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**2015年1月3日-2015年1月16日**

**州/地方新闻**

**[北达科他州的学校觉得要降低午餐中的钠含量确实难度很大](http://www.wdaz.com/news/north-dakota/3647543-north-dakota-schools-find-putting-less-sodium-lunches-challenge)**

为了达到更健康的校餐标准，北达科他州的很多学校都在努力降低校餐中的钠含量，但是有些学校表示这样做的难度太大。要达到儿童健康免饥饿行为研究会设定的钠摄入标准（小学生不超过1230毫克、高中生不超过1420毫克），学校必须严格控制午餐中的钠含量。然而俾斯麦公共学校的营养协调员说，因为食物中的所有钠成分都会迅速累加，所以要将钠摄入量控制在指导线以下确实非常困难。

资讯来源：WDAZ 美国广播公司福克斯台(WDAZ ABC 8 Grand Forks)

**国际新闻**

**[“小皇帝”与中国头号致命杀手的交锋](http://www.bloomberg.com/news/2015-01-15/-little-emperors-wage-war-on-china-s-deadliest-killers.html)**

在中国，炖菜和火锅是很普及的正餐美食。而据统计，中国人中大约有2.7亿人患有高血压。几十年来，中风病和心脏病医生都在致力于让国人少吃点盐，然而收效甚微。但是现在，研究者有了一个解决方案，就是训练在校学生改变观念，从而间接使他们的父母减少食物中的盐量。陕西北部的一群研究者就在通过告知学生传统饮食的高盐危害、让学生回家后将信息反馈给父母的方式，期望借助于孩子的影响力降低家庭的盐摄入量。不到四个月，参与者的盐摄入量下降了1/4。

资讯来源：彭博社新闻(Bloomberg News)

[**加拿大的食品工厂需要改变其钠嗜好**](http://www.theglobeandmail.com/life/health-and-fitness/health/the-food-industry-needs-to-shake-its-sodium-addiction/article22276051/)

在加拿大，幼儿、青少年和成年人每天的钠摄入量都大大超过了政府建议的最大值。因为在食物到达消费者口中以前，制造厂和饭店在食物中加入的钠含量，已经达到了加拿大人钠摄入量的近8成，所以个人要想明显地减少钠摄入是很难的。正是由于这个原因，加拿大人更要特别关注一个最新的相关研究，这个研究发现，在降低菜单食物的钠含量上，加拿大餐厅几乎毫无进展。然而，代表食物服务业的加拿大餐饮联合会却说，他们供应的食物之所以钠含量一直较高，是因为消费者们希望如此。

资讯来源：《环球邮报》(The Globe and Mail)

**新研究/调研成果**

[[**在家做饭是否总是有益健康？**](http://www.theglobeandmail.com/life/health-and-fitness/health/the-food-industry-needs-to-shake-its-sodium-addiction/article22276051/)](http://www.npr.org/blogs/thesalt/2015/01/09/376098496/is-cook-at-home-always-good-health-advice)

在米歇尔波伦2013年的新书《烹调》(Cooked)中说，在家做饭是“一个家庭力所能及的提高健康水平和整体幸福指数的最重要途径”；第一夫人米歇尔奥巴马在2014年“建设一个更健康未来”峰会上说，“研究已经清晰表明，对家庭而言，在家做饭是提升家人健康水平的最有效方式之一”。但是，一项在《预防医学》(Preventive Medicine)上发表的最新研究发现，中年妇女在家做饭的时间越长，似乎越容易患上代谢综合症，从而导致心脏病和糖尿病风险增大。尽管很多人指责制造厂的外卖食物高糖、高油、高盐，对美国人身体健康不利，但是这项新研究的负责人布拉德利阿佩尔汉斯却指出，健康的问题其实更加复杂，“而且很多制造厂在外卖食物上已经削减了钠和卡路里，这些食物不仅比原来更加健康，而且在快餐和家庭烹饪食物之外，为人们提供了更多的美味选择”。

资讯来源：国家公共电台(NPR)

[**新研究证实：高盐会增加胃癌风险**](http://www.express.co.uk/life-style/health/552124/Salt-reduce-risk-stomach-cancer)

众所周知，过多的摄入盐会导致高血压和心脏病，但是科学家们现在确信，过多的盐摄入还会增加胃癌风险。毫无疑问，幽门螺旋杆菌感染胃癌的头号风险因素，因为一旦感染上幽门螺旋杆菌，就有可能导致胃炎，增加胃癌风险。然而一项最新研究表明，吃盐太多也会增加胃癌风险，盐的摄入量和胃癌风险直接相关。欧洲联合肠胃病学总干事约翰艾瑟顿说，尽管科学家们还不知道“到底为什么盐吃多了会增加胃癌风险，但是研究显示，多盐可能会促进幽门螺旋杆菌生长，从而对胃细胞的毒性更大”。

资讯来源：《英国每日快报》(Express (U.K.)

