

2016年2月16日

本期的《减盐电子周刊》的更新内容包括MenuStat信息网新增信息、在喜士多便利店（C-store）内的通用磨坊（General Mills）含盐零食销售情况，以及阿尔迪连锁超市（Aldi）制定的健康付款通道计划。

**MenuStat信息网新增餐厅和营养信息**

纽约市健康与心理卫生局近期宣布，MenuStat信息网现提供近4年（2012-2015）的连锁餐厅信息，餐厅数量总计159家，菜品数量超过15万条。用户可按菜品、食物种类、餐厅名称、年份进行对比浏览，菜品类别包括“儿童餐”或“含鸡肉”等。用户按营养类别搜索时，可同时选择多项，或单独选择一项，如“含钠类”，以进行含钠量对比。MenuStat免费信息网可提供全美各家大型连锁餐厅的食品营养信息。

点击此处，了解更多信息：<http://menustat.org/>

**调查发现喜士多含盐零食的四类消费群体**

据通用磨坊公司便利店与食品服务部的一项投票调查显示，70%的便利店购物者认为购买含盐零食可以改善自己的心情。近半数购物者会在购物结束后15分钟内开始吃零食。另外，人们在喜士多购买的商品中，约有68%属于计划外购买。参与此次投票的便利店购物者总计3000人，年龄在18至54之间。该调查还发现，购买含盐零食的群体主要分为以下四类：

* 喜咸食型
* 注重健康型
* 喜尝鲜型
* 喜甜食型

点击此处，了解更多信息:

<http://www.generalmillscf.com/industries/convenience/support-tool-categories/consumer-insights/c-store-shoppers-take-on-salty-snacks>.

**阿尔迪成为第一家提供健康付款通道的连锁食品超市**

阿尔迪折扣食品超市在美国拥有近1500家连锁店。近期，其宣布：到2016年底，各连锁店的付款通道将更加“健康”。健康付款通道将提供低热量、低饱和脂肪、低糖和低钠的食品，包括干果、坚果和燕麦棒。同时，阿尔迪还对整个超市做出了改进，包括：扩充新鲜有机肉和农产品区域，拓宽天然食品（不含大量人工配料）货架，在自有品牌的食品包装封面重点介绍产品的营养价值。

点击此处，了解更多信息:

<https://corporate.aldi.us/fileadmin/fm-dam/news_and_awards/Press_Release_2016/Feel_Good_Foods_Release_Draft_FINAL.PDF>.

感谢您一直以来对减盐活动的支持。

请注意：

本简讯英文版由美国疾病预防控制中心发布，中文版由骄阳翻译公司翻译，如有歧义，请以英文版本为准。

该信息为与减钠的相关伙伴机构和个人分享将正在进行的减钠活动信息。目的是为相关同仁提供持续更新的信息，并为对减钠工作感兴趣或致力于减钠工作的个人或机构创建一个合作网络。《减盐电子周刊》将每两周发布一期，如果你知道一些应该添加进来的人，或者你希望被从该通信人中删除，请联系蔡颖女士([caiy@cn.cdc.gov)](mailto:caiy@cn.cdc.gov))。

《减盐电子周刊》在内容上只基于新闻价值和读者的潜在兴趣进行选择。美国疾病预防控制中心对所提供文章的真实准确性不承担任何责任。文章的选择、省略或文章内容并不意味着美国疾病预防控制中心对其内容有支持或其它观点。《减盐电子周刊》中原作者的观点或者引用，完全是其个人观点，绝不代表美国疾病预防控制中心的官方立场。所提及的产品、商业名称、出版物、新闻来源以及网站等，仅作参考之用，并不意味着美国疾病预防控制中心的认可。

Hello –

This week’s CDC Salt e-Update includes new information on the MenuStat database, General Mills’ consumer data on C-store salty snack purchases, and Aldi’s Healthier Checklanes initiative.

**MenuStat Now Includes More Restaurants and Nutrition Data**

The New York City Department of Health and Mental Hygiene recently announced the MenuStat database has been updated and now includes over 150,000 menu items from 159 restaurant chains from the past 4 years (2012-2015). Users can view and compare menu items, food categories, restaurants, and years, and searches can be refined by categories such as “on kids menu only” or “contains poultry”. Nutrients including sodium may be searched all together or singled out and compared independently. MenuStat is a free database housing nutrition information for foods served by the nation’s largest restaurant chains.

More information may be found here: <http://menustat.org/>.

**Survey Finds Four Main Groups of C-Store Salty Snack Consumers**  
According to a poll by General Mills' Convenience & Foodservice Division, 70% of convenience store shoppers report buying salty snacks to improve their mood. Nearly half of shoppers reported eating the snacks within 15 minutes of purchase, and about 68% of C-store purchases were reported as unplanned. The survey polled 3,000 convenience store shoppers between 18 and 54 years of age, and also found that salty snack purchases were segmented into the following four categories:

* Salty Craving
* Healthier
* Bold Substance
* Sweet Craving

More information may be found here: <http://www.generalmillscf.com/industries/convenience/support-tool-categories/consumer-insights/c-store-shoppers-take-on-salty-snacks>.

**Aldi Becomes First Grocery Chain With Healthier Checkout Aisles**Aldi, the discount grocer operating nearly 1,500 stores in the U.S., recently announced that all checkout aisles in all stores will be healthier by the end of 2016. The Healthier Checklanes will offer items with reduced calories, saturated fat, sugars, and sodium, including dried fruit and nuts, and granola bars. Aldi is also making changes throughout the entire store, including expanding fresh and organic meat and produce options, broadening the line of SimplyNature products which are free of many artificial ingredients, and highlighting the nutrition facts of products on the front of the company’s private label food products.

For more information, visit: <https://corporate.aldi.us/fileadmin/fm-dam/news_and_awards/Press_Release_2016/Feel_Good_Foods_Release_Draft_FINAL.PDF>.

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov)*.*

*Salt e-Update* content is selected solely on the basis of newsworthiness and potential interest to readers. CDC assumes no responsibility for the factual accuracy of the items presented. The selection, omission, or content of items does not imply any endorsement or other position taken by CDC. Opinions expressed by the original authors of items included in *Salt e-Update*, or persons quoted therein, are strictly their own and are in no way meant to represent the official position of CDC. References to products, trade names, publications, news sources, and Websites are provided solely for informational purposes and do not imply endorsement by the CDC.