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**2014年3月14日-2014年3月27日**

**行业新闻**

[**减钠比宣称食品为有机更受欢迎：B&G食品公司**](http://www.foodbusinessnews.net/articles/news_home/Business_News/2014/03/Organic_not_for_everyone_BG_Fo.aspx?ID=%7b78727A64-59CE-4012-AA1D-3FB94FE73F8A%7d)

美国B&G食品公司总裁戴维·温纳说，声称食品经过减钠处理比称之为有机食品在顾客当中引起的反响更强烈。B&G食品公司生产一系列食品，包括奥尔特加品牌下属的各种食品。戴维·温纳指出，“我们正在着力为公司生产的许多产品降低钠含量。”该公司之前对其奥尔特加品牌下的一款塔科（墨西哥煎玉米卷）进行改良，让该产品的钠调味料比常规产品减少了40%，并取得了成功。受这一成功的启发，该公司又推出了一种名为“但什”太太的无钠塔科调味料。据温纳说，这种新型调味料非常受欢迎。-来源：《食品商业资讯》(FoodBusinessNews)

**[以色列食品配料公司](http://www.bakeryandsnacks.com/Ingredients/Salt-of-the-Earth-Sea-salt-blend-can-slash-sodium-by-66)****[Salt of the Earth：](http://www.bakeryandsnacks.com/Ingredients/Salt-of-the-Earth-Sea-salt-blend-can-slash-sodium-by-66)****[海盐混合产品可减钠](http://www.bakeryandsnacks.com/Ingredients/Salt-of-the-Earth-Sea-salt-blend-can-slash-sodium-by-66)**

位于以色列的食品配料企业Salt of the Earth声称，使用该公司生产的海盐混合产品可以让烘焙食品和谷类食品中的钠含量减少多达66%。该款近期刚刚面向全球推出且品牌名称尚未确定的产品可用于减少烘焙食品、早餐麦片和各类小吃食品的钠含量水平。该公司声称，同其它食盐代替品相比较，该产品在味道和健康方面具有优势，且残留味道更小。 -来自– [Bakeryandsnacks.com](http://bakeryandsnacks.com/)网站

**国际新闻**

**[孟加拉人钠摄入量超过健康推荐量近一倍](http://www.dhakatribune.com/safety/2014/mar/18/sodium-intake-double-bangladesh)**

根据孟加拉国国家心脏基金会医院和研究所所作的一项调查，孟加拉国城市人口每人平均每天消耗约4000毫克的钠，而与此同时，该国有多达1200万的人患有高血压。在孟加拉国，慢性非传染性疾病的患病率正在不断上升；心脏病和中风是该国最常见的慢性病。 -来源：达卡论坛(Dhaka Tribune)

**新研究/调研成果**

**[需要减少那摄入？芳草和香料可以提供帮助](http://www.foxnews.com/health/2014/03/20/need-to-reduce-sodium-intake-herbs-and-spices-may-help/)**

根据在美国心脏协会(American Heart Association)2014年“流行病学和预防/营养、体力活动和代谢”科学会议上提交的一项新研究，在大部分膳食中加入芳草和香料可以帮助减少人们每天消耗的钠的数量。为了达到减少钠摄入的目标，个人一般只能严格坚持吃由新鲜食物和家常饭菜构成的规定食谱。这种做法对有些人来说是个挑战，因此该项研究的研究者们就想看看某些特定干预措施是否能够起作用。该研究向其一半参与者提供了一个简单的小册子，指导他们如何在家吃到低钠饮食，而另一半参与者则被纳入一项实验项目中，该项目旨在使用香料和芳草为食物调味从而减少他们的钠摄入量。结果表明，参与实验项目的人日均钠摄入量比仅仅拿到小册子的那部分人的日均钠摄入量要低966毫克。-来源：福克斯新闻(Fox News)

[**钠可能会使超重和肥胖的青少年机体更快衰老**](http://www.telegraph.co.uk/science/science-news/10712648/Salt-makes-overweight-people-age-faster.html)

