

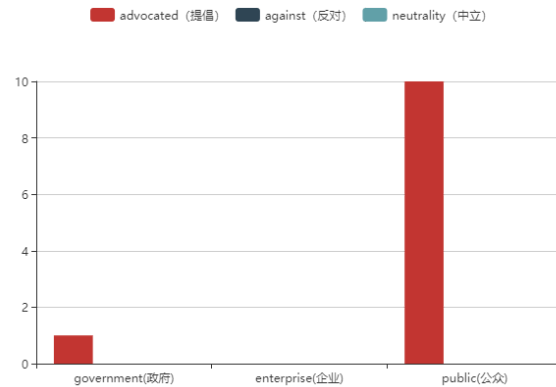
减盐-新闻

Salt Reduction - News

今日 (2019-01-26) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-01-26. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

没有相关文章!

No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠 Sodium in food

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!

安徽
Anhui

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!

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				
1. 2018年温州市婚检数据出炉逾万新人被查出健康问题 More than 10,000 newlyweds were found to have health problems in Wenzhou in 2018	来源: 温州网 Source: Wenzhou net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:11:25 Time: 10:11:25
1月25日，记者从妇幼保健所了解到，2018年我市婚检率达92.80%，其中1万余人检出疾病，男性检出率为29.11%，女性检出率为18.92%。其中，内科系统疾病检出率高居五大类疾病榜首，占检出疾病数的七成以上。检出疾病前三位的分别是脂肪肝、乙肝和贫血。市妇幼保健所妇保科相关负责人表示，脂肪肝主要和饮食有关，过多地摄入，转化为脂肪，加之运动缺乏，肝脏的代谢失衡，就会形成脂肪肝。				
On January 25, the reporter learned from the Maternal and Child Health Institute that in 2018, the rate of premarital examination in our city reached 92.80%, of which more than 10,000 people detected diseases, the male detection rate was 29.11%, and the female detection rate was 18.92%. Among them, the detection rate of diseases in internal medicine system ranks first among the five categories of diseases, accounting for more than 70% of the detected diseases. The top three diseases were fatty liver, hepatitis B and anemia. City Maternal and Child Health Center gynecological and health care department responsible person said that fatty liver is mainly related to diet, excessive intake, into fat, coupled with lack of exercise, liver metabolism imbalance, will form fatty liver.				
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. 安信老师：错过5种食物会让你更衰老 Teacher Anqian: Eating five kinds of food by mistake will make you look older.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:03:41 Time: 10:03:41

所有人都希望自己永葆青春。选对食物，能让你美梦成真。选错食物，就是为自己备了一个“年龄加速器”。腌制食品。在腌制过程中，需要大量放盐，这会导致此类食物钠盐含量超标，造成常常进食腌制食品者肾脏的负担加重。此外，由于高浓度的盐分可严重损害胃肠道粘膜，故常进食腌制食品者，胃肠炎症和溃疡的发病率较高。最重要的是，吃多了腌制食品，会促使女人早衰。

Everyone wants to be young forever. Choose food to make your dreams come true. Choosing the wrong food is to set up an "age accelerator" for yourself. Pickled food. In the process of curing, a large amount of salt is needed, which will lead to the excessive sodium content of such foods, and increase the burden on the kidneys of those who often eat cured foods. In addition, because high concentration of salt can seriously damage the gastrointestinal mucosa, the incidence of gastrointestinal inflammation and ulcer is higher among those who often eat pickled food. Most importantly, eating too much pickled food will promote premature aging of women.

2. 肉干富含脂肪每天限吃半片 Dried meat is rich in fat and is limited to half a piece per day.	来源：联合早报 Source: Lianhe Zaobao	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:09:28 Time: 10:09:28
--	----------------------------------	--------------------------	-----------------------------	-------------------------------

农历新年这期间，许多人会吃肉干欢度佳节。大家都应该知道，肉干的脂肪、糖分和钠含量偏高。然而，不同种类的肉干，营养成分有何不同？且听本地营养师解析。国立大学综合诊疗所首席营养师吴美玲接受《活得好》访问时说，一般上大家都可吃肉干，除非对用来制作肉干的食材过敏。要提醒的是，肉干富含脂肪、糖分和钠，所以应适量食用。至于吃多少才算适量，应根据大家目前的饮食、能量需求和活动量而定。

During the Lunar New Year, many people eat dried meat to celebrate the festival. You should all know that dried meat has high fat, sugar and sodium content. However, what are the nutritional components of different types of jerky? And listen to the local dietitian. Wu Meiling, chief nutritionist at the National University Comprehensive Clinic, said in an interview with Good Live that generally everyone can eat jerky unless they are allergic to the food used to make jerky. It should be noted that dried meat is rich in fat, sugar and sodium, so it should be eaten in moderation. As for how much to eat, it depends on your current diet, energy needs and activity.

