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《减盐资讯》汇总自上一期起最新的与钠摄入和减盐相关的新闻文章（或标题），大约每两周发布一次。内容包括：行业资讯、政府资讯、各州/地方资讯、国际资讯、新的调查和研究成果等等。目的是为了让公众对与钠相关的新闻话题有一个快速了解。

**2015年10月24日-11月6日**

**州/地方新闻**

[**缅因州某面包房减盐 美味依旧**](http://www.pressherald.com/2015/10/28/for-maine-baker-cutting-salt-is-no-sacrifice/)

当初Ahura Diliiza的医生告诉他，他患上了高血压，并且需要大幅降低食盐摄入量。自那以后，他便开始摄入完全不含盐的饮食。在8个月的时间里，他减掉了75磅，并开始做一些调研。他说：“我去杂货店看了食品营养成分表中的盐含量后感到非常震惊。难怪人们会摄入这么高钠的饮食。”如今，Diliiza通过他于2015年6月在缅因州创办的名为“天天面包坊”的面包店向人们传递低钠饮食的理念。他的面包坊里制作的所有食物要么含钠量很低，要么干脆不含钠。他的面包店售卖各种各样的面包和糕点，如肉桂卷、烤饼、松饼、覆盆子面包棒以及奶油角等。——波特兰新闻先驱报 (Portland Press Herald)

[**纽约卫生机构拒绝延迟实施钠标识规定**](http://www.fastcasual.com/news/new-york-denies-nra-request-to-delay-sodium-rule/)

据美国国家餐饮业协会(NRA)新闻报道，纽约市卫生和心理卫生局称其将不会推迟实施12月1日的钠标识新规。该规定要求指定餐厅饭店在其所有含钠量达2300毫克及以上的餐品菜单上张贴警示标识。本月初，美国国家餐饮业协会书面请求纽约市卫生和心理卫生局将这项规定的开始时间延后一年，但遭到该局的拒绝，因为该局认为，它不能让这样一项有助于纽约人选择更加健康饮食的重要规定推迟实施。该局重申：明年3月1日前，该局将不会向未遵守规定的餐馆开出罚单，而是计划在这段缓冲时间内派出卫生检查员对未遵守规定的餐馆营业者进行教育。卫生局长玛丽·巴塞特 (Mary Bassett) 称，她的部门对餐馆单独提出的修改规定的需求将予以考虑，比如给那些需要解决电子菜单特有问题的餐馆更多时间，以便让他们达标。——Fast Casual

**国际新闻**

[**少吃盐可预防多数中风和心脏病发作**](http://www.nltimes.nl/2015/10/26/research-less-salt-prevents-thousands-of-strokes-heart-attacks/)

荷兰国家公共卫生和环境研究所的一项研究表明，通过减少加工食品中的食盐含量，或使用低盐的替代食物，可使荷兰在未来几年内预防多数心脏病和中风发作。该研究所发现，如果食品生产商能将其生产的食物中的含盐量减半，那么荷兰国民摄入的盐预计能减少40%，而这会让未来20年里的心脏病发作减少接近30000例，中风减少53000例。食用低盐的替代食物也能产生类似的数据。--- NL时报 (NL Times)

[**高钠摄入量与类风湿性关节炎风险相关**](http://www.medpagetoday.com/Rheumatology/GeneralRheumatology/54485)

一项发表在《医学》杂志上的对西班牙居民所进行的研究发现，高钠摄入量与类风湿性关节炎存在关联。研究人员对18500多位西班牙人食用136种食品的每日摄入量以及饮食中的食盐添加量进行了调查并计算出了每位参与者每天的钠摄入量。结果发现，钠摄入量与类风湿性关节炎发病存在着正相关性，也就是说，那些钠摄入量最高的人，最有可能患上类风湿性关节炎。——今日医学新闻网 (Medpage Today)

**其它信息**

[**八种看似健康实则不然的食物**](http://www.foxnews.com/health/2015/11/02/8-foods-that-arent-as-healthy-as-seem.html)

