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**2014年12月6日-2015年1月2日**

**政府新闻**

[**共和党推动暂停“健康学校午餐计划”**](http://news.yahoo.com/gop-pushes-waiver-healthier-school-lunches-105253156.html)

众议院共和党人于12月做出最后一次努力，以期能让努力执行“健康学校午餐计划”标准的各学校得到暂时的喘息。这些新的午餐规则和标准从2012年开始逐步实施，得到了第一夫人米歇尔·奥巴马的大力支持。新标准要求在学校午餐中加入更多水果、蔬菜和全麦类食物，同时限制钠、糖和脂肪的使用。尽管这些新的标准在许多学校已经得以成功实施，但其他学校则抱怨说，新标准有点实施不下去，尤其是对钠的限制和对全麦比例的要求实施起来困难重重。健康午餐标准的倡导者们表示，学校需要时间来适应这些标准的变化。他们预测，随着学生们渐渐适应了新的食物，同时食品行业不断创造出更多符合新标准的可口产品，新标准的实施面临的问题会逐步减少。

资讯来源：雅虎新闻/美联社(Yahoo! News/Associated Press)

[**国会的开支法案将使学校午餐中的食盐含量保持目前水平**](http://time.com/3634109/school-lunches-sodium-whole-wheat-spending-bill/)

去年十二月，美国总统奥巴马签署了一项1万亿美元的开支法案，此法案也打击了第一夫人米歇尔·奥巴马大力倡导的旨在推动学校食物更加健康的相关政策。尽管健康学校午餐计划的执行仍保持不变，且学校无权选择退出该计划（一些共和党人一直希望如此），但2015年的开支法案中包含了阻止对学校午餐进行进一步减钠的措辞，是否进一步减钠要等到“最新的科学研究证实减钠对儿童健康是有益的”后再行决定。“健康学校午餐计划”要求学校到2022学年末应当提供含钠量少于740毫克的餐食，这个含量大约是目前的学校午餐指导标准所允许含钠量的一半左右。包括美国心脏协会等在内的健康倡导机构，已经对这种停止减钠的政策进行了批评。美国心脏协会在一篇2010医学研究所报告中指出：“（停止减钠）威胁到了我们孩子的未来的健康。”。该报告建议，应当加大对高钠学校餐食的改良力度。

资讯来源：《时代》周刊(TIME)

[**国会是否认为高钠饮食对孩子们无害？**](http://www.bloomberg.com/politics/articles/2014-12-13/does-congress-think-highsodium-diets-arent-bad-for-kids)

研究表明，过量的钠摄入会让儿童血压增高。但是，从最近签署的联邦政府开支法案来看，国会并不认同这一点。“美国的儿童和青少年钠摄入量过多，这是一个基本的事实”，美国疾病预防控制中心预防心脏病和中风的公共健康分析师詹妮尔·冈恩(Janelle Gunn)说道。冈恩指出，大多数青少年每天消耗大约3700毫克的钠。“过多的钠摄入会让孩子的血压增高，而且统计数据显示：六分之一的儿童已经已经有血压升高或高于正常范围的问题。心脏疾病和中风是导致美国成年人死亡的两大主要原因，而高血压则是这两种疾病的一个主要致病因素。大量的科学研究已经证实，血压会随着钠摄入量的减少而降低。”她补充道。

资讯来源：彭博新闻社（Bloomberg News）

**州/地方新闻**

[**开发美味菜肴：学校应对新的营养规则**](http://bismarcktribune.com/news/local/education/finding-flavor-schools-react-to-new-nutrition-rules/article_e730b692-8b96-11e4-bf78-dbf5b671e3c9.html)

为了符合联邦政府关于严格控制钠含量的强制性标准，北达科他州的俾斯麦高中今年对餐厅菜品做出改变。这让餐厅中提供的汤类食物有了变化，而部分学生对此怨声载道。该校原来提供的冰冻汤里含钠过高，因此该学区不得不停止了这种汤的供应，以便能够获得联邦政府的补贴。学校营养官员明白，学生们失去了他们喜欢的食物选项，因此正在努力创造替代食品。最近，该校食堂在菜单上增加了一款自制鸡肉玉米饼汤。北达科他州鼓励各校从零开始，制作出更多新的菜品，并建议学校用小杯分配调味品，或是仅提供小份餐具来避免学生摄入过多的钠。

