

营养与健康 YING YANG YU JIAN KANG



豆腐虽好 但不可贪多

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中的蛋白质含量换算,每日嫩豆腐应摄入280g左右,或每日老豆腐摄入145g左右即可达到要求。

为了提高豆腐在人体中的消化吸收,豆腐最好搭配肉类或蛋类一起食用。

就尽量不要和豆腐搭配食用,因为菠菜中含有草酸,会影响豆腐中钙的吸收。

在挑选购买豆腐时,要看豆腐的色泽,优质的豆腐呈现均匀的乳白色或者淡黄色,稍有光泽。

(作者姜欣系四川省营养学会会员,李鸣系四川大学华西第四医院副教授、四川省营养师协会副会长)



3月21日是世界睡眠日。在当下的社会中,“睡不着、睡不醒、睡不好”是普遍存在的问题。

做到这3点 有效改善睡眠

我们都深知这样一个常识:睡不好的时候我们的学习、工作状态都会变差。但长期的睡眠问题会导致什么呢?

那在日常生活中我们如何改善睡眠呢? 1.找到失眠的根源 睡眠不仅是诸多问题的根源,也是诸多心理障碍的表现。

2.尝试正念放松 正念放松是近年来很流行的一种有效放松的方法,正念的核心观点是用接纳的态度对此刻的体验保持觉察。

3.使用刺激控制疗法 刺激控制疗法是治疗慢性失眠的一线行为干预措施,研究发现失眠患者很喜欢在清醒的时候在床上做各种娱乐活动。

破除谣言 正听

最近,有不少朋友听信了网上某些平台大V的建议——“可家里多囤些‘甲流抗原’,万一有感冒症状了可及时检测。”

甲流抗原需要囤吗?

北京佑安医院感染综合科主任医师李侗曾提醒:甲流抗原检测存在一定比例“假阴性”结果。

之所以与新冠抗原试剂盒相比,价格要高出不少,李侗曾解释:这是由于与大规模量产的新冠抗原相比,甲流试剂盒市场相对较小。



李侗曾说,甲流抗原检测的优点是快速、方便,“读取不需要依赖仪器,按照说明书要求和流程就能自行采样、判读结果,适合自检的人群。”