高血压 Hypertension

没有相关文章！

No such articles!

心血管健康 Cardiovascular health

1. 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... Umbilical pain, laziness, toothache... It's all a warning of myocardial ischemia! These practical key points of heart protection, remember...	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：00:35:37 Time: 00:35:37
--	-----------------------	--------------------------	-----------------------------	-------------------------------

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。

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.

2. 医生直言：腿上有这4种变化，十有八九是血栓，尽早检查！ The doctor said frankly: there are four kinds of changes in the leg, nine out of ten are thrombus, check as soon as possible!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:36:49 Time: 11:36:49
---	-----------------------	--------------------------	-----------------------------	-------------------------------

腿是人类的根基，也是人体血管最密集的区域。腿部的一些变化往往与肝脏、心脏、肾脏、大脑等器官有着密切的联系，一旦腿部出现异常，这就有可能是预示这大病的“降临”。大家都知道，血栓是一种非常可怕的疾病，是心脏病、脑梗塞、肺栓塞等一些心脑血管疾病的“罪魁祸首”，而这些疾病都是可以致命的。在生活中，倘若你的腿发现了这4种变化，就必须要小心血栓来袭，抓不住，随时有生命危险！

Legs are the foundation of human beings and the most dense area of human blood vessels. Some changes in the legs are often closely related to liver, heart, kidney, brain and other organs. Once the legs are abnormal, this may be a sign of the "coming" of the disease. As we all know, thrombosis is a very terrible disease, is the "culprit" of heart disease, cerebral infarction, pulmonary embolism and other cardiovascular and cerebrovascular diseases, and these diseases can be fatal. In life, if you find these four changes in your legs, you must be careful about the attack of thrombus, can not grasp, at any time life is in danger!

3. 低头玩两小时手机，两个24岁小伙小脑梗死！当心，这种病盯上年轻人 Two hours of mobile phone playing, two 24-year-olds with cerebral infarction! Be careful, the disease is targeting young people.	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:48:52 Time: 09:48:52
---	--	--------------------------	-----------------------------	-------------------------------

据了解，近三年来，浙大一院神经内科已连续收住近60例颈动脉夹层患者，平均每年20例左右，其中大部分是青年卒中患者。冬季是卒中高发季 高危人群需提前做好预防措施 卒中就是我们俗称的“中风”，是一种急性脑血管疾病，由于脑部血管突然破裂或血管阻塞而引起脑组织损伤。它有致命的危险，许多患者因脑卒中而致残。“冬天，人体处于应激状态，血管收缩，血压升高，是脑卒中的发病高峰期，一定要做好预防措施。”

It is understood that in the past three years, the Department of Neurology of the First Hospital of Zhejiang University has continuously admitted nearly 60 patients with carotid artery dissection, with an average of about 20 cases per year, most of them young stroke patients. Winter is a high-risk season of stroke, high-risk groups need to take preventive measures in advance. Stroke is commonly known as "stroke", which is an acute cerebrovascular disease. Brain tissue damage is caused by sudden rupture or blockage of blood vessels in the brain. It is fatal and many patients are disabled by stroke. "In winter, the human body is in a state of stress, vasoconstriction, elevated blood pressure, is the peak period of stroke, we must do a good job of preventive measures."