资讯来源：俾斯麦论坛（Bismarck Tribune）

**国际新闻**

[**中国民众对过量摄入食盐危害性的知晓率仍然很低**](http://news.asiaone.com/news/yourhealth/awareness-salt-danger-remains-low)

根据中国疾病预防与控制中心营养与健康研究所做的一项调查，中国民众对过量摄入食盐危害性的认知仍然比较有限，且很少有人能够例举出高盐食物。在28000多名受访者中，仅有不到15%的人知道花生酱含盐浓度高这一事实。对于例如奶酪，味精和面条等其他高盐食物的认知率也比较低，仅有20%的受访者说，他们知道这些食物含盐量过高。约有80%的被调查者知道长期的高盐饮食会增加高血压的风险。

资讯来源：亚洲一号新闻（Asia One News）

[**食盐摄入过量的标准是多少？**](http://www.hindustantimes.com/comment/sanchitasharma/how-much-salt-is-too-much-we-answer-the-recurring-query/article1-1294077.aspx)

人们应当在日常餐食中尽可能地减少食盐的添加，因为几乎所有大家所食用的食物中，只要是加工过的，就有钠的存在。减盐比减糖要困难的多。与糖不同的是，盐能够在你毫无觉察的情况下，潜伏进你的身体。食物的咸淡常常并不能反映出其含盐量的高低，因为钠原本就被加入到了大多数加工和包装食品中，以提高这些食物的口味和口感。在印度的中产阶层和中上阶层家庭消耗的食盐总量有一半多来自于隐秘的源头，比如加工过的肉类、乳酪、饼干、曲奇、蛋糕和薯片。印度常见的每日餐食中包含大约8.5到10克的钠。

资讯来源：《印度斯坦时报》（Hindustan Times）

[**尽管日本饮食看起来很健康，但日本人依旧食盐摄入过量**](http://ajw.asahi.com/article/behind_news/social_affairs/AJ201412090005)

尽管日本饮食在世界范围内被视为最为健康的饮食之一，但某些菜肴中使用的食盐量仍然过高。经日本卫生劳动和福利部委托，发表在《英国营养学杂志》（*British Journal of Nutrition*）上的一项调查结果显示， 日本成人平均每日消耗大约12克的食盐，这比之前估算出的数据高出了2克。日本男性每日平均摄入量为14克，女性为11.8克。这些结果根据健康成人尿液中的钠含量计算而来。这种计算方法有别于以前进行的调查所采取的方法，以前是根据食物中的钠含量进行计算。

资讯来源：《朝日新闻》（Asahi Shimbun）

[**加拿大餐馆食物仍存在含钠过高的问题**](http://www.cbc.ca/news/health/high-sodium-restaurant-meals-persist-researchers-find-1.2874907)

根据发表在《加拿大医学协会期刊》（*CMAJ Open*）在线版上的一项新的研究，在过去三年当中，加拿大的连锁餐厅提供的大部分食物的含钠水平保持了不变。营养学研究人员在报告中说，“钠含量高得无法接受”的菜单选项的数量在2010到2013这几年当中没有改变，呼吁政府采取强制行动以减少钠摄入。报告显示，诸如赛百味（Subway），必胜客（ Pizza Hut），塔可钟（Taco Bell）和塔可时间（Taco Time）等连锁餐厅，其接受调查的食物中有70%以上的含钠水平减少了至少20%。不过，研究者们说，在某些食物大幅减钠的同时，其他食物的含钠量却在增加，抵消了减钠的效果。总体来说，食物中的钠含量水平在30.1%的食物中有所降低，在16.3%的食物中有所增加，而在53.6%的食物中没有变化。

资讯来源：加拿大广播公司新闻（CBC News）

[**土耳其饮食中所不具备的四点**](http://www.dailysabah.com/food/2014/12/22/four-things-missing-from-our-diets)