对于那些想减肥、或是参加耐力训练、抑或只是想拥有健康生活方式的人们来说，跟踪食物摄入量都是当务之急。很多食物可以帮助人们实现他们的健康目标，但有一些所谓的“健康”食品其实可能含有额外的成分和不易被察觉的热量、脂肪和钠，并会使健康饮食计划功亏一篑。这篇文章介绍了人们误认为健康的八种食品，并提供了可能的替代食品。以肉汤为原料的汤类和浓菜汤可能含有大量的钠；在家里烹饪奶油汤时可以尝试少放奶酪，而且一定要阅读包装汤类食品的营养标签。罐装番茄酱可能含有大量的钠和添加糖；所以要阅读标签，选择一款每份含钠不超过500毫克的番茄酱，或是自己在家制作新鲜的番茄酱。脱脂软干酪每杯约含480毫克的钠；也可以试试意大利乳清干酪，因为它含钠更低，且富含乳清蛋白。——福克斯新闻 (Fox News)

[**在盐和钠摄入的问题上要明辨真假**](http://www.och-c.com/?q=article/eat-well-be-well-separating-fact-fiction-salt-sodium)

据注册营养师谢丽尔·穆萨拓 (Cheryl Mussatto) 称，由于近30%的美国人都患有高血压，因此在盐和钠摄入的问题上分清楚什么是事实、什么是流言将有助于控制高血压进一步蔓延。穆萨拓在学习的过程中了解到：钠摄入有助于防止心脏病发作、中风、肾衰竭、对眼睛血管造成的损害以及性功能障碍。但她亲自对有关钠摄入的一些具体的流言和事实进行了研究。比如说她发现，“含钠多不多，就看咸不咸”这种说法就不对。穆萨拓解释说，其实一些含盐量最高的食品，反而尝不出什么咸味。确定一种食品中含有多少钠的最佳办法就是阅读营养成分表。人们应当有限制地摄入那些每份含钠量超过200毫克的食品。**——**Osage County Herald-Chronicle

[**自制健康比萨 不吃外卖**](http://www.freep.com/story/life/food/recipes/2015/11/07/roasted-vegetable-pizza/75241722/)

来自美国农业部的最新估算数据显示，每8个美国人中，就有1个人每天都吃比萨。然而，比萨这种非常受欢迎的食物却并不利于健康：几片比萨就可能轻易地满足一个人一天对于饱和脂肪和钠的需求。该文章还就如何提高比萨的营养价值提供了一些建议，比如少用肉类馅料，因为两片含意大利辣香肠、熏肉、香肠、火腿、牛肉馅料的比萨的钠含量就可以轻松超过2000毫克。该文还提供了一款烤蔬菜比萨的配方，该款比萨每一大片中含钠仅有490毫克。**——**底特律自由报 (Detroit Free Press)

[**盐为何会导致宿醉症状**](http://www.dailymail.co.uk/femail/article-3289141/How-salt-hangover-extra-glass-wine-not-blame-throbbing-head-dry-mouth.html)

英国女演员琳达·丽慕 (Lynda Lim) 经常从可怕的宿醉症状中醒来，这种情况大约一周就会发生一次。每次发作都感到头痛欲裂，嘴和眼睛发干，手指和胃肿胀。但是，这位女演员很少喝酒；其实，她认为她的宿醉症状是由于摄入了过多的钠。前一天晚上摄入太多的盐会导致许多宿醉的症状，这是因为盐和酒精一样，都会让人身体脱水。丽慕认为，她偏爱的亚洲式烹饪是这些宿醉症状的原因。她说：“我吃东西一般不加很多盐。其实，我连吃炸薯条都不撒盐。但每次我一做亚洲食物，就控制不住。我经常一高兴就不假思索地放很多高盐酱油和辣椒酱进去。”——每日邮报 (Daily Mail)

[**十种令人满足的低钠零食**](http://www.huffingtonpost.com/entry/10-satisfying-low-sodium-snacks_562e9e7ce4b0c66bae592767)