**其它信息**

[**炖煮鸡肉丸：低钠的美味**](http://www.dallasnews.com/lifestyles/columnists/kitchen-scoop/20150106-simmered-chicken-meatballs-a-hearty-meal-with-less-sodium.ece)

根据艾丽西亚罗斯的厨房铲(Kitchen Scoop)专栏的说法，降低食物中钠成分含量，不仅不会损害人且健康，而且还通过此举可以达到政府建议的盐摄入标准。罗斯建议，要想减少钠的摄入，就要多在家做饭，少使用深度加工食品，尽可能地使用低钠和少钠原材料，在饭菜上桌以后根据个人口味才适量加点盐。饲养土鸡往往是一个隐藏的钠源，所以消费者在购买时，必须要确定这些鸡没有被注射过钠溶液。同时，消费者还可以通过查看食物的营养含量、建议杂货店老板多进些低钠食品等方法，来有效降低钠的摄入。文章还提供了一个鸡肉丸烹煮配方，用这个配方烧制的鸡肉丸，每份的钠含量只有190毫克。

资讯来源：《达拉斯晨报》(Dallas Morning News)

[**减少盐的摄入，降低你的血压**](http://www.yourstephenvilletx.com/lower-your-blood-pressure-by-cutting-back-on-salt/article_e237dc09-a749-52aa-82ac-45fb52a344aa.html)

K博士网([AskDoctorK.com](http://askdoctork.com/))的安东尼卡马罗夫医生回应了一个读者提出的“盐如何影响血压”的问题。盐对于人类生存是必不可少的，但是当人们吸收了太多的钠，超出身体所需时，他们就需要通过水来稀释钠成分。而与此同时，人体内的液体水平和血管压力就会增加。很多研究表明，血压会随着食物中的高钠含量而增高。比如说，具有里程碑意义的“得舒饮食”试验（DASH-Sodium trial）就表明，减少盐的摄入不仅可以降低血压，而且还可以挽救生命。几个研究也已经表明，减少饮食中的钠，可以降低心脏病发作、中风和其它心血管疾病的致死率。

资讯来源：《斯蒂芬维尔帝国论坛报》(Stephenville Empire-Tribune)

[**五种大幅减钠的美食之法**](http://www.everydayhealth.com/columns/bonnie-taub-dix-nutrition-intuition/delicious-ways-to-slash-sodium/)

吸收过度大量的钠，会增加人体动脉血压和心脏负荷，从而极易导致心血管疾病患病率的升高。在餐厅就餐和使用深度加工的食物原料，是美国人餐饮中两种典型的钠摄入方式，美国人通过这两种方式摄入的钠，几乎达到了个人钠摄入量的75%。盐是饮食场所使用的最便宜也最多的调味料，如果没有特别要求，饭店里肯定会加得很多。所以人们到餐厅就餐时，不用对要求在食物中少放盐或不加盐而觉得不好意思。其它的像用柠檬、橙子、新鲜的香草、香料代替使用盐，也都是减少钠摄入量的小窍门。

资讯来源：《每日健康报》(Everyday Health)

[**泰餐中隐藏的卡路里和钠**](http://www.theglobeandmail.com/life/health-and-fitness/ask-a-health-expert/the-hidden-calories-and-sodium-in-thai-food-and-which-dishes-to-avoid/article22445745/)

文章回应了关于泰国餐厅中的低卡路里食物的选择问题。其实在卡路里之外，人们也应该对泰餐中的钠含量多留心。因为使用了大量的鱼露、咖喱酱、虾膏等材料，所以泰国食物中的钠含量往往很高。比如，一份炒罗勒鸡就包含了1400毫克的钠，一顿美味的冬阴功汤就含了近3000毫克的钠，要想控制点餐的人每天的钠摄入量几乎是不可能的。

资讯来源：《环球邮报》(Globe and Mail)