土耳其卫生部发布的《慢性疾病和营养研究报告》披露，虽然土耳其人正在逐步采纳健康饮食的理念，但他们的饮食习惯还有许多地方需要改变。与在世界范围内推广的，旨在让人过上健康生活，远离慢性病困扰的营养标准对照来看，土耳其人仍然不符合要求。SALTürk研究显示，土耳其人每日平均消耗18克食盐。而世界卫生组织等权威机构强调，每日食盐消耗量不应超过5克。

资讯来源：《每日沙巴》（Daily Sabah）

**新研究/调研成果**

[**在美国售卖的必胜客比萨含盐量比世界其他地方的都要高**](http://www.huffingtonpost.com/2014/12/18/pizza-hut-salt-in-us-scary_n_6350258.html)

根据“盐与健康世界行动”组织近期发布的一项国际调查显示，在美国售卖的必胜客比萨的含盐量比在加拿大和新西兰的相同款比萨大约高出70%多。由于位于不同国家的必胜客连锁餐厅提供菜单选项有所不同，该项调查专门选择了5款全球大部分必胜客餐厅都提供的披萨饼进行研究。在美国售卖的辣肠薄脆披萨每半份含有1080毫克的钠。而在加拿大，半份同款披萨则含有718毫克的钠。“既然必胜客能够为其加拿大和新西兰顾客提供含盐量少的披萨，那么该公司也应当能够降低其在美国售卖的同款披萨的含盐量，且对其他款的披萨而言也是如此，”美国公共利益科学中心执行董事迈克尔·F·雅各布森（Michael F. Jacobson）如是说。

资讯来源：《赫芬顿邮报》（Huffington Post）

[**尽管在过去18年中菜单在不断变化，但快餐食品仍旧是不健康食品**](http://www.latimes.com/science/sciencenow/la-sci-sn-fast-food-calories-fat-salt-20141229-story.html)

发表在《慢性病预防杂志》（*Preventing Chronic Disease*）上的一篇新的研究中，研究者们通过对18种快餐食品在18年间的钠含量变化进行研究之后，发现其中5种食品的钠含量有所减少。几乎所有受调查的食品的钠含量在这18年期间均有变化。2013年的大份薯条每1000卡路里的土豆中，可能含有的钠大约在700到1420毫克之间。根据含钠水平的高低，该研究将快餐食品分为三个等级进行研究。含钠等级最低的一顿汉堡餐中含有的钠，就相当于每日钠摄入限额的63% 到97%（每日钠摄入限额分别为1500毫克和2300毫克）。而含钠等级最高的一顿汉堡餐中含有的钠，则相当于每日钠摄入限额的91%至139%，其中仅汉堡一项就约占每日限额的50%至75%。

资讯来源：《洛杉矶时报》（Los Angeles Times）

[**研究表明：对血压来说，糖带来的风险比盐更大**](http://www.forbes.com/sites/alicegwalton/2014/12/11/study-is-sugar-worse-for-blood-pressure-than-salt/)

近年来，食盐已经有点不再被描述成心脏病的罪魁祸首了，这一角色则由糖取而代之，至少在有些研究者眼中是这样。如今，发表在《*Open Heart*》杂志上的一篇新的研究辩称，对血压来说，过量的糖消耗造成的风险，比过量盐摄入还要大很多。事实上，研究人员们是这么说的：“制定指导方针的委员会应当把关注的焦点从食盐摄入量上转移到糖这种可能与高血压更有因果关系的食品添加剂上来。现在是时候这么做了。”将这二者与高血压的关联程度比出高低来，这样做是否真的有价值，尚不清楚；但众所周知，无论是盐还是糖，过量的摄入对任何人的心脏来说都没有好处。对于那些已经患有心脏疾病或高血压的人来说，最好的策略就是对自己的糖和盐的摄入量都要留意。

资讯来源：《福布斯》杂志（Forbes）

[**造成头痛的罪魁祸首可能是食盐而非高血压**](http://www.medicalnewstoday.com/articles/286997.php)