椒盐饼干和薯片等最受欢迎的零食往往含钠量比较高。2010年《美国人饮食指南》 (Dietary Guidelines for Americans) 建议，出于健康考虑，每个人都应该努力做到每日钠摄入量低于2300毫克。对大多数人来说，如果超过了这一建议摄入量，那么熟食肉类、玉米饼、罐头食品等加工食物才是罪魁祸首，而非食盐。该文章还建议，为了削减多余的盐摄入量，我们应该少吃高盐零食，选择那些健康又美味的零食，因为它们既好吃，又没有那么多的钠。这些健康零食包括苹果、花生酱、烤鹰嘴豆、五香爆米花等等。——赫芬顿邮报 (Huffington Post)

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*Salt in the News* captures news articles (or headlines) related to sodium and sodium reduction that have been published since the last edition, about every 2 weeks. Content includes Industry News, Government News, State/Local News, International News, New Studies and Research, and more. The purpose is to provide a snapshot of sodium-related topics in the media.

**October 24–November 6, 2015**

State-Local.jpg

[**Reducing Salt Is No Sacrifice for Maine Baker**](http://www.pressherald.com/2015/10/28/for-maine-baker-cutting-salt-is-no-sacrifice/)

When Ahura Diliiza’s physician told him he had hypertension and needed to significantly reduce his salt intake, he went on a diet that completely removed salt. During 8 months, he lost 75 pounds, and he began to do some research. “I went to the grocery stores and read how much salt is in everything, and I was totally appalled,” Diliiza said. “It’s no wonder people have such high sodium diets.” Now Diliiza is spreading the word about sodium through the Daily Bread Bakery, the business he opened in Standish, Maine, in June 2015. Everything he makes is either very low or no sodium. The bakery sells a variety of breads as well as pastries such as cinnamon rolls, scones, muffins, raspberry bars, and creme horns. – Portland Press Herald

[**New York Health Agency Denies Request to Delay Sodium Rule**](http://www.fastcasual.com/news/new-york-denies-nra-request-to-delay-sodium-rule/)

The New York City Department of Health and Mental Hygiene recently said it will not delay the December 1 implementation date for the new sodium regulation requiring that certain establishments post warning icons next to menu items containing 2,300 milligrams of sodium or more, according to a press release from the National Restaurant Association (NRA). In a letter written earlier this month, NRA asked the agency to delay the start date for 1 year. The health department denied the request, saying that it could not put off implementation of an “important rule that will help New Yorkers make healthier choices.” The agency reiterated that it would not issue fines for non-compliance until March 1, and it plans to have health inspectors educate noncompliant restaurant operators about the rule during that period. Health Commissioner Mary Bassett said her department would consider accommodating individual requests for modifications of the rule, such as granting more time to restaurants that need to solve problems unique to digital menus in order to comply. – Fast Casual

International News.jpg

[**Less Salt Could Prevent Thousands of Strokes and Heart Attacks**](http://www.nltimes.nl/2015/10/26/research-less-salt-prevents-thousands-of-strokes-heart-attacks/)

Tens of thousands of heart attacks and strokes in the Netherlands could be prevented in the coming years by making processed foods less salty or by replacing them with lower salt alternatives, according to research conducted by the Dutch National Institute for Public Health and the Environment. The institute found that if food manufacturers cut the amount of salt in their food by half, the Dutch population would consume an estimated 40% less salt, leading to nearly 30,000 fewer heart attacks and more than 53,000 fewer strokes during the next 20 years. Using alternate, low salt foods would lead to similar figures. – NL Times

[**High Sodium Intake Linked to Risk of Rheumatoid Arthritis**](http://www.medpagetoday.com/Rheumatology/GeneralRheumatology/54485)

High sodium intake was found to be associated with rheumatoid arthritis, according to a new study of residents of Spain published in the journal *Medicine.* More than 18,500 Spaniards reported their daily consumption of 136 individual foods and pinches of salt, allowing researchers to calculate each participant’s daily sodium intake. The researchers found a dose-dependent association, meaning that those with the highest sodium intake were most likely to have rheumatoid arthritis. – Medpage Today

Other.jpg

[**Eight Foods That Are Not as Healthy as They Seem**](http://www.foxnews.com/health/2015/11/02/8-foods-that-arent-as-healthy-as-seem.html)