综合健康信息 Comprehensive Health Information

1. 注意防流感，健康过春节 Attention to flu prevention and healthy Spring Festival	来源：中国新闻网 Source: China News Network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：06:36:37 Time: 06:36:37
---	--	------------------------------	-----------------------------	-------------------------------

春节将近，为了做好节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，并回答了记者提问。国家卫健委的最新监测数据显示，目前我国进入流感活动高峰期，南方省份升高趋势趋缓，北方省份处于平稳期。

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 the prevention and control of infectious diseases in winter and spring, and to answer questions from reporters. The latest monitoring data of the National Health Care Commission show that China has entered the peak period of influenza activity, the rising trend of southern provinces is slowing down, and the northern provinces are in a stable period.

2. 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：光明网 Source: Guangming net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:09:12 Time: 12:09:12
--	---------------------------------	--------------------------	-----------------------------	-------------------------------

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。

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.

3. 光吃素降不了三高 Vegetarianism alone can't bring down three heights	来源：张家口在线 Source: Zhangjiakou Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：22:09:50 Time: 22:09:50
---	--	--------------------------	-----------------------------	-------------------------------

在“三高”的风险因素中，高脂饮食是重要一项。因此，不少人认为，只要坚持吃素，就能远离“三高”。火箭军特色医学中心内分泌风湿科主任李全民教授强调，这种说法其实是种误区，既不科学，更不利于健康。长期吃素容易引起体内B族维生素缺乏，特别是维生素B1、B2、B6等在蛋、奶、鱼、肉中含量丰富，若体内缺乏这些营养素，反而会影响糖、脂代谢及能量消耗，严重者还可能导致动脉硬化。

Among the risk factors of "three high", high-fat diet is an important one. Therefore, many people believe that as long as we stick to vegetarian diet, we can stay away from the "three high". Professor Li Quan, Director of Endocrinology and Rheumatism Department of Rocket Army Special Medical Center, emphasized that this statement is actually a kind of misunderstanding, which is neither scientific nor harmful to health. Long-term vegetarian diet can easily lead to vitamin B deficiency in the body, especially vitamin B1, B2, B6,

which are abundant in eggs, milk, fish and meat. If the body lacks these nutrients, it will affect sugar, lipid metabolism and energy consumption. Serious cases may also lead to atherosclerosis.

4. 过年的零食尽量晚点买，不然年前就被孩子消灭了，对身体还不好	来源：搜狐	主体：公众	态度：提倡	时间： 20:13:06
New Year snacks should be bought as late as possible. Otherwise, they will be wiped out by children years ago, which is not good for health.	Source: Sohu	Subject: public	Attitude: advocate	Time: 20:13:06

孩子因为放假在家时间变长，零食吃得也变多了，虽说有时候跟他说不要吃太多，但是孩子怎么可能抵抗得住零食的魅力，早就在你看不见的时候消灭掉了。今天看到一句话：过年吃的零食能多晚买就多晚买，我上周买的，这周已经吃完了。零食对于小孩子来说，弊大于利，能少吃一点还是要少吃一点的，比如下面四类零食，最不建议父母经常买给孩子吃。

Children eat more snacks because they spend more time at home during the holidays. Although sometimes they tell him not to eat too much, how can children resist the charm of snacks, which is eliminated when you can't see them? Today, I saw a sentence: I bought snacks as late as I could for the New Year. I bought them last week, and I've finished this week. For children, snacks do more harm than good. If they can eat less, they should eat less. For example, the following four kinds of snacks are not recommended for parents to buy for their children.

5. 走亲戚期间，谨防1岁内宝宝被“投食”，这些东西易导致宝宝生病	来源：搜狐	主体：公众	态度：提倡	时间： 19:13:42
During visiting relatives, beware that babies are "fed" within one year of age, which can easily lead to sickness of babies.	Source: Sohu	Subject: public	Attitude: advocate	Time: 19:13:42

我想有不少宝妈也经历过这样的事吧？本来走亲戚是挺热闹的事，让宝宝见见自己的叔叔阿姨大伯大娘的也挺好，但奈何有时太过喜爱宝宝了，尤其吃饭时，宝宝看着满桌子的饭菜也会馋，大人们就想着喂宝宝吃些东西，然而，有些东西是不适合1岁以内的宝宝食用的。尤其这几种。

I think a lot of moms have experienced this kind of thing, haven't they? It's very busy to go to relatives. It's good for the baby to see his uncle, aunt, aunt and aunt. But sometimes he loves the baby too much. Especially when he eats, the baby looks at the food full of the table, and the adults think about feeding the baby. However, some things are not suitable for the baby under one year old to eat. Especially these kinds.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-26, 共监测到454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 454 WeChat public articles were monitored in 2019-01-26. 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. [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!](#)