根据发表在《英国医学杂志》在线版上的一篇新的研究表明，高盐饮食与头痛有一定关联，这种可能由盐摄入和高血压引起头痛的“广为人知的关联”并无关系。高血压是头痛的一个常见原因。摄入高钠饮食（每天8克左右）的人头痛的次数比那些摄入低钠饮食（每天4克）的人要多出三分之一。研究人员发现，无论参加实验的志愿者吃的是标准的西方饮食，还是美国疾病预防控制中心推荐的“预防和控制高血压”饮食（DASH）方案所要求的饮食，上述差异始终存在。学界一直认为，富含水果、蔬菜和钾并且饱和脂肪含量低的饮食可以减轻或预防头痛。研究人员表示，他们的研究结果颠覆了这种认知。

资讯来源：《今日医学新闻》（Medical News Today）

[**为什么学校餐厅食物要比自带餐食好**](http://well.blogs.nytimes.com/2014/12/22/why-cafeteria-food-is-the-best/?emc=edit_hh_20141223&nl=health&nlid=68413816&_r=1)

许多家长坚定不疑地认为，他们给孩子带上家里做的午餐，而不让孩子吃学校提供的午餐，这样做对孩子健康是最好的。但是近期的一些研究清楚地证明：他们错了。研究显示，从家里带的打包午餐，从营养角度来看很可能远不如学校提供的午餐，因为学校午餐是遵照“全国学校午餐计划”制定的营养标准制作出来的。目前在5000万就读于小学和初中的少年儿童中，有接近3200万吃的是学校午餐，而这些学校午餐大部分是依照“全国学校午餐计划”标准提供的。对于约60%的吃学校午餐的孩子们来说，午餐摄入的卡路里占到他们每日摄入量的一半甚至更多。

资讯来源：《纽约时报》(New York Times)

**其它信息**

[**如何逐步战胜对高盐的渴望**](https://www.yahoo.com/health/a-step-by-step-guide-to-nixing-your-salty-snack-105639818552.html)

人类的舌头上有专门的味蕾用于探测到钠（咸味），而且人类的身体需要钠来维持生命。根据《神经学和生物行为学评论》杂志发表的一篇研究综述，过量钠摄入的原因与其说是对食盐上瘾，倒不如说是习惯的力量。科学家们指出，人们经常还没有品尝食物，就往上加盐，这表明他们拿起盐罐撒盐这个动作是无意识的。要想改变吃盐过多的习惯，人们或许只需要改变他们的烹饪和饮食习惯，然后味蕾就会相应地做出调整。该文章推荐了一种逐步摆脱高盐习惯的方案，包括杜绝高度加工的食物，每天用新鲜的水果和蔬菜来代替一种预先包装的零食，以及烹饪时尽量用香草和香料替代食盐，等等。

资讯来源：雅虎健康频道（Yahoo! Health）

[**科学认为不可行的四种新年计划**](http://www.forbes.com/sites/fayeflam/2014/12/30/four-popular-healthdiet-resolutions-that-science-says-dont-work/)

在过去的几个月里，科学家们已经发表了几项研究结果旨在揭示超量的体重、食盐、乳酪和黄油是如何快速地对人体造成伤害。然而，研究者们无法从中找到证据来证明很多臭名昭著的健康恶习对人们的健康造成了伤害。该文章对四种关于健康的老生常谈进行了描述，而人们应当与这四种说法像告别2014年一样说再见了。这其中，就包括“吃盐少，活得长”这种说法。根据该文章，从2014年8月起发表在《新英格兰医学杂志》上的研究成果表明，普通美国人的饮食含盐量其实并未多到能够对大多数人造成危险的程度。

资讯来源：《福布斯》杂志（Forbes）

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有任何问题或建议请联系美国疾病预防控制中心蔡颖女士（caiy@cn.cdc.gov）或Hadley Hickner [HHickner@cdc.gov](mailto:HHickner@cdc.gov)。

**December 6, 2014–January 2, 2015**

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[**GOP Pushes Waiver from Healthier School Lunches**](http://news.yahoo.com/gop-pushes-waiver-healthier-school-lunches-105253156.html)

