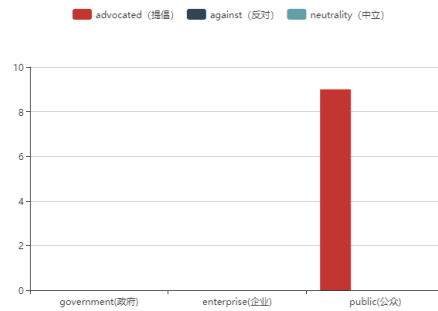


减盐-新闻 Salt Reduction - News

今日 (2019-02-23) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2019-02-23. 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
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高血压 Hypertension
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决心工程 Resolve To Save Lives
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No such articles!

安徽 Anhui

食物中的钠 Sodium in food
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高血压 Hypertension
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心血管健康 Cardiovascular health
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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. 好吃又健康绍兴学者成功研发低盐腌制技术 Delicious and Healthy Shaoxing Scholars Successfully Develop Low Salt Salting Technology	来源：浙江在线 Source: Zhejiang Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：04:00:42 Time: 04:00:42
腌制食品迎来“低盐革命”。记者2月22日了解到，绍兴文理学院生命科学院田润刚教授领衔的学术团队，经过多年科研攻关，目前已成功研发出一种低盐腌制技术，一举颠覆了千百年来的传统腌制工艺。作为一种食品加工方法，腌制可让新鲜农产品延长存放时间，并有独特风味，历来被各地人民广泛采用。但为了更好地保存，人们在腌制时往往会用较多的盐，高盐成了腌制类食品共同的“标签”。科学证明，经常食用高盐食品，对身体健康不利。				
Pickled food ushered in the "low salt revolution". Reporters learned on February 22 that the academic team led by Professor Tian Rungang, School of Life Sciences, Shaoxing University of Arts and Sciences, has successfully developed a low-salt pickling technology after many years of scientific research, which overthrows the traditional pickling technology for thousands of years. As a food processing method, pickling can prolong the storage time of fresh agricultural products, and has a unique flavor, which has been widely used by people everywhere. However, in order to better preserve, people often use more salt in pickling, high salt has become the common "label" of pickled food. Science has proved that frequent consumption of high-salt food is harmful to health.				
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. 1岁宝宝可以吃盐了吗 Can a 1-year-old baby eat salt?	来源： TOM Source: TOM	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 14:02:20 Time: 14:02:20
食盐中含有多种微量元素，其中食盐中含有的钠元素是非常充足的。所以食盐不仅可以给菜肴增添味道，对人体的健康还具有一定的帮助作用。但是考虑到宝宝的身体健康以及肠胃系统的健全，在宝宝还小的时候，家长们都不会给宝宝喂食盐。可是当宝宝成长到一岁的时候可以吃食盐了吗？其实对于1岁以内的婴儿来说，吃盐就是为了补钠，而日常食物中已经含有足够的钠，所以一岁以内的宝宝吃的食物中是不需要加盐的。				
Salt contains a variety of trace elements, of which sodium is very abundant. So salt can not only add flavor to dishes, but also help human health. But considering the baby's physical health and the integrity of the gastrointestinal system, parents will not give the baby salt when the baby is young. But can babies eat salt when they are one year old? In fact, for babies under one year old, salt is to supplement sodium, and the daily food already contains enough sodium, so babies under one year old eat food without salt.				
高血压 Hypertension				
1. 减低肾衰竭风险医生4建议 Doctor's 4 Suggestions for Reducing the Risk of Renal Failure	来源： 联合早报 Source: Lianhe Zaobao	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 10:31:07 Time: 10:31:07
人人都想肾脏衰竭，全国肾脏基金会医疗部门主管库玛医生接受《活得好》采访时，提供减低肾脏衰竭患病风险的建议：●定期运动，控制体重。●培养健康、均衡、少盐、少糖的饮食习惯；■烹煮时，与其选择加工食物，建议选择天然食材。■减少用盐量，建议利用草药和天然香料、大蒜、洋葱、生姜或柠檬汁取代调味品。■如要用调味品，建议选择获得“较健康选择标签”（Healthier Choice Symbol, HCS）的低盐调味品，并控制使用量。				
No one wants to suffer from kidney failure. Dr. Kumar, director of the National Kidney Foundation's medical department, gave advice to reduce the risk of kidney failure in an interview with "Live Well": Regular exercise and weight control. Cultivate healthy, balanced, less salt, less sugar diet habits: Reducing salt consumption, herbs and natural spices, garlic, onion, ginger or lemon juice are recommended to replace condiments. If condiments are to be used, low-salt condiments with "Healthier Choice Symbol" (HCS) are recommended, and the dosage of condiments should be controlled.				
心血管健康 Cardiovascular health				
1. 嘌呤高、盐分高老人喝汤别太多 Old people with high purine and salt should not drink too much soup	来源： 人民网 Source: People's net	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 09:30:09 Time: 09:30:09
喝汤是滋补暖身的好方式，但如果喝得不科学，不但营养没法吸收，还会给身体造成负担，老年朋友尤其要当心。嘌呤高，增加肾负担。汤煮时间过长，会使嘌呤含量高；同时因为富含蛋白质，增加肾脏负担。随着年龄增长，肾小球滤过率逐渐降低，因此，老人喝汤对肾脏损伤更大；岁数大的人不要过分追求喝汤补身的做法。盐分离，诱发心脑血管疾病。老人每天的盐摄入量最好不要超过6克，喝汤时尤其易超标。				
Drinking soup is a good way to nourish and warm up, but if you drink it unscientifically, not only can you not absorb nutrients, but also cause a burden on your body. Old friends should be especially careful. High purine increases the burden of kidney. If the soup is boiled for too long, the purine content will be high. At the same time, because it is rich in protein, it will increase the burden of the kidney. As the age increases, the glomerular filtration rate gradually decreases. Therefore, the elderly people who drink soup have more damage to their kidneys. The elderly people should not excessively pursue the practice of drinking soup to supplement their health. High salinity promotes cardiovascular and cerebrovascular diseases. Old people's daily salt intake should not exceed 6 grams, especially when drinking soup.				
2. 八类食物易减寿 Eight Kinds of Food Easy to Lose Life	来源： 人民网 Source: People's net	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 09:30:42 Time: 09:30:42
决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和老病症。过咸食物。如果你想拥有健康长寿的生活，离盐罐远点。摄入过多食盐，可能患上心血管疾病、中风和胃癌。				
There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia. Salty food. If you want to live a healthy and long life, stay away from salt cans. Excessive salt intake can lead to cardiovascular disease, stroke and gastric cancer.				

