

# Some Worst Processed Foods That Spike Blood Pressure



فعالیت شهرستان میمه و وزوان با استقرار رسمی ساختار مدیریتی و معرفی سرپرست فرمانداری کلید خورد؛

## بیست و نهمین شهرستان استان اصفهان



منبع: اخبار اصفهان | هوش مصنوعی

خروج ۸۳۵ تن فرآورده غیرقابل مصرف از چرخه غذایی اصفهان؛

## سالم نگه داشتن سفره مردم

پشت پرده خروج اجباری بانک‌ها از بازار آنلاین طلا؛

بانک‌ها دیگر اجازه فروش طلا ندارند

شوردرکاشان عنوان کرد؛

اجرای سه اقدام فرهنگی و شهری به مناسبت روز جهانی پست

هشدار تعزیرات اصفهان به واحدهای صنعتی مستقر در بیمارستان‌ها؛

پلمب بوفه متخلف در نجف‌آباد



حمید نیکویی نوغانی؛  
از مدیران  
صنعت غذایی  
ایران

Pezeshkian invites Oman's Sultan to Tehran

Adversaries have given up on military victory, IRGC adviser says

شنبه ۲۱ مهر ۱۴۰۵ | ۱۳ آذر ۱۴۰۵ | ۲ جمادی الاول ۱۴۴۸ | ۴ صفحه | شماره ۲۲۱۳ | قیمت ۳۰۰۰ تومان | سال نهم

# اخبار اصفهان

اولین روزنامه اقتصادی دوزبانه استان اصفهان

اسمقاله | هایل خاوری

## تغییر مسیر نقدینگی با گزارش‌های مالی

یکی از مهم‌ترین متغیرهایی که در هفته‌های پیش رو می‌تواند بر رفتار بازار اثر بگذارد، انتشار گزارش‌های مالی شرکت‌هاست. با وجود نزدیک شدن به پایان مهلت انتشار گزارش‌ها، همچنان بخش مهمی از اطلاعات مورد انتظار در دسترس قرار نگرفته است؛ موضوعی که خود می‌تواند بر میزان ابهام سرمایه‌گذاران بیفزاید.

گزارش‌های مالی تنها ابزاری برای ارزیابی عملکرد شرکت‌ها نیستند، بلکه می‌توانند جریان نقدینگی را نیز به سمت صنایع و نمادهای متفاوت هدایت کنند. انتشار گزارش‌های جذاب ممکن است نگاه سرمایه‌گذاران را به برخی شرکت‌ها تغییر دهد و در مقابل، نمادهایی که از نظر عملکرد مالی نتوانند انتظارات را برآورده کنند، با فشار فروش بیشتری مواجه شوند.

از این منظر، احتمال تغییر ترکیب تقاضا در بازار وجود دارد. ممکن است بخشی از جریان پول از نمادهایی که تحت فشار عرضه قرار دارند، به سمت شرکت‌هایی حرکت کند که

گزارش‌های قوی‌تری منتشر کرده‌اند. حتی این احتمال وجود دارد که بازار برای برخی از این شرکت‌ها نسبت به قیمت به درآمد بالاتری را نیز بپذیرد، زیرا در نهایت، انتظارات از سودآوری و چشم‌انداز عملکرد شرکت‌ها در تصمیم‌گیری سرمایه‌گذاران نقش مهمی دارد.

در فاصله باقی‌مانده تا تشدید تحولات سیاسی و انتخاباتی، فرصت محدودی برای اثرگذاری گزارش‌های مالی بر معاملات وجود دارد. این گزارش‌ها می‌توانند در همین بازه، چهره برخی صنایع و نمادها را تغییر دهند و مسیر تازماتی برای جریان نقدینگی ایجاد کنند. بنابراین، تغییر احتمالی رفتار بازار در روزها و هفته‌های آینده را نباید صرفاً به تحولات سیاسی یا نوسانات کوتاه‌مدت شاخص‌ها نسبت داد.

در کنار مسائل سیاسی و بنیادی، زرمه‌های مربوط به تغییر استاندارد گزارش‌دهی برخی شرکت‌ها نیز اهمیت پیدا کرده است. موضوع مورد بحث، اصلاح بخشی از آیین‌نامه‌های حسابداری و الزام شرکت‌ها به شناسایی

ادامه در صفحه ۲...

