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**2014年10月4日-2014年10月17日**

**行业新闻**

[**牛肉干日趋流行，但是许多含有过量的钠**](http://www.usatoday.com/story/money/business/2014/10/12/beef-jerky-outlet-jerky-snacks-retail-retailing-retail-outlets/16804707/)

据市场调研公司Information Resources的调查显示，全部牛肉干类产品的销售量去年达到了12.4亿美元，在2009年至2013年期间销量增加了46%。贸易杂志《便利店决策（*Convenience Store Decisions*）》在近期刊登的文章中，将牛肉干称作是休闲食品行业增长最快的细分市场之一。仅在过去的四年里，牛肉干产品特许经营企业Beef Jerky Outlet已经开了26家特许加盟店，并且计划再开11家。 尽管牛肉干通常含有较低的卡路里、碳水化合物和脂肪， 但是被用作防腐剂的钠的含量却常常超标。常见的1盎司牛肉干中，含有625毫克的钠。不过Beef Jerky Outlet的联合创始人保罗·莱昂斯（ Paul Lyons）声称：该公司的牛肉干通常每盎司只含有近500毫克的钠，而一些大众市场产品的钠含量却超过每盎司1000毫克。

 资讯来源：《今日美国》日报（USA Today）

**政府新闻**

[**学校午餐如何变成最新的政治战场**](http://www.nytimes.com/2014/10/12/magazine/how-school-lunch-became-the-latest-political-battleground.html)

2010年，《健康无饥饿儿童法案（The Healthy, Hunger-Free Kids Act ）》在美国国会上获得绝对多数投票的支持，并成为法律。2011年，美国农业部 (USDA)发布了一项经修订后的针对学校早饭和午饭的膳食标准，其中明确要求要利用大约十年的时间将高中午餐平均含盐量降为原来一半左右。施万食品公司（ Schwan Food Company）（据报道，全美学校售出的披萨中，70%是由该公司生产的）对此提出了反对意见：“许多含番茄酱的产品对孩子们更有吸引力，这对于维持学校午餐计划的参与率很有帮助。”该公司警告说。该公司还争辩说，钠含量的进一步减少“在没有技术突破的情况下是不可能实现的”。与此同时，施万食品公司还建议说：“如果仅仅是明显的降低了学校午餐的钠含量，而家庭和餐厅的食物不做相应的变化，那么学生会觉得他们学校的午餐寡淡无味。”不过，营养和膳食研究院（ Academy of Nutrition and Dietetics）以及其它机构都赞成农业部对于食盐的评估。

资讯来源：纽约时报（– New York Times）

**国际新闻**

**[同品牌快餐含盐量在全球范围内大不相同](http://www.dailymail.co.uk/health/article-2794191/mcdonalds-kfc-burger-king-salt-levels-vary-wildly-globe.html)**

英国消费者组织“世界盐与健康运动”（World Action on Salt and Health，WASH）进行的一项最新研究表明，同一品牌类似的快餐含盐量在不同的国家大不相同。WASH对于麦当劳、汉堡王、肯德基、赛百味、雀巢和凯洛格的19种标志性产品做了调研，没有任何一种食品在全球范围内的含盐量一致。例如，中东地区销售的肯德基原味汉堡Fillet Burger 每份的含盐量为3.5克，是在马来西亚地区销售的同种汉堡含盐量的三倍。在委内瑞拉出售的凯洛格玉米片Kellogg’s Cornflakes每100克含盐1.9克，而同样的玉米片在英国却只含有1.25克的盐。WASH国际项目的负责人克莱尔法兰德（Clare Farrand）说：“该项研究表明食品零售商能够做到用较少的盐来制作食物，但是他们选择不这么做”。

 资讯来源：每日邮报（Daily Mail）

[**爱尔兰商店中一份三明治的含盐量可能是每日食盐上限的两倍**](http://www.independent.ie/irish-news/health/one-restaurant-sandwich-can-contain-twice-daily-salt-limit-30658707.html)

《爱尔兰独立报（ *Irish Independent*）》在当地进行的一项本地调查显示， 一份三明治的含盐量超过每日推荐食盐上限的两倍，同时食物的含盐量在爱尔兰连锁餐厅和咖啡馆常见的午餐中也存在较大的差异。例如，一份星巴克巧巴达（ciabatta）三明治全天候早餐含有14克盐，是其它被调查的汉堡含盐量的三倍，同时是爱尔兰食品安全局（Food Safety Authority of Ireland）推荐量（每日6克）的两倍多。当对不同商店里相同类型的三明治进行比较时，他们的含盐量有很大差异，部分是因为尺寸的不同导致的。食品营养成分标签的差异也很大，一些零售商提供的标签更方便消费者查看营养成分。

资讯来源：爱尔兰独立报（Irish Independent）

[**澳大利亚咸味酱改进后含盐量降低25%**](http://www.dailymail.co.uk/news/article-2785702/Healthy-little-vegemites-Makers-iconic-Aussie-spread-released-healthier-version-25-salt.html)

为配合人们对于健康的关注，生产商Modelez Australia减少了一种标志性澳大利亚调味品“咸味酱（Vegemite）”的钠含量。新的更健康的配方含盐量减少了25％。Modelez Australia表示，出于健康的考虑，许多澳大利亚人都减少了盐的摄入量。不过澳大利亚心脏基金会心血管健康主任凯利 - 安乔利（ Kellie-Ann Jolly）表示，虽然对于这样一种标志性的产品提供低盐版本是一个很大的进步，但是咸味酱依然是一种高盐食品。她补充说，一片面包上约1茶匙的改进版咸味酱的含盐量相当于1-3岁儿童每日推荐摄入量的40%，是4-8岁儿童每日推荐摄入量的30%。