重复数: 8

日期: 2019-01-26

[The child was found to have kidney failure because the mother liked the seasoning! Parents need to be careful.](#)

Repeat Number: 8

Data: 2019-01-26

高盐的渗透作用可杀死上呼吸道的正常细菌, 使病菌乘机“兴风作浪”, 引起上呼吸道感染; 高盐还可抑制呼吸道粘膜上皮细胞的增殖, 使其丧失抗病能力。改变孩子的口味 经常吃盐, 会加重孩子的口味, 久而久之这种重盐的习惯就会引发孩子高血压等疾病。其次盐还会影响到体内对锌的吸收, 这就是孩子产生厌食不良情况的原因。

The high salt osmosis kills the normal bacteria in the upper respiratory tract, allowing the bacteria to take the opportunity to "wind up the waves" and cause upper respiratory tract infections; high salt can also inhibit the proliferation of respiratory mucosal epithelial cells and make them lose their disease resistance. Regular consumption of salt will increase the child's taste. Over time, this heavy salt habit will cause children's high blood pressure and other diseases. Secondly, the salt will also affect the absorption of zinc in the body, which is why the child has anorexia.

2. [尿毒症患者越来越多! 医生劝你: 4种食物尽量少吃](#)

重复数: 5

日期: 2019-01-26

[There are more and more uremia patients! The doctor advises you to eat as little as possible of the four kinds of food.](#)

Repeat Number: 5

Data: 2019-01-26

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 you eat salt regularly, it is good for your body. However, the taste of modern people's diet is generally biased, resulting in salt intake far exceeding the daily recommended amount. Eating too salty increases the burden on the kidneys. In addition, excessive intake of sodium can lead to imbalance of electrolytes in the body, and the body's water is not easily discharged, further increasing the burden on the kidneys.

3. [中老年人: 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防](#)

重复数: 3

日期: 2019-01-26

[As for middle-aged and old people, this disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

Repeat Number: 3

Data: 2019-01-26

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 helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

4. [女性绝经后, 预防骨质疏松, 请少吃3种“偷钙”食物, 多做这3件事](#)

重复数: 3

日期: 2019-01-26

[To prevent osteoporosis in postmenopausal women, please cut down on three kinds of "calcium stealing" foods and do three more things.](#)

Repeat Number: 3

Data: 2019-01-26

盐是一种很爱偷钙的食物, 当你摄入过来的盐分后, 容易加快钙的流失, 同时, 会抑制机体对钙的吸收。同时, 当你摄入过多的盐分后, 容易造成细胞渗透压发生改变, 从而造成口渴的现象, 不断的喝水, 不断的排尿, 从而造成更多的钙被排泄出去。同时, 盐分食用过多, 还容易增加心血管疾病。

Salt is a food that loves to steal calcium. When you take in the salt, it is easy to accelerate the loss of calcium, and at the same time inhibit the body's absorption of calcium. When you take too much salt, it is easy to cause changes in cell osmotic pressure, causing thirst, constantly drinking water, and constantly urinating, causing more calcium to be excreted. Excessive consumption of salt can also easily increase cardiovascular disease.

5. [央视发出警告: 别吃的太清淡, 好多人出问题了!](#)

重复数: 2

日期: 2019-01-26

[CCTV warned: Don't eat too light, many people have problems with their health!](#)

Repeat Number: 2

Data: 2019-01-26

饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压病家族史的人, 每天食盐的摄取量要在4克以内。

Eating too salty can cause osteoporosis and high blood pressure. Long-term diet can cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", each person's salt does not exceed 6 grams per day. Hypertensive patients or people with a family history of hypertension have a daily intake of 4 grams of salt.