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قابل توجه شهروندان گرامی: آیینامی دانیید با مفقود شدن مدارک شناسایی خود ممکن است شما به عنوان مجرم شناخته شوید؟  
امور شهرستان‌ها: ۰۳۱-۳۲۲۷۴۹۹۲  
موبایل: ۰۹۳۰۱۶۳۸۲۴۶۰  
تلفن دفتر مرکز تهران: ۰۸۸۰۱۶۶۴۹ - ۰۸۸۲۵۶۳۰۸  
فکس: ۰۲۱-۸۸۲۵۳۲۹۷  
روابط عمومی: ۰۲۱-۸۸۲۵۶۳۸۱

تلفن سفارش آگهی

## آگهی مناقصه عمومی (دومر حله‌ای)

اجرای ابنیه رواق‌های پژوهشگاه کاشان مهر ۱۴۰۵

دانشگاه کاشان در نظر دارد: اجرای ابنیه رواق‌های پژوهشگاه کاشان را از طریق مناقصه عمومی (دومر حله‌ای) به صورت دستمزدی مطابق شرایط و مشخصات فنی به اشخاص حقیقی و حقوقی ذیصلاح و بر خوردار از توانمندی فنی و مالی متناسب با موضوع واگذار نماید. متقاضیان جهت اطلاع از شرایط و دریافت اسناد و مدارک مناقصه می‌توانند از ساعت ۸ صبح روز دوشنبه ۱۴۰۵/۰۷/۲۰ به سامانه تدارکات الکترونیکی دولت (سامانه ستاد) مراجعه نمایند.

متقاضیان می‌توانند جهت کسب اطلاع بیشتر با شماره تلفن ۵۵۹۱۲۱۹۵-۰۳۱ یا شماره همراه ۰۹۱۳۳۶۳۶۱۲۹ با آقای مهندس بنی‌طبا (کارشناس مدیریت فنی) تماس حاصل نمایند.

دبیر خانه کمیسیون معاملات دانشگاه کاشان

شناسه آگهی: ۲۲۹۹۹۴۲

## آگهی برگزاری مناقصه عمومی

شرکت آب و فاضلاب استان اصفهان در نظر دارد خرید به شرح زیر را از طریق مناقصه عمومی (دومر حله‌ای) به فروشندگان واجد شرایط واگذار نماید.

| شماره مناقصه | موضوع مناقصه                                                                                      | محل تامین اعتبار | مبلغ تضمین (ریال) |
|--------------|---------------------------------------------------------------------------------------------------|------------------|-------------------|
| ۲۲۳-۳-۴۰۵    | خرید شیر آلات چدنی                                                                                | جاری             | ۶,۱۷۷,۹۰۰,۰۰۰     |
| ۱۶۴-۴-۳۰۵    | خرید ۱۰,۰۰۰ دستگاه کنتور آب مولتی جت نیمه خشک R۱۶۰ در سایز ۱/۲ اینچ در ازاء تحویل کنتورهای اسقاطی | جاری             | ۹,۸۴۶,۰۰۰,۰۰۰     |

مهلت تحویل اسناد به دبیر خانه معاملات شرکت آتاق ۲۹۲: تا ساعت ۱۳:۰۰ روز یکشنبه به تاریخ ۱۴۰۵/۰۸/۱۰

تاریخ گشایی اسناد مناقصه: از ساعت ۸:۰۰ روز دوشنبه به تاریخ ۱۴۰۵/۰۸/۱۱

سجل دریافت اسناد: سایت اینترنتی شرکت آب و فاضلاب استان اصفهان [www.abfaesfahan.ir](http://www.abfaesfahan.ir)

پایگاه ملی اطلاع رسانی مناقصات: [WWW.iets.mporg.ir](http://WWW.iets.mporg.ir)