3. [心内科医生忠告：心梗真凶和祸根找到了，务必远离这2种生活习惯](#)

Cardiologist's advice: The real evil and the evil of myocardial infarction have been found, and we must keep away from these two habits.

来源：搜狐

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 22:03:46

Time: 22:03:46

心内科医师说，小黄长期吸烟和吃外卖的生活方式是他心梗发作的祸根。吸烟不仅仅导致肺部器官损害，也是心血管疾病的主要危险因子之一，如果说胆固醇好比粥，吸烟就好比火柴，长期吸烟无疑像导火索，导致动脉粥样硬化加速进展。外卖我们都知 道，存在食品品种单一、油盐糖比例过大、食材来源不一定卫生（油和肉都不一定健康）等问题，可以说，长期持外卖非常容易诱发高血脂和糖尿病，小黄的案例提醒我们，为了健康，少吃外卖才是明智的选择。

The cardiologist said that Xiaohuang's long-term smoking and takeaway lifestyle were the cause of his attack of myocardial infarction. Smoking not only causes lung organ damage, but also is one of the major risk factors of cardiovascular disease. If cholesterol is like atherosclerosis, smoking is like matches. Long-term smoking is undoubtedly like a fuse, leading to accelerated progress of atherosclerosis. As we all know, there are many problems in takeout, such as single food variety, large proportion of oil, salt and sugar, unnecessarily hygienic food sources (oil and meat are not necessarily healthy). It can be said that long-term takeout is very easy to induce hyperlipidemia and diabetes. The case of Xiaohuang reminds us that in order to be healthy, it is wise to eat less takeout.