House Republicans made a final push in December to give schools a temporary break from healthier school meal standards. The new rules, phased in since 2012 and championed by First Lady Michelle Obama, require more fruits, vegetables, and whole grains in school meals in addition to limiting sodium, sugar, and fat. Although many schools have implemented the new standards successfully, others have said it is not working, noting limits on sodium and requirements for more whole grains are particularly challenging. Advocates for the healthier meal standards said the changes will take time and predict there will be fewer problems as students adapt to the new foods and the food industry creates more tasty products that follow the standards. – Yahoo! News/Associated Press

[**How Congress’ Spending Bill Will Keep School Lunches Salty**](http://time.com/3634109/school-lunches-sodium-whole-wheat-spending-bill/)

In December, President Obama signed a $1 trillion spending bill, and along with it came a blow to the healthy school food policies championed by First Lady Michelle Obama. Though the program remains intact and schools cannot opt out of it as some Republicans had hoped, the 2015 spending bill included language that curbs any further reduction of sodium in school lunches “until the latest scientific research establishes the reduction is beneficial for children.” By the 2022 school year, schools were required to serve meals with less than 740 milligrams of sodium—about half of the levels allowed under the current guidelines. Health advocates, including the American Heart Association, have criticized the sodium changes, which it says “[threaten] the future health of our children,” citing a 2010 Institute of Medicine report that recommended incremental changes to school meals high in sodium. – TIME

[**Does Congress Think High Sodium Diets Are Not Bad for Kids?**](http://www.bloomberg.com/politics/articles/2014-12-13/does-congress-think-highsodium-diets-arent-bad-for-kids)

Research shows that too much sodium can increase a child’s blood pressure. Based on the recently signed spending bill for the federal government, however, Congress is not convinced. “The bottom line is, children and teens nationwide are eating too much sodium,” said Janelle Gunn, a public health analyst for CDC’s Division for Heart Disease and Stroke Prevention. Gunn said most teens consume about 3,700 milligrams of sodium a day. She added, “Too much sodium can increase a child’s blood pressure, and statistics show one in six children already has raised blood pressure or above the normal range. High blood pressure is a major risk factor for heart disease and stroke, two of the leading causes of death for adults in the U.S. A vast body of scientific research confirms that as sodium intake is reduced, so is blood pressure.” – Bloomberg News

State-Local.jpg

[**Finding Flavor: Schools React to New Nutrition Rules**](http://bismarcktribune.com/news/local/education/finding-flavor-schools-react-to-new-nutrition-rules/article_e730b692-8b96-11e4-bf78-dbf5b671e3c9.html)

Some students at Bismarck High School in North Dakota lament changes to the soup selection in the cafeteria this year as the school changes its menu to comply with new federal requirements mandating stricter control of sodium levels. The frozen soups at the school had so much sodium that the district had to stop serving them to remain eligible for federal reimbursement. School nutrition officials know students miss the popular items, and they are working on alternatives. Recently, the school added a homemade chicken tortilla soup to the menu. The state encourages schools to make more items from scratch and also recommends that schools portion dressing in cups or provide only a small serving utensil to discourage students from taking too much. – Bismarck Tribune

International News.jpg

[**Awareness of Salt Danger in China Remains Low**](http://news.asiaone.com/news/yourhealth/awareness-salt-danger-remains-low)

Public awareness of salt intake remains limited in China, and few people can name foods high in salt, according to a survey by the nutrition and health institute of the Chinese Center for Disease Control and Prevention. Less than 15% of more than 28,000 respondents were aware of a high concentration of salt in peanut butter. Awareness of other high salt items, such as cheese, monosodium glutamate, and noodles, also proved poor with only 20% of those polled saying they knew these foods were high in salt. Around 80% of those surveyed knew a long-term diet high in salt would increase the risk for high blood pressure. – Asia One News

[**How Much Salt Is Too Much?**](http://www.hindustantimes.com/comment/sanchitasharma/how-much-salt-is-too-much-we-answer-the-recurring-query/article1-1294077.aspx)