شماره تلفن: ۰۳۱-۳۵۱۳۲۳۹۵

شرکت آب و فاضلاب استان اصفهان

اخبار اصفهان

اینفوگرافیک

پژواک بهرامی

پرطرفدارترین رشته‌های کنکور

بر اساس اطلاعات سازمان سنجش کشور

گروه ریاضی و فنی

۱ مهندسی کامپیوتر

۲ برق

۳ مکانیک

۴ صنایع و سیستم‌ها

۵ علوم کامپیوتر

۶ عمران

۷ مهندسی شیمی

۸ مهندسی و علم مواد

۹ معماری

۱۰ مهندسی هوا و فضا

گروه علوم تجربی

۱ پزشکی

۲ دندانپزشکی

۳ داروسازی

۴ فیزیوتراپی

۵ پرستاری

۶ بینایی‌سنجی

۷ ساخت پروتز دندان

۸ شنوایی‌سنجی

۹ تکنولوژی پرتو شناسی

۱۰ هوشبری

گروه علوم انسانی

۱ حقوق

۲ روانشناسی

۳ حسابداری

۴ مدیریت بازرگانی

۵ مدیریت مالی

۶ مشاوره

۷ اقتصاد

۸ علوم تربیتی

۹ مدیریت صنعتی

۱۰ مدیریت دولتی

گروه زبان‌های خارجی

۱ زبان و ادبیات انگلیسی

۲ مترجمی زبان انگلیسی

۳ زبان و ادبیات فرانسه

۴ آموزش زبان انگلیسی

۵ زبان روسی

۶ زبان و ادبیات آلمانی

۷ زبان و ادبیات اسپانیایی

۸ زبان چینی

۹ زبان و ادبیات ایتالیایی

۱۰ زبان و ادبیات ترکی



## Pezeshkian invites Oman's Sultan to Tehran

Iranian President Masoud Pezeshkian has invited Sultan of Oman Haitham bin Tariq to visit Tehran, expressing hope for in-person talks in the near future. In a telephone conversation on Sunday, Pezeshkian congratulated the Sultan on his birthday and wished health, prosperity and success for the government and people of Oman. The president thanked Oman for its efforts to strengthen regional peace and stability, stressing the importance of continued diplomatic consultations, expanded constructive engagement, and using the shared capacities of regional countries to promote understanding and co-operation. Referring to the friendly and longstanding relations between the Islamic Republic of Iran and the Sultanate of Oman, Pezeshkian invited Haitham bin Tariq to travel to Tehran, voicing hope that the ground would be prepared for a meeting and face-to-face dialogue in the Iranian capital soon. The Sultan of Oman, for his part, thanked Pezeshkian for his congratulatory message, reaffirmed Oman's consistent approach in support of peace, calm and stability in the region, and described continued close contacts and consultations with the Islamic Republic of Iran as among his country's priorities. Haitham bin Tariq also thanked the president for the invitation to visit Tehran, expressing hope that the trip could take place at a suitable opportunity.

## Iran to pursue national interests through diplomacy or on the battlefield: AEOI

Iran will pursue its national interests through diplomacy wherever possible, but will resort to force, if necessary, Behrouz Kamalvandi, spokesperson for the Atomic Energy Organization of Iran (AEOI), said on Sunday. Speaking to reporters on the sidelines of the international conference "Ecocide: The Silent War Crime" in Tehran, Kamalvandi said Iran was pursuing diplomacy and resistance simultaneously, stressing that the country would remain determined to safeguard its national interests. "Securing our interests through diplomacy is preferable; otherwise, we will pursue them on the battlefield," he said, outlining Tehran's position using diplomacy and other means to protect the country's interests. The conference, held at the Department of Environment's conference hall, examined the legal, humanitarian and environmental consequences of warfare, with particular attention to environmental destruction in Iran and the Gaza Strip during recent conflicts involving the United States and Israel.

# Some Worst Processed Foods That Spike Blood Pressure

Source: <https://www.verywellhealth.com/worst-processed-foods-for-blood-pressure-11868660>  
By: PARISA JAMADI

Processed foods are often high in added sugar, sodium, trans fat, and other ingredients that may increase blood pressure. As high blood pressure may increase the risk of heart disease and other issues, diet plays a key part in prevention.

**1. Frozen Meals**  
Sodium levels are typically high in frozen meals, such as pizza, TV dinners, and burritos. Manufacturers add extra sodium to frozen meals to extend shelf life and enhance flavor, with some products containing 25% or more of the daily recommended sodium intake for adults. Per the Dietary Guidelines for Ameri-

cans, sodium intake should not exceed 2,300 milligrams (mg) per day. Excess sodium intake is linked to an increased risk of hypertension.1

**2. Cured Meats**  
Meats may be cured for preservation by adding salt, spices, nitrites, and nitrates. Studies show that nitrites in cured meats may increase blood pressure and, thus, the risk of heart disease. Researchers believe that nitrites may increase oxidative damage, leading to hypertension.2

**3. Sugar-Sweetened Beverages**  
Energy drinks, sodas, and other sug-

ar-sweetened beverages may increase the risk of high blood pressure, especially if consumed in excess.