For people trying to lose weight, training for an endurance event, or just trying to live a healthy lifestyle, tracking food intake is a priority. Many foods can help people achieve their health goals, but there are some so-called “healthy” foods that can have extra ingredients and sneaky calories, fat, and sodium that can disrupt healthy eating plans. This article identifies eight foods that are not as healthy as people might think and offers possible alternatives. Broth-based soups and bisques can be filled with sodium; try using less cheese when cooking creamy soups at home, and be sure to read the label for packaged soup. Jarred marinara sauce can be filled with sodium and added sugar; read labels and choose a sauce that has no more than 500 milligrams per serving, or make it fresh at home. Non-fat cottage cheese has about 480 milligrams of sodium per cup; instead try ricotta, which has less sodium and is packed with whey protein. – Fox News

[**Separating Fact from Fiction on Salt and Sodium**](http://www.och-c.com/?q=article/eat-well-be-well-separating-fact-fiction-salt-sodium)

Nearly 30% of all Americans have high blood pressure, so distinguishing fact from fiction on salt and sodium can be beneficial in controlling the condition, according to registered dietitian Cheryl Mussatto. Being educated about sodium can help prevent heart attacks, strokes, kidney failure, blood vessel damage to the eyes, and sexual dysfunction. Mussatto explores some specific myths and facts about sodium. For example, she identifies as myth that a person’s best clue to a high sodium food is whether it tastes salty. In fact, Mussatto explained, some of the saltiest foods do not have much of a salty taste. The best way to determine how much sodium is in a food is to read the Nutrition Facts panel, and people should limit intake of foods with more than 200 milligrams of sodium per serving. – Osage County Herald-Chronicle

[**Skip Delivery, Try a Healthier Pizza**](http://www.freep.com/story/life/food/recipes/2015/11/07/roasted-vegetable-pizza/75241722/)

The latest estimates from the U.S. Department of Agriculture reveal that about 1 in 8 Americans eats pizza on any given day. Unfortunately, this enormously popular dish is not known for its health-enhancing qualities: A few slices can easily hold a day’s worth of saturated fat and sodium. The article provides some tips to improve the nutritional value of pizza, such as avoiding the meat-lover toppings; two slices of pizza topped with pepperoni, bacon, sausage, ham, and beef can easily contain 2,000 milligrams of sodium. The article includes a recipe for roasted vegetable pizza containing about 490 milligrams of sodium in a large slice. – Detroit Free Press

[**How Salt Can Create a Hangover**](http://www.dailymail.co.uk/femail/article-3289141/How-salt-hangover-extra-glass-wine-not-blame-throbbing-head-dry-mouth.html)

About once a week, British actress Lynda Lim wakes up with a terrible hangover. Her head pounds, her mouth and eyes feel dry, and her fingers and stomach are puffy and bloated. But the actress rarely drinks; instead, Lim believes her hangover is caused by consuming too much sodium. Having too much salt the night before can cause many of the symptoms of a hangover because both salt and alcohol can dehydrate people. Lim believes her preference for Asian-style cooking is to blame for the hangovers. “I don’t normally put lots of salt on my food,” she said. “In fact, I don’t even salt my [French fries], but that seemed to fall by the wayside when I was cooking Asian food, when I’d happily pile on high salt [soy sauce] and chili sauces without thinking.” – Daily Mail

[**Ten Satisfying Low Sodium Snacks**](http://www.huffingtonpost.com/entry/10-satisfying-low-sodium-snacks_562e9e7ce4b0c66bae592767)

Snack favorites like pretzels and potato chips tend to be high in sodium. According to the 2010 *Dietary Guidelines for Americans,* everyone should aim to consume less than 2,300 milligrams of sodium daily for better health. For most people, processed foods—such as deli meat, tortillas, and canned goods—rather than overuse of the salt shaker are to blame for exceeding these recommendations. To cut back on excess salt, the article recommends alternative tasty snacks that deliver in taste without all the sodium, including apples and peanut butter, roasted chickpeas, and spiced popcorn. – Huffington Post

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