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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。

**2017年2月11日到2月24日**

**州/地方新闻**

[**上诉法院批准纽约市部分餐馆食盐咨询规则**](http://bigstory.ap.org/article/06f07b199ff04ad498488ab17bf17211/appeals-court-oks-nyc-salt-warning-rule-some-restaurants)

州上诉法院认为，纽约市规定连锁餐厅应对钠含量超过2300毫克的食品进行标记的要求合法且有益。全国餐厅协会认为，这一要求让顾客感到混乱，侵犯了餐厅的言论自由权，超出了健康委员会的职权范围。纽约市前市长迈克尔·布隆伯格执政时期，该市发起了一系列健康饮食计划，标签规定便是其中之一。现任市长Michael de Blasio向纽约市健康部门和上诉法院表达了谢意，称这项决定是一项符合“常识的裁决”。——美联社

**国际新闻**

**对****[食糖、食盐和油脂征税能够帮助澳大利亚国民节省数十亿医疗保健资金](https://www.sciencedaily.com/releases/2017/02/170214162731.htm)**

最近，《PLOS医学杂志》刊登的一篇[研究论文](http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002232)表明，通过制定食品税和补贴政策，澳大利亚可以节约大量医疗保健资金。此项研究中，研究人员对含饱和脂肪、食盐和食糖食品及含糖饮料进行征税，以及向水果蔬菜提供补贴政策对2200万澳大利亚人（2010年人口统计数据）产生的影响进行了模型分析。据估计，这项食盐征税计划可以减少130000伤残调整寿命年（DALY）。总体来看，两项措施整合可以实现效益最大化，税收和补贴预计可以减少470000伤残调整寿命年，同时减少34亿澳大利亚元（23亿美元）的医保支出。——《科学日报》

**新研究/调研成果**

[**科学家正在研究食盐和免疫系统对女性血压上升的作用**](http://www.news-medical.net/news/20170222/Scientists-explore-role-of-salt-and-immune-system-in-raising-blood-pressure-of-females.aspx)

奥古斯塔大学的一项研究表明，高钠摄入可能导致女性体内细胞肿大，引起免疫反应，从而诱发慢性高血压疾病。该大学医学院生理学系荣获美国心脏协会杰出研究人员奖、从事减盐研究的药理和生理专家Jennifer C. Sullivan说，“如果你对食盐敏感，你的体内就会积存食盐和水分，数量不断积累，身体器官就会承受压力，对细胞产生不利影响。”从事高血压性别差异研究的Sullivan认为，大约一半的高血压患者是女性，但是许多旨在认识和治疗高血压的科研项目均以男性为对象。——医疗新闻网

**其它信息**

[**食糖和食盐：哪个对你伤害更大?**](http://www.womenshealthmag.com/food/sugar-vs-salt-health-effects)

专栏作家Krissy Brady对食糖和食盐对身体的影响进行了对比分析，以便确定哪个对身体的危害更大。过度食用加糖食品并不会产生多少营养价值，反而可能增加糖尿病和肾衰竭等患病风险，但是适量摄入钠有助于维持身体的正常功能。该专栏发现，大多数人每天摄入钠约3400毫克，远远超过现有饮食指南中建议不超过2300毫克的标准。该文结论认为，过量食糖摄入危害更大，这种饮食习惯无助于关键身体机能的改善，其负面影响与残留钠相结合，将产生更大危害。——《女性健康》

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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.

**Feb 11-24, 2017**

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[**Appeals Court Approves NYC Salt Advisory Rule for Some Restaurants**](http://bigstory.ap.org/article/06f07b199ff04ad498488ab17bf17211/appeals-court-oks-nyc-salt-warning-rule-some-restaurants)

New York City’s requirement for chain restaurants to flag menu items that have more than 2,300 milligrams of sodium is both legal and beneficial, a state appeals court said. The National Restaurant Association argued that the requirement confuses customers, violates restaurateurs’ free speech rights, and exceeds the health board’s authority. The labels follow other pioneering healthy eating initiatives created under former New York City Mayor Michael Bloomberg. Current Mayor Michael de Blasio thanked the New York City health department and the appeals court, calling the decision a “common-sense ruling.” – Associated Press



[**Sugar, Salt, and Fat Taxes Could Save Billions in Health Care Costs in Australia**](https://www.sciencedaily.com/releases/2017/02/170214162731.htm)

Australia could save in health care costs by instituting a combination of food taxes and subsidies, according to a new [study](http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002232) published in *PLOS Medicine.* In the study, researchers modeled the effect that taxes on food containing saturated fat, salt, sugar and on sugar-sweetened beverages and a subsidy on fruits and vegetables would have on the 2010 Australian population of 22 million people. The proposed salt tax was estimated to avert 130,000 disability-adjusted life years (DALYs). Overall, when combined to maximize benefits, the taxes and subsidies could save an estimated 470,000 DALYs and reduce health care spending by AU$3.4 billion (US$2.3 billion). – Science Daily



[**Scientists Explore Role of Salt and Immune System in Raising Blood Pressure of Females**](http://www.news-medical.net/news/20170222/Scientists-explore-role-of-salt-and-immune-system-in-raising-blood-pressure-of-females.aspx)

High sodium intake may make cells in the female body swell and trigger an immune reaction that contributes to chronic high blood pressure, according to research from Augusta University. “If you are salt-sensitive, you retain salt, you retain water, you have an increase in volume, you start to stretch things, and stretch is bad for cells,” said Jennifer C. Sullivan, a pharmacologist and physiologist in the Department of Physiology at the University’s Medical College who received an Established Investigator Award from the American Heart Association to study the subject. About half of hypertension patients are female, but much of the science to understand and treat hypertension has been done in males, according to Sullivan, who studies gender differences in hypertension. – News Medical



[**What’s worse for Your Body: Sugar or Salt?**](http://www.womenshealthmag.com/food/sugar-vs-salt-health-effects)

Columnist Krissy Brady compares how sugar and sodium affect the body to see which has a greater effect on health. Overconsumption of foods with added sugars provides few nutritional benefits and can cause an increased risk for chronic disease like diabetes and kidney failure, while a moderate amount of sodium is needed for regular bodily functions. The column notes that most people consume 3,400 milligrams of sodium a day, well above the current dietary guideline of 2,300 milligrams or less. The article concludes that excess sugar is more harmful, because it serves no essential function, and its negative effects compound sodium’s effects in the body. – Women’s Health

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