来源: 华夏经纬
Source: Chinese latitude and longitude

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 17:16:11
Time: 17:16:11

三餐老是在外，多油、多盐，导致学童肥胖率增高，无形中也增加罹患糖尿病风险！据糖尿病最新研究发现，婴儿出生体重决定成人后糖尿病风险，出生体重过轻者之糖尿病与高血压风险较高，出生体重过重者之肥胖与糖尿病风险增高。此外，糖尿病学童的盛行率这十年攀升1.5倍，代表着台湾的糖尿病危机从学龄时期就开始。

Three meals are always outside, oily and salty, which leads to an increase in the obesity rate of school children and an invisible increase in the risk of diabetes! According to the latest research on diabetes, infant birth weight determines the risk of diabetes in adults. Those with low birth weight have higher risk of diabetes and hypertension, while those with high birth weight have higher risk of obesity and diabetes. In addition, the prevalence of diabetes among school children has increased by 1.5 times in the past decade, representing the beginning of Taiwan's diabetes crisis from school age.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-25, 共监测到495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 495 WeChat public articles were monitored in 2019-01-25. This page shows the top five articles by repeat number today.

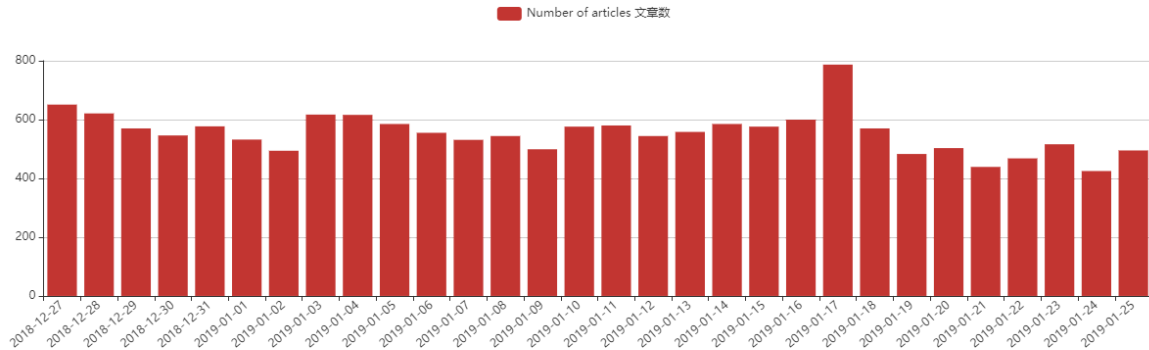
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

- [戒掉这些习惯, 因为关乎你的健康和寿命!](#)
[Get rid of these habits, because it's about your health and longevity!](#)

重复数: 5
Repeat Number: 5

日期: 2019-01-25
Data: 2019-01-25

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of giving up high-salt diet are obvious. Because of salt restriction, life expectancy of men increased by three years and that of women increased by 3.5 years in Nagano Prefecture of Japan in 10 years.
- [孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!](#)
[The child was found to have kidney failure because the mother liked the dressing! Let's have some snacks for parents.](#)

重复数: 5
Repeat Number: 5

日期: 2019-01-25
Data: 2019-01-25

营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。

Nutrition experts say that children who are less than six months old can only consume 0.5 g of salt a day, while children can't exceed 3 g a day, and adults can only consume 6 G. Although salt is a daily necessities, do not eat will have no strength, but eat too much will increase the burden of kidneys, heart and other organs, so now we recommend low sodium and less salt.
- [【提醒】尿毒症患者越来越多! 医生劝你: 4种食物尽量少吃](#)
[\[Reminder\] More and more people with uremia! The doctor advises you to eat as little as possible of the four kinds of food.](#)

重复数: 4
Repeat Number: 4

日期: 2019-01-25
Data: 2019-01-25

盐可以说是生活中必不可少的调味品, 若是正常摄入盐分, 对身体是有好处的。但是现代人饮食口味普遍偏重, 导致吃盐远远超过每日正常推荐量。吃得过咸, 增加了肾脏负担, 加之摄入过多的钠会导致体内电解质失衡, 体内水分不易排出, 进一步增加肾脏负担。

Salt can be said to be an essential condiment in life, if the normal intake of salt, is good for the body. But modern people's dietary taste is generally biased, resulting in eating salt far more than the normal daily recommended amount. Eating too salty increases the burden of the kidney. Too much sodium intake will lead to electrolyte imbalance in the body. Water in the body is not easy to drain, which further increases the burden of the kidney.
- [28岁男子, 凌晨突发心梗离世, 医生劝告: 心梗最爱找上这2类人](#)
[A 28-year-old man died of a sudden myocardial infarction in the early morning. Doctors advise that myocardial infarction is the most favorite type of person to find.](#)