也没有必要常备甲流抗原自测试剂盒,更没有必要“囤货”。“流感具有明显的季节性。

虽不建议家庭“囤货”,但李侗曾建议社区医院可应居民需求适当储备抗原试剂和抗病毒药物。

电子社保卡批量同步申领开始了

近日,成都市人社局发布了关于开展电子社保卡批量同步申领工作的通告。

并激活实体社会保障卡后,由全国社保卡服务平台同步生成电子社保卡并发送至同步申领渠道。

需要注意的是: 1.2018年1月18日至2019年12月31日期间已领取并启用人社功能的第三代社保卡。

可以通过“电子社保卡”微信小程序、“电子社保卡”支付宝小程序、天府市民云、中国工商银行APP等任一电子社保卡服务渠道查询。

中国人寿保险股份有限公司四川分公司有4389份银保通重要空白单证未正常使用,未实现实物回收,现进行登报挂失。单证代码为10100116,单证号码列示如下: 01056618,01056688,01057298,01057638,01058118,01058188,01058228,01059548,01059608,01059658,01059708,01059808,01059908,01059948,01060008,01061898,01061908,01061928,01061978,01062008,01062068,01062458,01063158,01065528,01067638,01068858,01070118,01072008,01073768,01076058,01076288,01076408,01078158,01078258,01078288,01078378,01078788,01079078,01079208,01079508,01080008,01080318,01080638,01080958,01081628,01081678,01082248,01082448,01082628,01082678,01082688,01082828,01082858,01082868,01082878,01082888,01082898,01082908,01082918,01082928,01082938,01082948,01082958,01082968,01082978,01082988,01082998,01083008,01083018,01083028,01083038,01083048,01083058,01083068,01083078,01083088,01083098,01083108,01083118,01083128,01083138,01083148,01083158,01083168,01083178,01083188,01083198,01083208,01083218,01083228,01083238,01083248,01083258,01083268,01083278,01083288,01083298,01083308,01083318,01083328,01083338,01083348,01083358,01083368,01083378,01083388,01083398,01083408,01083418,01083428,01083438,01083448,01083458,01083468,01083478,01083488,01083498,01083508,01083518,01083528,01083538,01083548,01083558,01083568,01083578,01083588,01083598,01083608,01083618,01083628,01083638,01083648,01083658,01083668,01083678,01083688,01083698,01083708,01083718,01083728,01083738,01083748,01083758,01083768,01083778,01083788,01083798,01083808,01083818,01083828,01083838,01083848,01083858,01083868,01083878,01083888,01083898,01083908,01083918,01083928,01083938,01083948,01083958,01083968,01083978,01083988,01083998,01084008,01084018,01084028,01084038,01084048,01084058,01084068,01084078,01084088,01084098,01084108,01084118,01084128,01084138,01084148,01084158,01084168,01084178,01084188,01084198,01084208,01084218,01084228,01084238,01084248,01084258,01084268,01084278,01084288,01084298,01084308,01084318,01084328,01084338,01084348,01084358,01084368,01084378,01084388,01084398,01084408,01084418,01084428,01084438,01084448,01084458,01084468,01084478,01084488,01084498,01084508,01084518,01084528,01084538,01084548,01084558,01084568,01084578,01084588,01084598,01084608,01084618,01084628,01084638,01084648,01084658,01084668,01084678,01084688,01084698,01084708,01084718,01084728,01084738,01084748,01084758,01084768,01084778,01084788,01084798,01084808,01084818,01084828,01084838,01084848,01084858,01084868,01084878,01084888,01084898,01084908,01084918,01084928,01084938,01084948,01084958,01084968,01084978,01084988,01084998,01085008,01085018,01085028,01085038,01085048,01085058,01085068,01085078,01085088,01085098,01085108,01085118,01085128,01085138,01085148,01085158,01085168,01085178,01085188,01085198,01085208,01085218,01085228,01085238,01085248,01085258,01085268,01085278,01085288,01085298,01085308,01085318,01085328,01085338,01085348,01085358,01085368,01085378,01085388,01085398,01085408,01085418,01085428,01085438,01085448,01085458,01085468,01085478,01085488,01085498,01085508,01085518,01085528,01085538,01085548,01085558,01085568,01085578,01085588,01085598,01085608,01085618,01085628,01085638,01085648,01085658,01085668,01085678,01085688,01085698,01085708,01085718,01085728,01085738,01085748,01085758,01085768,01085778,01085788,01085798,01085808,01085818,01085828,01085838,01085848,01085858,01085868,01085878,01085888,01085898,01085908,01085918,01085928,01085938,01085948,01085958,01085968,01085978,01085988,01085998,01086008,01086018,01086028,01086038,01086048,01086058,01086068,01086078,01086088,01086098,01086108,01086118,01086128,01086138,01086148,01086158,01086168,01086178,01086188,01086198,01086208,01086218,01086228,01086238,01086248,01086258,01086268,01086278,01086288,01086298,01086308,01086318,01086328,01086338,01086348,01086358,01086368,01086378,01086388,01086398,01086408,01086418,01086428,01086438,01086448,01086458,01086468,01086478,01086488,01086498,01086508,01086518,01086528,01086538,01086548,01086558,01086568,01086578,01086588,01086598,01086608,01086618,01086628,01086638,01086648,01086658,01086668,01086678,01086688,01086698,01086708,01086718,01086728,01086738,01086748,01086758,01086768,01086778,01086788,01086798,01086808,01086818,01086828,01086838,01086848,01086858,01086868,01086878,01086888,01086898,01086908,01086918,01086928,01086938,01086948,01086958,01086968,01086978,01086988,01086998,01087008,01087018,01087028,01087038,01087048,01087058,01087068,01087078,01087088,01087098,01087108,01087118,01087128,01087138,01087148,01087158,01087168,01087178,01087188,01087198,01087208,01087218,01087228,01087238,01087248,01087258,01087268,01087278,01087288,01087298,01087308,01087318,01087328,01087338,01087348,01087358,01087368,01087378,01087388,01087398,01087408,01087418,01087428,01087438,01087448,01087458,01087468,01087478,01087488,01087498,01087508,01087518,01087528,01087538,01087548,01087558,01087568,01087578,01087588,01087598,01087608,01087618,01087628,01087638,01087648,01087658,01087668,01087678,01087688,01087698,01087708,01087718,01087728,01087738,01087748,01087758,01087768,01087778,01087788,01087798,01087808,01087818,01087828,01087838,01087848,01087858,01087868,01087878,01087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