根据在美国心脏协会2014年“流行病学和预防/营养、体力活动和代谢”科学会议上提交的一项新研究，习惯高钠饮食的超重和肥胖青少年的端粒（染色体末端的保护帽）比吃低钠饮食的同龄人要短一些，而端粒长度的缩短可能会让身体老化进程加速。细胞的每次分裂都会让端粒变短一点，当端粒变得太短的时候，细胞就会停止分裂并死亡。人体脂肪含量过高会加速端粒的变短过程，这一点在学界早已是共识，但这项新的研究发现，过高的钠摄入量似乎可以同肥胖携手，进一步加速端粒的变短。钠消耗量最多（每天超过4100毫克）的那部分超重和肥胖青少年比起那些钠消耗量最少（每天小于2400毫克）的同龄人来说，端粒缩短的比较显著。然而，在没有超重和肥胖问题的那些青少年身上，较高的钠摄入量对端粒短化的效果不明显。- 来源：The Telegraph

[**儿童对于甜味和咸味的喜好有关联**](http://consumer.healthday.com/kids-health-information-23/child-development-news-124/kids-sweet-salty-tastes-685790.html)

根据在线发表在《PLoS One》杂志上的一项新的研究，最喜欢高甜口味的那部分儿童，对高咸口味也最为偏好，且总体来说儿童比成人喜欢更甜和更咸的口味。口味喜好与生长和发育有联系：比同龄人长得更高的儿童更喜欢甜味，而身体脂肪含量更高的儿童则对咸味更为偏好。该研究的作者指出，了解儿童对甜味和咸味的口味喜好背后的生物学原理非常重要，这是找出减少他们糖、盐摄入量方法的第一步。 -来源： 美国“健康日新闻”网站(HealthDay)

**其它信息**

[**当心这些“秘密”含盐的食品**](http://www.goodhousekeeping.com/health/nutrition/secretly-salty-foods#slide-1)

高钠饮食可以让人的血压升高，并让患上心脏病和中风的危险增加。但根据美国营养和饮食研究院发言人金·拉森（Kim Larson）所说，厨房桌上的盐罐和食品柜中的薯片并不是让大多数人钠摄入量过高的最主要原因。拉森建议，要想避免钠摄入过量，你需要在购买食品时阅读标签，找那些每份含钠低于140毫克的产品（或者，如果需要买份冷冻餐的话，低于500毫克）；挑选低钠的食品；在购买特定食品如番茄酱、沙拉酱和预先调味米饭等之前，要特别小心留意其钠含量。 -来源：《好管家》(Good Housekeeping)杂志。

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[**Organic Claims Less Popular than Reduced Sodium: B&G Foods**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.foodbusinessnews.net%2farticles%2fnews_home%2fBusiness_News%2f2014%2f03%2fOrganic_not_for_everyone_BG_Fo.aspx%3fID%3d%257b78727A64-59CE-4012-AA1D-3FB94FE73F8A%257d)

Products with organic claims do not resonate with consumers as much as the company’s reduced sodium products have, said David Wenner, chief executive officer of B&G Foods, which manufactures a range of food products including the Ortega brand. “We are doing things like lowering sodium in a broad array of our products,” he noted. Following the success of an Ortega taco seasoning with 40% less sodium than the regular product, the company has launched a Mrs. Dash no-sodium taco seasoning that Wenner said is “doing pretty well.” – FoodBusinessNews

[**Salt of the Earth: Sea Salt Blend Can Reduce Sodium by 66%**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.bakeryandsnacks.com%2fIngredients%2fSalt-of-the-Earth-Sea-salt-blend-can-slash-sodium-by-66)

Israel-based ingredients firm Salt of the Earth claims the sodium content in baked goods and cereals can be reduced by as much as 66% using its sea salt blend. The product, recently launched globally and yet to be given a brand name, can be used to reduce sodium levels in bakery items, breakfast cereals, and snacks. The product offers taste and health advantages compared to other salt replacers, including a diminished aftertaste, the company claims. – Bakeryandsnacks.com



[**Sodium Intake Double in Bangladesh**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.dhakatribune.com%2fsafety%2f2014%2fmar%2f18%2fsodium-intake-double-bangladesh)