减盐-微博

Salt Reduction - Weibo

2019-01-26, 共检测到2073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。

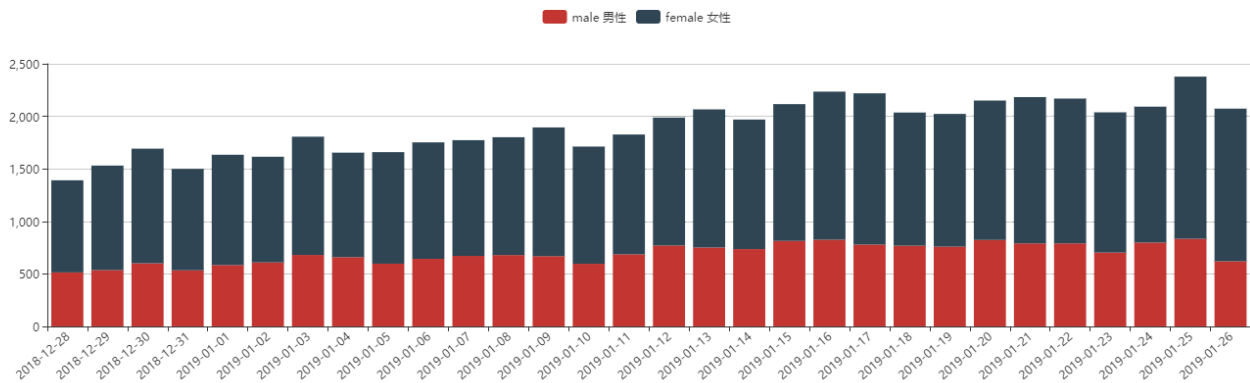
There are 2073 weibos about salt reduction monitored on 2019-01-26.

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: 生活贴士

地区: 广东

认证: 个人

Nickname: 生活贴士

Area: Guangdong

Identity: Person

时间: 2019-01-26 17:29

来自: 微博weibo.com

转发数: 700

评论数: 100

点赞数: 262

Time: 2019-01-26 17:29

Source: 微博weibo.com

Repost: 700

Comment: 100

Like: 262

认真对待生活中每一件小事, 从吃盐做起, 保护健康, 预防高血压。健康吃菜少放盐, 控盐用这6招, 个个都实用

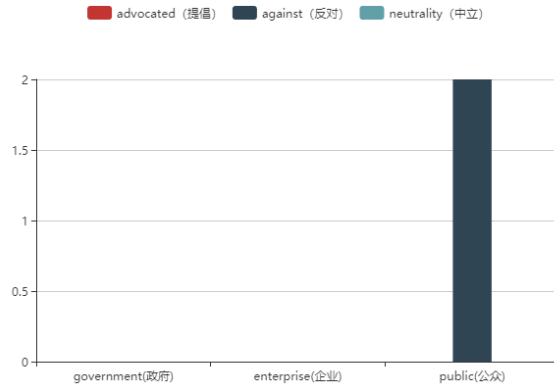
Take every little thing in life seriously and start with salt. Protect health and prevent high blood pressure. Eat less salt. Salt control with these 6 practical strokes.

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-26) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-26. 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. 过年挑糖果学问大 New Year's Candy Selection	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:19:41 Time: 08:19:41
年关将至，家家都会备些糖果以宴宾客，但超市糖果种类繁多、无从选择。本期《生命时报》邀请中国农业大学食品科学与营养工程学院高级工程师刘毅和中国农业大学食品科学与营养工程学院副教授范志红，为大家介绍不同糖果的学问。糖分最高糖类—硬糖和软糖。硬糖糖含量都在90%以上，有的甚至达到98%。刘毅告诉记者，硬糖是白砂糖与水按比例溶解，与淀粉糖浆混合经过滤、浓缩、冷却后成型的。				
As the year is approaching, families will prepare some candies to feast guests, but supermarkets have many kinds of candies to choose from. This issue of Life Times invites Liu Yi, Senior Engineer, School of Food Science and Nutrition Engineering, China Agricultural University, and Fan Zhihong, Associate Professor, School of Food Science and Nutrition Engineering, China Agricultural University, to introduce the knowledge of different candies. The highest sugar is hard sugar and soft sugar. Hard sugar content is more than 90%, some even up to 98%. Liu Yi told reporters that hard sugar is white granulated sugar dissolved in proportion to water, mixed with starch syrup, filtered, concentrated and cooled to form.				
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... Umbilical pain, laziness, toothache... It's all a warning of myocardial ischemia! These practical key points of heart protection, remember...	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 00:20:19 Time: 00:20:19
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，不妨多个心眼，考虑是不是心脏问题所致。				
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.				
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