People should add salt to meals as little as possible because sodium is present in almost everything people eat that is not raw. Cutting back on salt is far more difficult than reducing sugar. Unlike sugar, salt finds ways of creeping into the body. Saltiness is often not an indicator of salt content because sodium is added to most processed and packaged food to enhance taste and give texture. In middle- and upper-middle class homes in India, more than half of the total salt consumed comes from hidden sources such as processed meats, cheese, crackers, cookies, cakes, and chips. A typical Indian diet contains about 8.5 grams to 10 grams of salt a day. – Hindustan Times

[**Despite Apparent Healthy Diet, Japanese Consume Too Much Salt**](http://ajw.asahi.com/article/behind_news/social_affairs/AJ201412090005)

Although the Japanese diet is viewed across the world as one of the healthiest, alarm bells are sounding over the amount of salt used in some dishes. Japanese adults on average consume about 13 grams of salt per day, 2 grams more than previously assessed, according to results of a survey commissioned by the Ministry of Health, Labor, and Welfare that was published in the *British Journal of Nutrition.* Average daily intake was 14.0 grams for men and 11.8 grams for women. The findings were based on the amount of sodium in the urine of healthy adults. The method differed from previous surveys, which studied the amount of sodium in food. – Asahi Shimbun

[**High Sodium Restaurant Meals Persist in Canada**](http://www.cbc.ca/news/health/high-sodium-restaurant-meals-persist-researchers-find-1.2874907)

Sodium levels in most foods served at chain restaurants in Canada have stayed the same in the past 3 years, according to new research published in the journal *CMAJ Open.* Nutrition researchers calling for government-enforced action to reduce sodium reported that the number of menu items with “unacceptably high amounts of sodium” did not change from 2010 to 2013. The report shows sodium levels at restaurants such as Subway, Pizza Hut, Taco Bell, and Taco Time decreased by at least 20% in more than 70% of foods surveyed. However, large reductions in certain foods masked increases in others to offset the improvements, the researchers said. Overall, sodium levels decreased in 30.1% of foods, increased in 16.3%, and remained unchanged in 53.6%. – CBC News

[**Four Things Missing from the Turkish Diet**](http://www.dailysabah.com/food/2014/12/22/four-things-missing-from-our-diets)

The Chronic Diseases and Nutrition Research report, released by Turkey’s Health Ministry, has revealed that although Turkish people are adopting healthier diets, there is still much to change in their dietary habits. Turkish people still do not meet the nutrition requirements that are recommended worldwide to lead healthy lives and be protected from chronic diseases. SALTürk research shows that Turkish people consume on average 18 grams of salt a day. Health authorities such as the World Health Organization emphasize that salt consumption should not exceed 5 grams a day. – Daily Sabah

New Studies-Research.jpg

[**Pizza Hut’s Pizza Is Saltier in America than Anywhere Else in the World**](http://www.huffingtonpost.com/2014/12/18/pizza-hut-salt-in-us-scary_n_6350258.html)

Pizza Hut pizzas in the United States contain about 70% more salt than the same pizzas in Canada and New Zealand, according to a recent international survey released by World Action on Salt and Health. Because the chain sells different menu items internationally, the survey examined five pizzas that have the most global continuity. The Pepperoni Thin ′N Crispy pizza served in the United States contains 1,080 milligrams of sodium for every half slice. In Canada, that same half slice contains 718 milligrams of sodium. “If Pizza Hut can serve less salty pizzas to their customers in Canada and New Zealand, the company should be able to slash salt levels in the American versions of the same—and all its other—pizzas,” said Michael F. Jacobson, executive director of the Center for Science in the Public Interest. – Huffington Post

[**Despite Menu Changes Over 18 Years, Fast Food Is Still Unhealthy**](http://www.latimes.com/science/sciencenow/la-sci-sn-fast-food-calories-fat-salt-20141229-story.html)

Among 18 fast food menu items examined by researchers for sodium content, five had less sodium at the end of an 18-year period and seven had more, according to new research published in the journal *Preventing Chronic Disease.* The sodium content of nearly all the foods examined varied over time. A large order of fries in 2013 could have contained anywhere from 700 to 1,420 milligrams of sodium per 1,000 calories of potatoes. A cheeseburger meal at the lowest sodium chain of the three chains studied contained 63% to 97% of the daily sodium limit (1,500 milligrams or 2,300 milligrams, respectively). In the highest sodium chain, that meal would account for 91% to 139% of daily sodium, with the cheeseburger alone accounting for about 50% to 75% of the daily limit. – Los Angeles Times