[**每天多少盐、油、碳水化合物是合适的呢？**](http://www.today.com/health/how-much-salt-fat-carbs-day-are-ok-7-things-1D80425826)

食物选择上改变的一小步，往往会对身体健康影响一大步。比如说像盐，即使一点点改变也会影响很大。人们若想身体健康，降低与钠相关的心血管疾病风险，那么每天摄入的钠就不得超过2300毫克。高危人群，包括所有年龄段的非裔美国人，50岁以上的高血压、糖尿病、肾病患者，建议每日的钠摄入量不超过1500毫克。很多人意识不到自己吸收了多少钠，因为食物中近八成的钠是来自于加工食物和外卖食物，而且调味品和面包中也会隐藏钠。

资讯来源：《健康生活》(Today Health)

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**January 3–16, 2015**



[**North Dakota Schools Find Putting Less Sodium in Lunches a Challenge**](http://www.wdaz.com/news/north-dakota/3647543-north-dakota-schools-find-putting-less-sodium-lunches-challenge)

North Dakota schools are serving meals with less sodium to meet healthier school meal standards, but some say it is a challenge. A school lunch can contain no more than 1,230 milligrams of sodium for elementary school students and 1,420 milligrams for high school students to meet standards set by the Healthy, Hunger-Free Kids Act. Nutrition coordinators for Bismarck Public Schools say meeting the guidelines is a difficult task because the sodium content of all the ingredients can add up quickly. – WDAZ ABC 8 Grand Forks



[**“Little Emperors” Wage War on China’s Deadliest Killers**](http://www.bloomberg.com/news/2015-01-15/-little-emperors-wage-war-on-china-s-deadliest-killers.html)

Across China, salty stews and hotpots are popular dinner fare, and an estimated 270 million Chinese suffer from hypertension. For decades, doctors battling stroke and heart disease have struggled to get the Chinese population to eat less salt. Researchers now have a solution: Train schoolchildren to push their parents to cut back. Counting on the kids’ influence, a group of researchers taught students in the northern province of Shanxi the harmful effects of their traditional salty diet. The researchers then asked the children to take the message to adults back home; in less than 4 months, the salt intake of participants dropped by one quarter. – Bloomberg News

[**The Canadian Food Industry Needs to Shake Its Sodium Addiction**](http://www.theglobeandmail.com/life/health-and-fitness/health/the-food-industry-needs-to-shake-its-sodium-addiction/article22276051/)

The average toddler, teenager, and adult in Canada consume well over the maximum recommended limit of sodium every day. Because manufacturers and restaurants add nearly 80% of the sodium Canadians consume before the food reaches consumers, it is difficult for individuals to significantly reduce their sodium intake. For this reason, Canadians should be concerned about the results of a recently released study that found restaurant chains have made little progress in reducing sodium in many of their menu items. However, Restaurants Canada, the industry organization representing the food-service industry, says that sodium levels in the Canadian food supply remain high because that is what consumers want. – The Globe and Mail



[**Is “Cook at Home” Always Good Health Advice?**](http://www.npr.org/blogs/thesalt/2015/01/09/376098496/is-cook-at-home-always-good-health-advice)

In his 2013 book *Cooked,* author Michael Pollan called home cooking the “single most important thing we could do as a family to improve our health and general well-being”; First LadyMichelle Obama told a crowd at the 2014 Building a Healthier Future Summit that “research clearly shows that home cooking is one of the single most impactful ways for families to improve their health.” But a recent study published in the journal *Preventive Medicine* found that the more time middle-aged women spent cooking at home, the more likely they were to suffer from metabolic syndrome, putting them at risk for heart disease and diabetes. Although many blame manufacturers of high-sugar, high-fat, high-salt packaged food for Americans’ ill health, lead study author Bradley Appelhans noted that the issue is more complex than that, and “many [prepared] foods have gotten much healthier [as manufacturers have] cut down on sodium [and] calorie content, and created tasty alternatives to fast food and home-prepared meals.” – NPR

[**Salt Can Increase Risk for Stomach Cancer, New Research Warns**](http://www.express.co.uk/life-style/health/552124/Salt-reduce-risk-stomach-cancer)

Although it is widely known that excessive salt consumption can lead to high blood pressure and heart disease, scientists now believe that it can also increase the risk of stomach cancer. The most well-established risk factor for stomach cancer is infection with a bacterium called *Helicobacter pylori* *(H. pylori),* which causes inflammation within the stomach that can progress to cancer. New research, however, suggests that eating too much salt also increases the risk of stomach cancer, with a direct relationship found between salt consumption and cancer risk. Although scientists do not know “exactly why salt increases the risk of stomach cancer, studies suggest that it may encourage the growth of *H. pylori* and make it more toxic to the cells of the stomach,” said United European Gastroenterology Secretary General John Atherton. – Express (U.K.)