重复数: 4
Repeat Number: 4

日期: 2019-01-25
Data: 2019-01-25

吃得太过, 摄入过多钠, 进入血液, 易引起水钠滞留, 使血容量增加、血压上升, 增加心脑血管疾病的风险。所以, 生活中, 要注意少盐, 除了炒菜的食用盐, 还是注意酱菜、咸菜、咸鸭蛋等过咸食物的摄取。此外, 食用调料, 如耗油、酱油等, 也含有一定的盐分, 要注意用这类调味品时, 要适当减少食盐的用量。

Eat too salty, intake too much sodium, into the blood, easy to cause water and sodium retention, increase blood volume, blood pressure, increase the risk of cardiovascular and cerebrovascular diseases. Therefore, in life, we should pay attention to less salt, in addition to cooking salt, or pay attention to pickles, salted vegetables, salted duck eggs and other salty food intake. In addition, edible condiments, such as soy sauce, soy sauce and so on, also have a certain degree of salt, we should pay attention to the use of such condiments, to reduce the amount of salt appropriately.
- [这个病比癌症可怕, 有人花了130万没能救命! 你需要这么防](#)
[The disease is more terrible than cancer. Someone spent 1.3 million dollars to save his life. You need to be so defensive](#)

重复数: 3
Repeat Number: 3

日期: 2019-01-25
Data: 2019-01-25

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control can help reduce hypertension and prevent cerebral hemorrhage, but in recent years, due to the existence of "invisible salt", although people eat less salt, but the culprit in salt - sodium intake has increased. For example, MSG, tomato sauce, sauce, soy sauce, sweet paste, dessert, ice cream, sausage, bacon, instant noodles and so on all contain a lot of sodium. Hypertensive patients should avoid it in time.

减盐-微博

Salt Reduction - Weibo

2019-01-25, 共检测到2378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。

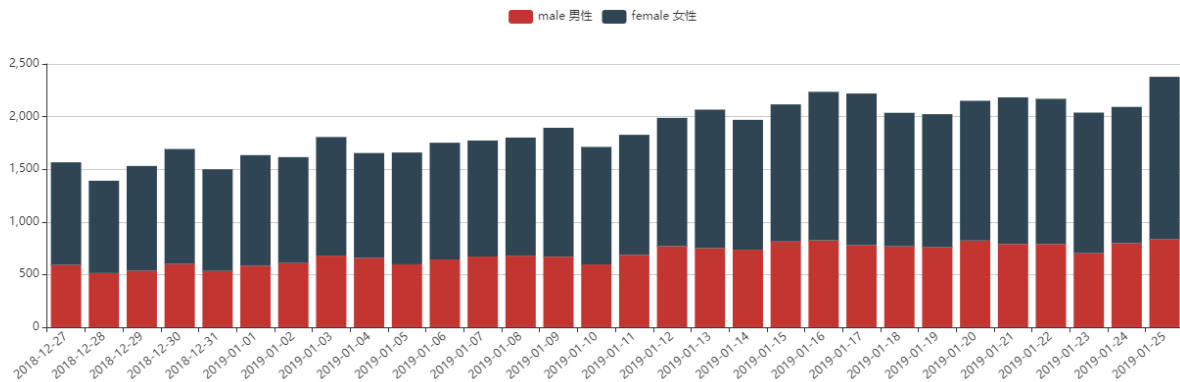
There are 2378 weibos about salt reduction monitored on 2019-01-25.

