

Table with columns: 品种 (Commodity), 市场焦点 (Market Focus), 操作建议 (Operation Advice), 多空观点 (Bull/Bear View). Rows include 股指 (Stock Index), 国债 (Government Bonds), 贵金属 (Precious Metals), 沪铜 (Shanghai Copper), 沪铝 (Shanghai Aluminum), 沪镍&不锈钢 (Shanghai Nickel & Stainless Steel), 工业硅 (Industrial Silicon), 工业品 (Industrial Goods), 螺纹钢 (Rebar), 铁矿石 (Iron Ore), 焦炭 (Coking Coal), 焦煤 (Coking Coal), 铁合金 (Iron Alloy), 原油 (Crude Oil), 苯乙烯 (Styrene), 沥青 (Asphalt), 甲醇 (Methanol), 尿素 (Urea), 聚烯烃 (Polyolefins), PVC, 聚酯 (Polyester), 橡胶 (Rubber), 玻璃 (Glass), 纯碱 (Soda Ash), 豆一 (Soybean), 豆粕 (Soybean Meal), 棉花 (Cotton), 白糖 (Sugar), 菜系 (Vegetables), 农产品 (Agricultural Products), 油脂 (Oil), 苹果 (Apples), 鸡蛋 (Eggs), 玉米 (Corn), 淀粉 (Starch), 生猪 (Pork), 纸浆 (Pulp).