People in urban Bangladesh consume an average of about 4,000 milligrams of sodium per day, and as many as 12 million people in the country suffer from high blood pressure, according to a survey conducted by National Heart Foundation Hospital and Research Institute. In Bangladesh, the prevalence of noncommunicable diseases (NCDs) is on the rise; heart attacks and strokes are the most common NCDs. – Dhaka Tribune

 

[**Need to Reduce Sodium Intake? Herbs and Spices May Help**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2014%2f03%2f20%2fneed-to-reduce-sodium-intake-herbs-and-spices-may-help%2f)

Adding herbs and spices to most meals may help decrease the amount of sodium people consume on a daily basis, according to a new study presented at the American Heart Association’s (AHA’s) Epidemiology and Prevention | Nutrition, Physical Activity and Metabolism Scientific Sessions 2014. To reduce sodium intake, individuals often must adhere to a strict diet of fresh foods and home-cooked meals. Because this poses a difficult challenge for some individuals, the researchers set out to discover whether certain interventions could help. Half of the study participants were given simple brochures instructing them how to eat a low sodium diet at home, while the other half were enrolled in a program with the goal of reducing their sodium intake using spices and herbs to flavor food. The daily sodium intake of the program group was an average of 966 milligrams lower than that of the brochure group. – Fox News

[**Sodium May Make Overweight and Obese Teens Age Faster**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.telegraph.co.uk%2fscience%2fscience-news%2f10712648%2fSalt-makes-overweight-people-age-faster.html)

Overweight or obese teenagers who had a high sodium diet had shorter telomeres—the protective caps at the end of chromosomes—than those who ate a low sodium diet, and the reduced telomere length may speed up the aging process, according to a new study presented at AHA’s Epidemiology and Prevention | Nutrition, Physical Activity and Metabolism Scientific Sessions 2014. Each time a cell divides, the telomeres get shorter, and when they get too short, the cell stops dividing and dies. High levels of body fat were already known to hasten the shortening of telomeres, but the new study found that sodium seems to work hand in hand with obesity to speed up the effect further. Overweight or obese teenagers who consumed the most sodium (more than 4,100 milligrams per day) had significantly shorter telomeres than those who consumed the least (less than 2,400 milligrams per day). However, high sodium intake did not have a significant effect on telomere shortening in teens who were not overweight or obese. – The Telegraph

[**Sweet, Salty Taste Preferences Linked in Children**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fconsumer.healthday.com%2fkids-health-information-23%2fchild-development-news-124%2fkids-sweet-salty-tastes-685790.html)

Children who most prefer high levels of sweet tastes also most prefer high levels of salty tastes, and children prefer sweeter and saltier tastes than do adults, according to a new study published online in the journal *PLoS One*. Taste preferences were linked to growth and development: Children who were tall for their age preferred sweeter tastes, and those with higher amounts of body fat preferred saltier tastes. Learning more about the biology behind children’s preferences for sweet and salty tastes is an important first step in finding ways to reduce their intake of sugar and salt, the researchers noted. – HealthDay

 

[**Beware of These Secretly Salty Foods**](https://mail.cn.cdc.gov/owa/redir.aspx?C=di5P3TrDR0GBdXDHJTwRFxCsbMdBJtEIMjL7YF1DgBkcDCTAILcsek_31IKYdFz2kVW2n4wSULs.&URL=http%3a%2f%2fwww.goodhousekeeping.com%2fhealth%2fnutrition%2fsecretly-salty-foods%23slide-1)

A high sodium diet can raise a person’s blood pressure and increase his or her risk for a heart attack or stroke. But the salt shaker on the kitchen table and the potato chips in the pantry are not the biggest offenders when it comes to sodium, says Academy of Nutrition and Dietetics spokesperson Kim Larson. To avoid excess sodium, Larson suggests reading labels when food shopping and looking for products with less than 140 milligrams per serving (or, if buying a frozen meal is necessary, under 500 milligrams); picking low sodium versions of food items; and being especially careful when buying certain food items, including tomato sauce, salad dressing, and pre-seasoned rice. – Good Housekeeping

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