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

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

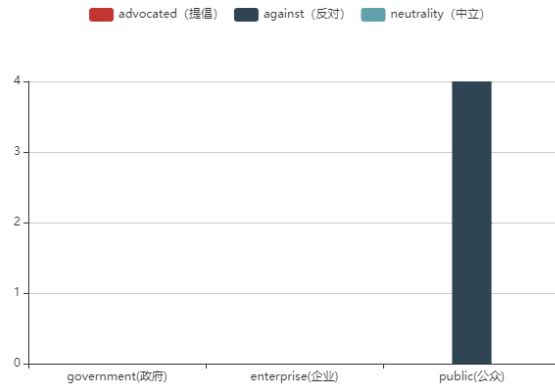
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-25) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-01-25. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 宝宝吃零食，“好朋友”“坏朋友”要分清 Baby snacks, "good friends" and "bad friends" should be distinguished	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 05:11:34 Time: 05:11:34
爱吃零食是宝宝的天性，而这也让很多的妈妈们感到头疼，让宝宝吃吧，怕影响健康，不让吃吧，宝宝充满渴望的小眼神又让人心疼。其实妈妈们大可不必如此伤神，只要学会正确挑选，吃零食就对宝宝的健康有利无弊。跟大人相比，宝宝的胃容量小、肝糖原储备不足，抗饿能力差，再加上小孩子活泼好动，更会加速能量消耗，所以只靠三餐提供能量远远不够，给宝宝增加零食非常有必要。				
Snacking is a baby's nature, and this also makes many mothers feel headache, let the baby eat, afraid of affecting health, do not let it eat, baby's small eyes full of desire is painful. In fact, mothers need not be so distressed, as long as they learn to choose correctly, eating snacks will be good for the health of their babies. Compared with adults, the baby's small stomach capacity, inadequate liver glycogen reserve, poor anti-hunger ability, coupled with active children, will accelerate energy consumption, so only three meals to provide energy is far from enough, it is necessary to increase snacks for the baby.				
2. 奶茶和雪糕吃多了会堵塞血管？ If you eat too much milk tea and ice cream, you will clog your blood vessels?	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:12:41 Time: 10:12:41
网上传言称“网上流传奶茶和雪糕中的配料植脂末,会危害人的健康,造成血管堵塞.....” 这对于一个喜欢喝奶茶的人来说可不是什么好消息,果真如此么?植脂末是奶茶、雪糕等食物中的常见配料,植脂末是否危害健康,就看含有的反式脂肪酸含量有多少。不过,从全国水平来看,我们吃的食品(包括含有植脂末的咖啡、奶茶、雪糕、面包等)中反式脂肪酸含量总和仍低于WHO的限量水平,所以也没有必要太过担心。				
There are rumors on the Internet that "the ingredients of milk tea and ice cream, which are spread on the internet, will endanger people's health and cause blockage of blood vessels..." This is not good news for a person who likes to drink milk tea. Is it true? The vegetable fat powder is a common ingredient in milk tea, ice cream and other foods. Whether the vegetable fat powder is harmful to health depends on the content of trans fatty acids. However, at the national level, the total content of trans fatty acids in all foods we eat (including coffee, milk tea, ice cream, bread, etc.) is still below the WHO limit, so there is no need to worry too much.				
3. 不爱喝牛奶，成年人如何达标奶制品摄入量？ Do not like to drink milk, adults how to meet the standard intake of dairy products?	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:15:32 Time: 08:15:32
“吃奶”是婴儿的专利?可不是!《中国居民膳食指南(2016版)》推荐成人每天摄入奶及奶制品300g，如果不愿意喝牛奶，可以尝试用奶粉、酸奶、奶酪等奶制品来代替。干酪：浓缩了的固体牛奶。干酪又名乳酪、奶酪或芝士，甚至还有的音译叫起司。大约每10公斤牛奶才能产出1公斤比较“硬”的奶酪，常见的奶酪含蛋白质高达20%以上，含钙量可达鲜奶的6~8倍左右，B族维生素和维A、维D的含量都高于普通牛奶好几倍。				
"Eating milk" is the patent of infants? No, it is not! The Dietary Guidelines for Chinese Residents (2016 Edition) recommends that adults take in 300 g of milk and dairy products every day. If they are unwilling to drink milk, they can try to use milk powder, yogurt, cheese and other dairy products instead. Cheese: Concentrated solid milk. Cheese, also known as mashed milk, cheese or cheese, is even transliterated into cheese. About every 10 kilograms of milk can produce one kilogram of "hard" cheese. Common cheese contains more than 20% protein and 6-8 times calcium as fresh milk. The content of B vitamins, vitamin A and vitamin D are several times higher than ordinary milk.				
4. 糖尿病人如何健康饮食过大年？ How do diabetics eat healthily for the New Year?	来源：河北新闻网 Source: Hebei News Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 17:24:15 Time: 17:24:15
有道是“人逢喜事精神爽，一到春节血糖高。” 虽然现在距离春节还有不到两周的时间，但不少小伙伴已经开启了“假日模式”，每日的菜肴比平时丰富了许多，点心、零食也大大增多。然而心情舒畅的时候警惕性也会下降，许多平时对饮食管理比较严格的糖友此时也不免“城门失守”。对于广大糖尿病患者来说，生活习惯的改变可能带来血糖的波动，给身体健康带来诸多威胁。				
There is a saying that "people are refreshed at happy events, and their blood sugar is high during the Spring Festival." Although the Spring Festival is less than two weeks away, many small partners have started the "holiday mode", the daily dishes are much richer than usual, snacks and snacks are also greatly increased. However, when the mood is comfortable, vigilance will also drop. Many sugar pals who usually have strict diet management will inevitably lose their guard at this time. For the majority of diabetic patients, changes in living habits may bring about fluctuations in blood sugar, bringing many threats to health.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2019-01-25, 共监测到280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 280 WeChat public articles were monitored in 2019-01-25. This page shows the top five articles by repeat number today.