综合健康信息

Comprehensive Health Information

1. [分娩倒计时30天时，你应该知道这些！](#)

When the countdown is 30 days, you should know that!

来源：搜狐

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 02:03:08

Time: 02:03:08

分娩倒计时30天时，你应该知道这些！怀孕到了第九个月，肚中的小宝宝即将到来...各项体检、身体变化、复杂心情交织在一起。待产倒计时，孕妈妈了解了需要知道的一切，就会更加平和地应对大日子的到来。备产包装备集结 住院生产前，孕妈妈应该带什么？想哺乳的话，带什么衣物比较方便？

When the countdown is 30 days, you should know that! Pregnancy to the ninth month, the baby in the stomach is coming. Physical examinations, physical changes and complex moods are intertwined. By counting down the number of births, a pregnant mother knows everything she needs to know, and she will be more peaceful in dealing with the big day. What should pregnant mothers take before they go to hospital to give birth? If you want to breast-feed, what clothing is more convenient?

2. [孕妇能吃炒花生吗](#)

Can pregnant women eat fried peanuts?

来源：TOM

Source: TOM

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 13:43:44

Time: 13:43:44

孕妇是可以吃炒花生的，炒花生虽然是比较热气的，但是适当的吃一些炒花生是有助于减少盐的吸收，并且可以减轻孕妈妈出现水肿的情况，并且对于控制血糖以及调整食欲是有帮助的。花生含有很多的营养物质，对于促进奶水的分泌是有益的，特别适合产后的产妇食用，大家可以来了解吃花生的好处。孕妇吃花生有哪些好处？

Pregnant women can eat fried peanuts, although fried peanuts are relatively hot, but eating some fried peanuts properly can help reduce salt absorption, and can reduce edema in pregnant mothers, and is helpful to control blood sugar and adjust appetite. Peanut contains a lot of nutrients, which is beneficial to promote milk secretion, especially suitable for postpartum women to eat, you can come to understand the benefits of eating peanuts. What are the benefits of peanuts for pregnant women?

3. [健康吃火锅应注意五大要素](#)

Five elements should be paid attention to when eating hot pot healthily

来源：中国质量报

Source: China Quality Daily

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 15:02:21

Time: 15:02:21

不知从什么时候开始，火锅被打上了“伤健康”的标签。其实，相对传统的点餐来说，吃火锅在食材选择和搭配上更加灵活方便。只要注意以下几点，就能健康与美味兼顾。底料少盐少油。吃火锅，少盐少油的清汤锅底或者菌汤锅底是首选。如果觉得它们味道不足，也可以选用番茄或者番茄酱熬制的锅底。如果喜欢麻辣口味的锅底，建议在煮食材之前，尽可能地撇掉上面的辣椒油。

I don't know when the hot pot has been labeled "harmful to health". In fact, compared with the traditional order, eating hot pot is more flexible and convenient in the choice and collocation of food ingredients. As long as you pay attention to the following points, you can give consideration to both health and delicacy. The base material is less salt and less oil. Eat hot pot, less salt and less oil of clear soup pot bottom or fungus soup pot bottom is preferred. If they don't taste good enough, you can also use the bottom of a pot made of tomato or ketchup. If you like the spicy taste of the bottom of the pot, it is recommended that before cooking ingredients, as far as possible to skim off the capsicum oil above.