2019-01-26, 共监测到258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 258 WeChat public articles were monitored in 2019-01-26. 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. [【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: 3 日期: 2019-01-26
[What are the benefits of eating coarse grains? Don't let "false roughage" destroy your health!](#) Repeat Number: 3 Data: 2019-01-26

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。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

2. [世界卫生组织最新推荐: 2019年“健康饮食五原则”](#) 重复数: 2 日期: 2019-01-26
[World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#) Repeat Number: 2 Data: 2019-01-26

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸油条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 2 日期: 2019-01-26
[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#) Repeat Number: 2 Data: 2019-01-26

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

4. [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: 2 日期: 2019-01-26
[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich!](#) Repeat Number: 2 Data: 2019-01-26

少吃加工食品 心脏最无声的杀手是“盐”, 高盐容易导致血压增高, 血压一高就会引起心脏病。心脏的第二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。

The most silent killer of the heart is "salt" when eating less processed food. High salt can easily lead to high blood pressure, which can lead to heart disease. One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

5. [健康买年货, 要了解这几点](#) 重复数: 1 日期: 2019-01-26
[If you want to buy healthy New Year's Goods, you need to understand these points](#) Repeat Number: 1 Data: 2019-01-26

很多糕点为了增加口感, 都添加了白砂糖、着色剂、调味剂等, 经过高温的烘焙或者煎炸的程序, 基本上都躲不开高脂、高糖、高盐、高热量的坑。如果不加以控制摄入的量, 在三餐之后仍然大吃特吃, 就很容易导致无形中增加了肥胖的风险。如果是患有慢性代谢性疾病的人, 更不利于控制本身的情况。况且, 一些打着高纤维健康的零食, 其营养成分表上, 用量靠前的都有植物油、白砂糖等。而且人造黄油、奶油里都是反式脂肪, 吃了真的很容易发胖。

Many cakes add white sugar, coloring agents, flavoring agents, etc. in order to increase the taste. After a high-temperature baking or frying process, it becomes a high-fat, high-sugar, high-salt, high-calorie food. If you still eat a lot after three meals, it increases the risk of obesity. For people with chronic metabolic diseases, it is more detrimental to control their own situation. Moreover, some snacks marked with high fiber health have vegetable oil and white sugar on the top of the nutrient composition. And margarine and cream are all trans fats, and it is really easy to gain weight when you eat.

反式脂肪酸-微博 Transfat - Weibo

2019-01-26, 共检测到111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。

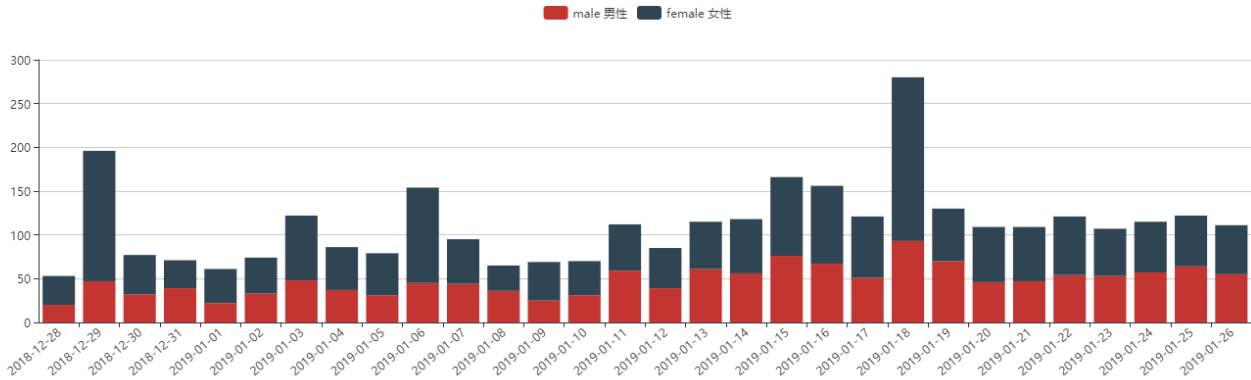
There are 111 weibos about transfat reduction monitored on 2019-01-26.

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!