**4. Packaged Snacks**  
Many types of chips, crackers, and sweets are high in sodium and saturated or trans fats, which may spike blood pressure. Overconsumption of packaged snacks and other ultra-processed foods can lead to inflammation, oxidative stress, and altered blood lipids. These factors may lead to high blood pressure.5

When choosing snacks, look for ones that are lower in added sugar, sodium,

and saturated or trans fats.

**5. Fast Food**  
Fast food is commonly found in quick-service restaurants and is often loaded with sodium, saturated and trans fats, and added sugar, which helps facilitate mass production and preservation.

**6. Fried Foods**  
Fried foods, such as chicken and French fries, are a common source of sodium, saturated, and trans fats, all of which may contribute to clogged arteries and high blood pressure.

**7. Canned Goods**  
Some canned goods may raise blood

pressure due to high sodium content. Foods That May Lower Blood Pressure At this point, you may be wondering what foods may help manage high blood pressure. Consuming specific nutrients and food groups regularly is associated with a lower risk of hypertension. These foods include:12

- Fruits and vegetables
- Nuts
- Whole grains
- Low-fat dairy
- Dietary fiber
- Potassium



## International Shiraz Expo opens with 343 foreign guests from 13 countries

The opening ceremony of the second International Shiraz Expo was held on Sunday, October 11, in the presence of Seyyed Reza Salehi Amiri, Minister of Cultural Heritage, Tourism and Handicrafts; Hossein-Ali Amiri, Governor of Fars; and representatives of the people of Fars in the Parliament. The exhibition is being held over 20,000 square meters of exhibition space, with more than 200 domestic companies and 343 foreign guests, and will continue until October 17. The governor of Fars, announcing the province's readiness to develop international economic cooperation, reported the presence of 343 foreign

guests from 13 countries at Shiraz Expo 2026 and said: The provincial management team is ready to provide the executive and legal frameworks needed by investors and to expand joint investments. According to IRNA, Hossein-Ali Amiri said on Sunday at the opening ceremony of the second international Shiraz Expo 2026 event in Shiraz, emphasizing Fars's extensive economic, industrial, tourism, and infrastructural capacities: We warmly shake the hands of all those who come to Fars for investment and roll out the red carpet for them. He continued: Fars Province has abundant capacities in the fields of industry, mining, tourism, trade, and health and pilgrimage tourism, and

we are trying, by introducing these capabilities, to provide the ground for the development of international cooperation and joint investments. Referring to the holding of the first Shiraz Expo last year, he added: Expo 1404, which was held with the participation of Persian Gulf countries, was met with a very good reception, and during its holding, more than \$3.5 billion in memoranda of understanding and contracts were signed. Amiri stated: Based on the experience gained from last year's event, this year's exhibition has been held with the expansion of the scope of countries' participation so that the province's economic opportunities can be introduced on a broader level.

## Iran, Turkmenistan emphasize expansion of parliamentary, economic cooperation

Farzaneh Sadegh, Iran's Minister of Transport and Urban Development and Chair of the Iran-Turkmenistan Joint Economic Cooperation Committee, met Dunyagozel Gulmanova, Speaker of the Assembly of Turkmenistan. According to the news website of the Ministry of Transport and Urban Development, at this meeting, held in the city of Awaza, Sadegh emphasized the expansion of inter-parliamentary cooperation and the strengthening of sustainable relations based on the principle of good-neighborliness, and stressed the need to increase the volume of trade exchanges. Other axes of the Iranian Minister of Transport and Urban Development's talks included developing transport infrastructure, strengthening cooperation in the field of transit, and exporting Iran's technical and engineering services to Turkmenistan. She also emphasized the necessity of following up on the resolutions of the joint committee, especially in the key sectors of energy and transit. At this meeting, Dunyagozel Gulmanova, Speaker of Turkmenistan's Parliament, while expressing appreciation for Sadegh's presence and valuable remarks at the international conference "The Role of Women in Maintaining Peace and Achieving Sustainable Development," emphasized the importance of enhancing relations with neighboring countries. The Speaker of Turkmenistan's Parliament, stating that the country emphasizes synergy and the expansion of international cooperation, said: In this regard, developing relations with the parliaments of neighboring countries is essential and strengthens friendship among countries. At the end, she noted: Turkmenistan seeks sustainable development and increased participation in its country and is ready for economic cooperation with other countries.