决心工程

Resolve To Save Lives

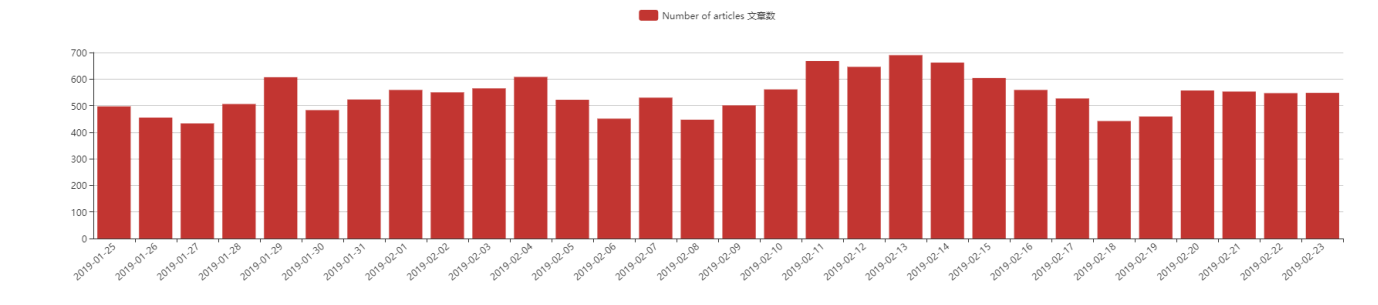
没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-02-23, 共监测到548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 548 WeChat public articles were monitored in 2019-02-23. 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. 日本人长寿全球第一! 10个秘诀中9个与吃有关! Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!	重复数: 41 Repeat Number: 41	日期: 2019-02-23 Data: 2019-02-23
日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味噌汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。		
As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.		
2. 身体出现这5个迹象, 提醒你吃盐太多了! These five signs remind you that you eat too much salt!	重复数: 10 Repeat Number: 10	日期: 2019-02-23 Data: 2019-02-23
如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了		
If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.		
3. 16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要! Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!	重复数: 5 Repeat Number: 5	日期: 2019-02-23 Data: 2019-02-23
食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。		
Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.		
4. 日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里? Japan's health care is once again ranked the first in the world. China ranks 64th. Where is the gap?	重复数: 4 Repeat Number: 4	日期: 2019-02-23 Data: 2019-02-23
日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。		
The Japanese also eat very little salt, and their daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to salt control in all aspects of diet.		
5. 一家三口相继患癌, 竟跟长期吃这种食物有关 Three people in a family suffer from cancer one after another, which is related to eating this food for a long time.	重复数: 3 Repeat Number: 3	日期: 2019-02-23 Data: 2019-02-23
高盐的高渗性会破坏胃黏膜, 所以长期以往去食用重口味的食物, 就会造成诱发胃癌的风险。我国东北地区、西北地区以及沿海地区是胃癌的高发地区, 因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。世界卫生组织建议, 每人每天的盐摄取量为6克。		
High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet. The World Health Organization recommends a daily intake of 6 grams of salt per person.		

减盐-微博 Salt Reduction - Weibo

2019-02-23, 共检测到2190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。

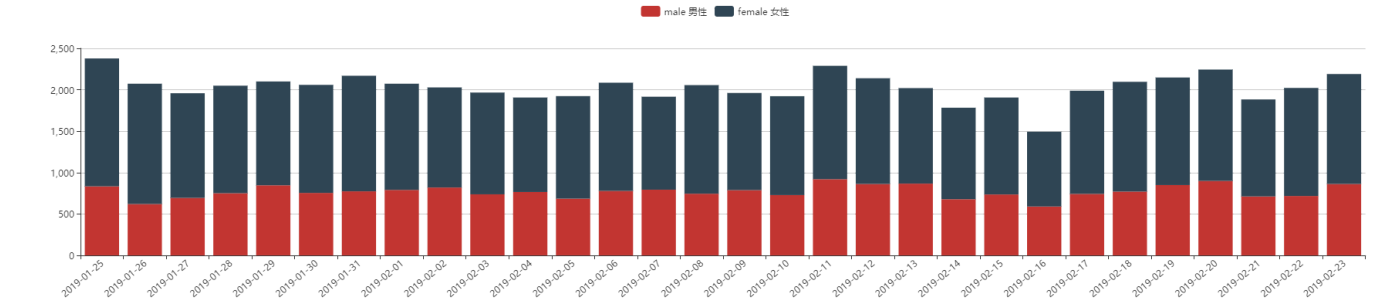
There are 2190 weibos about salt reduction monitored on 2019-02-23.