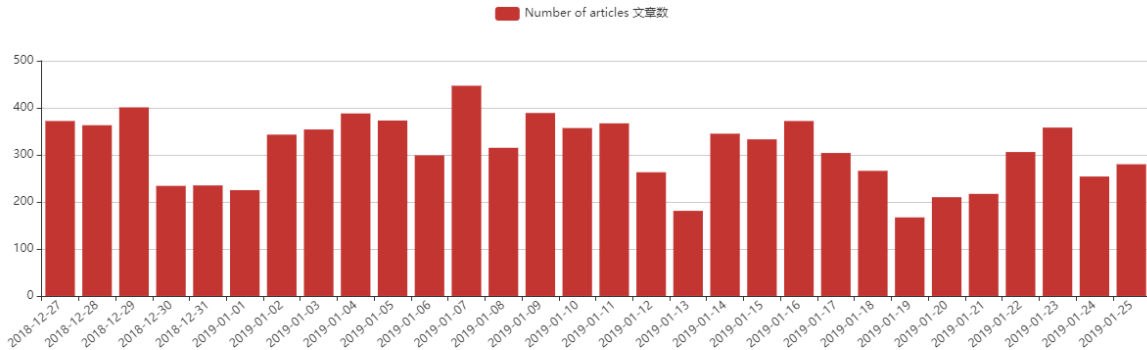
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 29

日期: 2019-01-25

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number: 29

Data: 2019-01-25

少吃加工食品, 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

Eat less processed food, a major killer of the heart is trans fatty acids, especially artificial fried food, all kinds of "crispy" to eat less. Eat less artificial food and more natural food. When words such as hydrogenation, refining and man-made appear in the ingredient list, we should be vigilant. It may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

2. 【谣言粉碎机】常吃粗粮好处多? 别让“伪粗粮”毁掉你的健康!

重复数: 8

日期: 2019-01-25

[What are the benefits of eating coarse grains? Don't let "false roughage" destroy your health!](#)

Repeat Number: 8

Data: 2019-01-25

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

Most of the roughage biscuits we eat are crisp, rough and not rough. This is because some businesses will add a lot of saturated and trans fatty acids to crisp the fibers and improve the taste. This also often results in higher fat content in crude-grain biscuits than in ordinary biscuits, so it is necessary to control the intake. The same is true of cereal drinks, not to mention the loss of nutrients after grinding the coarse grains, which may add a lot of sugar in the process of making, and it is easy to cause obesity if you eat too much.

3. 全球公认最易发胖的10种食物, 减肥的人绝不能碰, 每一口都长肉!

重复数: 4

日期: 2019-01-25

[Globally recognized 10 kinds of food are the most fattening. People who lose weight should never touch them. Every mouthful is full of meat!](#)

Repeat Number: 4

Data: 2019-01-25

各种类型饼干 (不含低温烘烤和全麦饼干) 加重肝脏负担 由于添加防腐剂、食用香精和色素等, 使人体肝脏负担加重。影响身体正常代谢 为增加货架期和产品稳定性而添加氢化油的产品中都可以发现反式脂肪酸。热量高、营养成分低

Various types of biscuits (including low temperature baking and whole grain biscuits) increase the burden on the liver, as the addition of preservatives, food flavors and pigments makes human liver burden heavier. Trans fatty acids can be found in products added with hydrogenated oil to increase shelf life and product stability. High calorific value and low nutritional content

4. 面包里的“毒”, 你知道吗? 面点师傅从来都不会告诉你的商业机密

重复数: 4

日期: 2019-01-25

[Do you know the poison in bread? Noodle chefs never tell you business secrets](#)

Repeat Number: 4

Data: 2019-01-25

制作一个正宗的菠萝包, 需要用到很多黄油, 而天然的黄油成本非常高, 所以, 很多面包店里都是用人造黄油代替。人造黄油中, 含有大量的反式脂肪酸, 而反式脂肪酸则会增加人患糖尿病、心脑血管疾病的风险。并且反式脂肪酸在人体内是不容易消化排除的, 堆积的时间长了, 会导致人发胖。

It takes a lot of butter to make an authentic pineapple bag, and natural butter costs a lot, so many bakeries use margarine instead. Margarine contains a lot of trans fatty acids, and trans fatty acids will increase the risk of diabetes, cardiovascular and cerebrovascular diseases. And trans fatty acids in the human body is not easy to digest and eliminate, accumulated for a long time, will lead to obesity.