[**Simmered Chicken Meatballs: A Hearty Meal with Less Sodium**](http://www.dallasnews.com/lifestyles/columnists/kitchen-scoop/20150106-simmered-chicken-meatballs-a-hearty-meal-with-less-sodium.ece)

The availability of more low sodium ingredients is helpful for keeping up with recommendations to limit salt intake without compromising convenience for health, according to Alicia Ross’ Kitchen Scoop column. To reduce sodium intake, Ross recommends limiting the use of highly processed foods, cooking at home more often, using low and reduced sodium ingredients whenever possible, and adding salt at the table to individual portions only after tasting. Ground chicken can be a source of hidden sodium, and consumers should make sure it has not been injected with a sodium solution. Consumers can check the nutritional content and ask their local grocery store manager to stock low and reduced sodium products. The article also provides a recipe for chicken meatballs with 190 milligrams of sodium per serving. – Dallas Morning News

[**Lower Your Blood Pressure by Cutting Back on Salt**](http://www.yourstephenvilletx.com/lower-your-blood-pressure-by-cutting-back-on-salt/article_e237dc09-a749-52aa-82ac-45fb52a344aa.html)

Physician Anthony Komaroff of [AskDoctorK.com](http://askdoctork.com/) responds to a reader question about how salt affects blood pressure. Salt is essential for survival, but when people consume more sodium than their body needs, they retain water to dilute the sodium, increasing fluid levels and raising the pressure inside blood vessels. Many studies show that blood pressure rises with higher levels of sodium in the diet. For example, the landmark DASH-Sodium trial showed that cutting back on salt lowers blood pressure. Reducing salt has also been shown to save lives. Several studies have shown that lowering dietary sodium leads to fewer deaths from heart attacks, strokes, and other cardiovascular events. – Stephenville Empire-Tribune

[**Five Delicious Ways to Slash Sodium**](http://www.everydayhealth.com/columns/bonnie-taub-dix-nutrition-intuition/delicious-ways-to-slash-sodium/)

Consuming excessive amounts of sodium can play a key role in the development of cardiovascular illnesses by increasing blood pressure within the arteries and making the heart work harder. Eating food from restaurants and using highly processed ingredients are the two main sources of sodium in the average American’s diet, contributing almost three quarters of total sodium intake. Individuals should not be shy about requesting that a restaurant put less salt in their meal or not add any salt at all. Salt is one of the least expensive yet most flavorful ingredients used in eating establishments, so people can be sure that restaurants will use plenty unless instructed otherwise. Other tips to reduce sodium intake include swapping in lemon or orange flavor and substituting fresh herbs and spices. – Everyday Health

[**The Hidden Calories and Sodium in Thai Food**](http://www.theglobeandmail.com/life/health-and-fitness/ask-a-health-expert/the-hidden-calories-and-sodium-in-thai-food-and-which-dishes-to-avoid/article22445745/)

This article responds to a question about lower calorie options at a Thai restaurant. In addition to calories, people should also be mindful about the sodium content of Thai cuisine. This type of food can be very high in sodium due to ingredients such as fish sauce, curry paste, and shrimp paste. Depending on what someone orders, it can be nearly impossible to keep daily sodium intake in check. For example, an order of stir-fried basil chicken can contain 1,400 milligrams of sodium, and a meal of tom yum soup can contain nearly 3,000 milligrams. – Globe and Mail

[**How Much Salt, Fat, and Carbs a Day Are OK?**](http://www.today.com/health/how-much-salt-fat-carbs-day-are-ok-7-things-1D80425826)

Making some small changes in food choices can often make a big impact on health. When it comes to salt, a little goes a long way. Only about 2,300 milligrams of sodium are needed to support good health for people without risk factors for sodium-related cardiovascular illness. A 1,500-milligram daily intake is recommended for people at risk, including African Americans of all ages and those aged 51 and older or who have high blood pressure, diabetes, or kidney disease. Many people do not realize how much sodium they are consuming; nearly 80% of the sodium in food comes from processed and packaged foods, and sodium can be hidden in foods like condiments and bread. – Today Health

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