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.



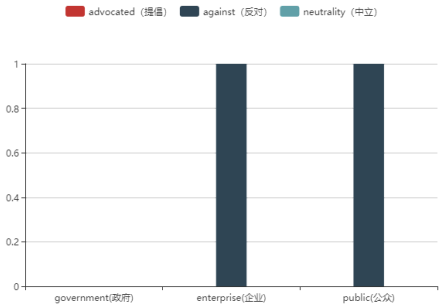
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-23) 共监测到2条资讯。请点击标题查看原文。
There are 2 articles monitored today 2019-02-23. 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
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浙江

Zhejiang

反式脂肪酸 Trans fat	1. 杭州两大冷饮企业先后发布冷饮新品上于台冰淇淋无人售卖机今年上街 Two major cold drink enterprises in Hangzhou have released thousands of new cold drink products and unmanned ice cream vending machines to the streets this year.	来源: 杭州网 Source: Hangzhou net	主体: 企业 Subject: industry	态度: 反对 Attitude: against	时间: 08:23:57 Time: 08:23:57
	元宵节刚过，杭城还处于寒冬之中，杭州两大冷饮巨头就急吼吼地发布了夏令冷饮新品。继前天祐康食品的新品发布之后，昨天，五丰冷食也在杭州召开了新品发布会。“黄小芒”、“樱莓美”、“榴莲儿”，这是祐康今年新推的三款芒果、野莓、榴莲口味的牛乳雪糕。包装上的趣味文创看得让人忍不住拍照发朋友圈。前天，祐康食品共发布了16款2019年冷饮新品，涵盖杯筒类、棒式类，价格从2元到12元不等。				
	Just after the Lantern Festival, Hangzhou is still in the cold winter. Hangzhou's two big cold drinks giants roared out new products of summer cold drinks. Following the release of the new products of Tianyou Kang Food the day before yesterday, Wufeng Cold Food also held a new product conference in Hangzhou. "Huang Xiaomang", "Cherry Beauty" and "Durian Er" are the three new mango, wild cherry and durian ice cream products that Youkang has introduced this year. The interesting creation on the packaging makes people feel compelled to take photos and send out circles of friends. The day before yesterday, Youkang Food released 16 new cold drinks in 2019, covering cups and bars, with prices ranging from \$2 to \$12.				
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其他省份
Other Provinces

反式脂肪酸
Trans fat

1. 八类食物易减寿
Eight Kinds of Food Easy to Lose Life

来源：人民网
Source: People's net

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 09:23:39
Time: 09:23:39

决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和老痴症。

There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia.

决心工程
Resolve To Save Lives

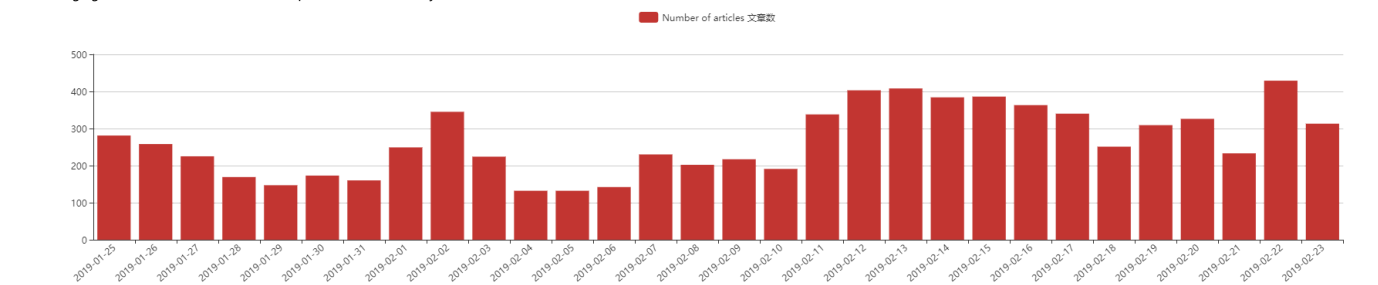
没有相关文章!