[**Study Suggests Sugar Is Worse for Blood Pressure than Salt**](http://www.forbes.com/sites/alicegwalton/2014/12/11/study-is-sugar-worse-for-blood-pressure-than-salt/)

In recent years, salt has become somewhat less of a culprit in heart disease, and sugar has, at least in some researchers’ eyes, taken its place. Now, authors of a new study in the journal *Open Heart* argue that sugar consumption may be considerably worse for blood pressure than salt intake. In fact, they say, “It is time for guideline committees to shift focus away from salt and focus greater attention to the likely more-consequential food additive: sugar.” Whether it is really valuable to pit one against the other is unclear, but what is known is that neither salt nor sugar, in high amounts, is good for anyone’s heart. For people who already have heart disease or high blood pressure, it is probably best to keep an eye on both. – Forbes

[**Salt, Not High Blood Pressure, May Be to Blame for That Headache**](http://www.medicalnewstoday.com/articles/286997.php)

Diets high in salt are implicated in headaches, and this link may be independent of the “well-established link” between salt intake and high blood pressure, which is a common cause of headaches, according to a new study published in the journal *BMJ Open.* People who ate foods high in sodium—around 8 grams per day—had one third more headaches than those who ate foods low in sodium—around 4 grams per day. The researchers observed that this difference persisted whether the volunteers ate the standard Western diet or the Dietary Approaches to Stop Hypertension (DASH) diet. The researchers said their results depart from the popular belief that a diet rich in fruits, vegetables, and potassium and low in saturated fat can ease or prevent headaches. – Medical News Today

[**Why Cafeteria Food Is the Best**](http://well.blogs.nytimes.com/2014/12/22/why-cafeteria-food-is-the-best/?emc=edit_hh_20141223&nl=health&nlid=68413816&_r=1)

Many parents undoubtedly think they are doing the best for their children by having them bring lunch from home instead of eating the lunches served in school. But recent studies clearly prove them wrong. Home-packed lunches, the research showed, are likely to be considerably less nourishing than the meals offered in schools that abide by current nutrition guidelines for the National School Lunch Program. Nearly 32 million of the more than 50 million children in public elementary and secondary schools currently eat school lunches, most of them provided through the program. For about 60% of those children, half or more of their daily calories are consumed at lunch. – New York Times

Other.jpg

[**A Step-by-step Guide to Nixing Salty Snack Cravings**](https://www.yahoo.com/health/a-step-by-step-guide-to-nixing-your-salty-snack-105639818552.html)

Human tongues are specially designed to detect sodium, and human bodies require sodium to survive. Force of habit may be more to blame for seeking out sodium than a salt addiction, according to a study review in the journal *Neuroscience and Biobehavioral Reviews.* The scientists point out that people often salt their food before they have even tasted it, suggesting that people are often on autopilot when they pick up the salt shaker. To break a salt habit, people may just need to change their cooking and dining habits, and their taste buds will follow suit. The article recommends a step-by-step plan to break salty habits, including eliminating highly processed foods from the pantry, replacing one prepackaged snack with fresh fruit or vegetables each day, and incorporating herbs and spices into as many meals as possible. – Yahoo! Health

[**Four Popular New Year’s Resolutions that Science Says Do Not Work**](http://www.forbes.com/sites/fayeflam/2014/12/30/four-popular-healthdiet-resolutions-that-science-says-dont-work/)

Over the past few months, scientists have reported results of a handful of studies designed to show how fast extra weight, salt, cream, and butter could cause harm. However, the researchers could not find much evidence that many of the most notorious health vices were harming people at all. The article describes four old health truisms that might need to be cast away with the year 2014, including “giving up salt in the hope of living longer.” The *New England Journal of Medicine* findings from August 2014 showed that the average American diet actually is not excessive enough to pose a danger to most people, according to the article. – Forbes

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