5. “咖啡”喝不对容易离医院更近! 奉劝大家: 这3种人最好别喝

重复数: 3

日期: 2019-01-25

["Coffee" is not easy to drink closer to the hospital! Advice to everyone: these three people had better not drink](#)

Repeat Number: 3

Data: 2019-01-25

植脂末这种物质比较特别, 它的主要组成物质是葡萄糖浆、氢化植物油以及各种食品添加剂。氢化植物油中含有较多的反式脂肪酸物质, 经常摄入会升高我们身体当中的坏胆固醇含量, 降低身体当中好脂肪酸的含量。大量摄入反式脂肪酸会增加患高血脂等心脑血管疾病的患病概率。

This kind of substance is very special. Its main components are glucose syrup, hydrogenated vegetable oil and various food additives. Hydrogenated vegetable oils contain a lot of trans fatty acids. Regular intake will increase the bad cholesterol content in our body and reduce the content of good fatty acids in our body. High intake of trans fatty acids increases the risk of cardiovascular and cerebrovascular diseases such as hyperlipidemia.

反式脂肪酸-微博 Transfat - Weibo

2019-01-25, 共检测到122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。

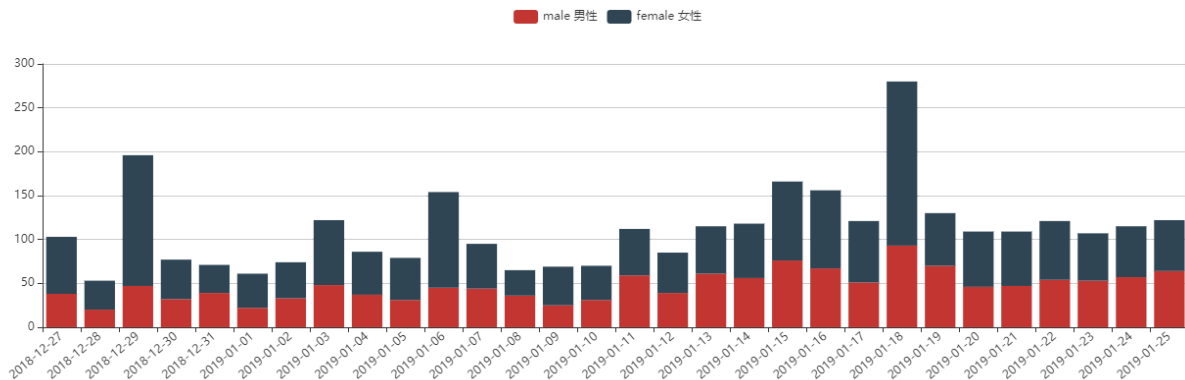
There are 122 weibos about transfat reduction monitored on 2019-01-25.

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

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 昵称: 潮妈喂养学

地区: 台湾

认证: 无

Nickname: 潮妈喂养学

Area: Taiwan

Identity: None

时间: 2019-01-25 16:37
Time: 2019-01-25 16:37

来自: 皮皮时光机
Source: 皮皮时光机

转发数: 100
Repost: 100

评论数: 80
Comment: 80

点赞数: 0
Like: 0

【少给孩子吃奶片】奶香浓郁的奶片，是许多小朋友喜欢的零食。不过，不少奶片中含有添加剂，过量食用对孩子健康有潜在危害。仔细看配料表就会发现，除了奶粉、白砂糖，“植脂末”、“香精”等添加剂也赫然在列。尤其是植脂末，其中含有反式脂肪酸，不但利宝宝健康，还会影响智力发育。
Milk slices with strong fragrance are favorite snacks for many children. However, many dairy tablets contain additives, and excessive consumption has potential harm to children's health. A careful look at the ingredient list will show that in addition to powdered milk and white granulated sugar, additives such as "fat tail" and "essence" are also listed. Especially the vegetable fat powder, which contains trans fatty acids, not only harmful to the health of babies, but also affect intellectual development.