The Minister of Transport and Urban Development, referring to the agreements made during the trip to Turkmenistan, announced plans to begin construction of the Gumdag-Atrak road within the next one to two months and said: The expansion of rail and road cooperation and the follow-up of transport agreements have been among the main axes of the two countries' negotiations. According to an IRNA report from the Ministry of Transport and Urban Development, Farzaneh Sadegh, explaining the results of her two-day trip to Turkmenistan, said: The Ministry of Roads and Urban Development is responsible for following up on the Iran-Turkmenistan Joint Economic Commission, and the early trip to this country was made with the aim of reviewing previous understandings and following up on their implementation process. Referring to previous meetings between Turkmen officials and officials of the Islamic Republic of Iran, she added: After the trip of the National Leader of Turkmenistan to Iran to attend the funeral of the martyred leader, issues related to relations between the two countries were also raised in his meetings with the President and the Speaker of the Islamic Consultative Assembly, and following up on the agreements was placed on the agenda. Sadegh continued: In the meeting with the Chairman of the Turkmen side of the Joint Economic Committee, in addition to reviewing previous agreements and understandings, good progress was also achieved on several areas of cooperation. The Minister of Transport and Urban Development, referring to the two countries' cooperation in the field of rail transport, said: In the area of border terminals, especially in the rail sector, good things have happened and the two countries' interactions in this area have progressed. Given Turkmenistan's

role in the transfer of cargo entering the country, expanding this cooperation is of particular importance. She also pointed to existing issues in road transport and added: To resolve some problems and facilitate traffic, the construction of the Gumdag-Atrak road has been placed on the agenda. Based on the agreement reached, the executive operations of this route are to begin within the next one or two months. Sadegh, stating that the contractor for this project is a capable Iranian company, remarked: The implementation of this plan will be carried out on Turkmen soil and can help facilitate the movement of Iranian truck drivers and improve road connections between the two countries. According to her, the Turkmen side also considers this route one of the needs for developing its road network. The Minister of Transport and Urban Development also reported that issues related to energy cooperation were raised in the negotiations and said: Agreements have also been made in this area, and it is hoped that their results will become clear in the near future. Sadegh, referring to regional talks during this trip, stated: Trilateral cooperation among Iran, Turkmenistan, and the Republic of Azerbaijan, as well as coordination related to Iran, Turkmenistan, and Russia, have been among other areas of focus in regional interactions. In this framework, the President and the accompanying delegation also held important meetings with their counterparts. Emphasizing the importance of continuing regional consultations, she added: The interactions and talks that began and expanded over the past two years, especially in the field of transport, are now leading to more practical results, and strengthening this process can pave the way for the development of economic and transit cooperation.

## Adversaries have given up on military victory, IRGC adviser says



Brigadier General Mohammad Reza Naqdi, a senior adviser to the commander-in-chief of Iran's Islamic Revolution Guard Corps (IRGC), said on Sunday that Iran's adversaries had lost hope of achieving their objectives through military confrontation and were increasingly relying on economic pressure and internal divisions. Speaking in Birjand, Naqdi argued that the United States had failed to achieve its strategic objectives in previous military interventions, citing Afghanistan and Iraq as examples. Despite enormous financial costs, military occupations and substantial casualties, Washington ultimately withdrew from both countries. According to Naqdi, those experiences have demonstrated the limits of US military power and reinforced the difficulties Washington would face in attempting a ground invasion of Iran. The senior IRGC adviser also highlighted the capabilities of Iran's naval and aerospace forces, saying the country's missile power had altered the military calculations of its adversaries. He warned that any renewed US air or missile attack on Iran would be

met with a stronger response, arguing that the country's defensive capabilities had made the potential costs of further military action clear to Washington. Naqdi further warned that, if attacks were repeated, Iran could target economic and petrochemical facilities as well as strategic infrastructure, including artificial intelligence-related systems in the region. He also stated that some of the enemy's military bases in the region had been severely damaged in previous attacks. Naqdi said Iran's adversaries had increasingly shifted their focus toward economic pressure and efforts to deepen domestic divisions after failing to secure a military victory. Their objective, he argued, was to weaken national cohesion and create conditions for renewed hostile action. He called on the public and officials to remain vigilant and preserve national unity, saying a united country would prevent adversaries from exploiting domestic differences. Naqdi also described the departure of US naval forces from the Persian Gulf as evidence of "the failure of Washington's regional military strategy."