No such articles!

反式脂肪酸-微信

Transfat - WeChat

2019-02-23, 共监测到313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 313 WeChat public articles were monitored in 2019-02-23. 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.

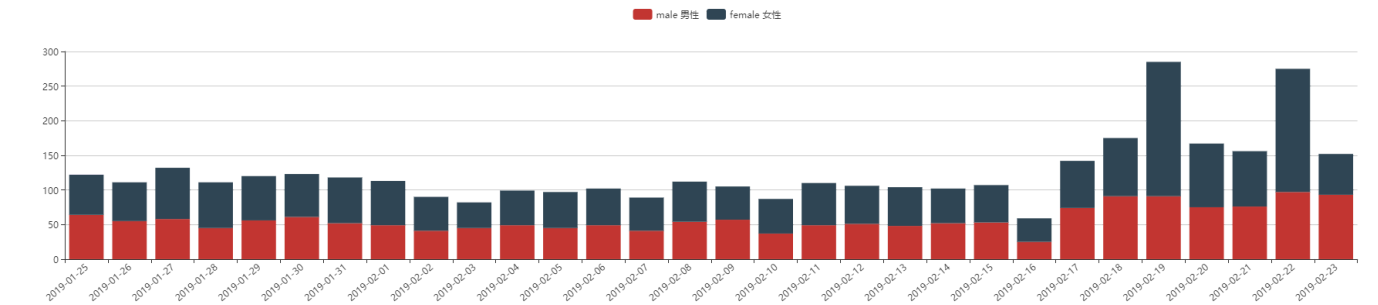


热门文章-前五 Popular Articles - Top 5		
1. 大脑最爱的食物,核桃只排第4名,第1名谁都想不到! Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!	重复数: 39 Repeat Number: 39	日期: 2019-02-23 Data: 2019-02-23
油炸食品中含有大量的反式脂肪酸、膨松剂和色素,进入人体后会对健康产生不利影响,增加心脑血管疾病的危险;也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。 Fried food contains a large number of trans fatty acids, bulking agents and pigments, which will have adverse effects on human health, increase the risk of cardiovascular and cerebrovascular diseases, and also lead to the lack of essential fatty acids and inhibit the growth and development of infants and young children.		
2. 生活 脸要穷养,脚要富养;心要穷养,肺要富养(深度好文)↓ Keep your face poor, your feet rich, your heart poor, your lungs rich.	重复数: 12 Repeat Number: 12	日期: 2019-02-23 Data: 2019-02-23
心要穷养: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。 保养要点: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。 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. 被奶茶毁掉的中国姑娘 Chinese girl destroyed by milk tea	重复数: 11 Repeat Number: 11	日期: 2019-02-23 Data: 2019-02-23
所谓的奶精,主要成分是氢化植物油,是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说:别看有植物两字,其实含的饱和脂肪酸比猪油还多!经过人工氢化处理之后,还会产生大量的反式脂肪酸!反式脂肪酸对人体危害极大,不仅会增加心血管病和糖尿病的风险,还会影响儿童神经系统发育。 The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.		
4. 科普 饼干里也有“致癌物”?原来真相是这样... There are also "carcinogens" in biscuits? It turned out that this was the truth.	重复数: 11 Repeat Number: 11	日期: 2019-02-23 Data: 2019-02-23
反式脂肪酸是一种人体非必需脂肪酸,摄入过多会增加血液粘稠度,容易引起动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中,包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸,患有高脂血症的人群不应多吃。 Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.		
5. 饼干里也有“致癌物”?原来真相是这样..... Are there carcinogens in biscuits? So the truth is...	重复数: 4 Repeat Number: 4	日期: 2019-02-23 Data: 2019-02-23
反式脂肪酸是一种人体非必需脂肪酸,摄入过多会增加血液粘稠度,容易引起动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中,包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸,患有高脂血症的人群不应多吃。 Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.		

反式脂肪酸-微博

Transfat - Weibo

2019-02-23, 共检测到152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 152 weibos about transfat reduction monitored on 2019-02-23.
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!