资讯来源：每日邮报（Daily Mail）

[**新乌尔都语手册介绍低盐摄入**](http://www.thehindu.com/news/cities/Hyderabad/new-urdu-booklet-makes-a-case-for-low-salt-intake/article6493766.ece)

研究表明，印度人每日食盐摄入量是建议量的两倍，这使得他们处在极大的健康风险之中。尽管向人们介绍关于过多摄入食盐的危害的英语文献不少，但其它语种在这方面的著作却不多。现在，乌尔都语读者也许是第一次可以阅读到介绍需要减少盐摄入的小册子。作者Abid Moiz在他的书《*Namak Ka Istemal Kam Karein》*中解释了过多摄入食盐的危害。Moiz采用了叙事手法和易于理解的语言来追溯食盐的历史，并介绍了它是如何被用作肉类和其它食物的防腐剂。

资讯来源：印度教徒报（Hindu）

**新研究/调研成果**

**[通过三明治摄入的钠占20%](http://www.medicalnewstoday.com/articles/283569.php)**

根据发表在《营养和饮食学会杂志（ *Journal of the Academy of Nutrition and Dietetics*）》上的最新分析“2009-2010全国健康和营养调查数据-在美国我们吃什么”，美国人消耗过多的钠，且三明治对这一趋势有显著的影响。在任意选择的一天里，49%的美国成年人至少吃一个三明治，含钠量占美国人日均钠摄入量的20%。在之前的研究中，三明治只用一个简单的食物编码代表，并且这些研究发现三明治只占每日钠摄入量的4%。但是，通过对具体的三明治内容进行调整以后，计算结果发生了明显的改变：对于成年人，三明治独自贡献了2,300毫克每日钠摄入限额的30%或者1,500毫克限额的46%。

 资讯来源：今日医学新闻（Medical News Today）

[**反复接触：无需低盐饮食来改变对盐的偏好**](http://www.foodnavigator.com/Science-Nutrition/Repeat-exposure-No-need-for-low-salt-diet-to-alter-salt-preferences)

根据发表在《食品质量与偏好（*Food Quality and Preference*）》杂志上的一项新的研究结果，对于低盐食物的反复接触可以促使消费者更倾向于选择低盐食品，哪怕他们正在食用高盐食品。研究人员通过让随机挑选的参与者在一定时间反复接触低盐食品（分为含盐量突然下降或者逐步下降两组），来研究他们对减钠和低钠的番茄汁的偏好是否有所增加。和实验开始时的测试结果相比，这两组参加者在实验终止时的测试表明，他们对于钠含量减少的番茄汁的偏好增加了。另外，两组参与者在实验后期都倾向于低钠的番茄汁，这表明反复地接触低钠食品（而不需要逐步减钠）或许就能够改变那些平时不食用低钠食物的人对于盐的口味偏好。

资讯来源：食品航海家网站（FoodNavigator.com ）

[**科技可以让低钠食物保持原有的口感吗？**](http://www.pbs.org/newshour/bb/can-science-make-low-sodium-foods-without-sacrificing-flavor/)

美国疾病预防和控制中心（CDC）表示，美国人的食盐摄入量超过建议量的两倍。尽管摄入过多的钠对于健康的危害人人皆知，但是许多美国人还是不愿意为了健康而牺牲食物的口感。是什么因素导致了人们对于食物口感的渴望，这些因素又如何能够得到限制呢？记者Hari Sreenivasan在做有关味觉和钠的科学报道时，试图解决这些问题。他与美国明尼苏达大学味道研究及教育中心的主任Devin Peterson讨论了这方面的最新研究成果。Sreenivasan还拜访各地食品店，呼吁食品加工行业采取更好的方法来减少钠的使用。

资讯来源：PBS新闻时间（新闻访谈节目）（PBS Newshour）

**其它信息**

**[素食者的周内晚餐怎么吃：化解酱油含钠量高的新技术](http://www.washingtonpost.com/lifestyle/food/weeknight-vegetarian-a-new-technique-for-defusing-those-soy-sauce-sodium-bombs/2014/10/06/5698e8cc-4b20-11e4-891d-713f052086a0_story.html)**

许多素食主义者对亚洲美食情有独钟。但是，《华盛顿邮报（*Washington Post* ）》美食和旅游板块的编辑Joe Yonan指出了不好的一面：这些食物可能含有过量的钠。人们可以学着在烹饪过程中少放盐，在烹饪时使之入味，但是Yonan还认为有必要选择一种简单的酱油替代品。他一直使用一种低钠的日本酱油，与含有小麦的普通酱油比起来味道更独特，但是这种酱油每汤匙钠的含量仍超过700毫克（普通酱油的含钠量接近1000毫克）。他也开始在用中国的黑醋做实验以替代一些酱油的使用，这种黑醋有轻微的酒味、酸味且含有很少的钠。Yonan最近在尝试着用日本酱油和醋做一种韩国面条。改良前的配方需要加5汤匙的酱油。现在，他能够制作出每份只含有400毫克钠的菜肴。

资讯来源：华盛顿邮报（Washington Post）

[**六种无盐替代方式**](http://www.shape.com/healthy-eating/healthy-recipes/6-sodium-free-switches)

博客[Sodium Girl](http://www.sodiumgirl.com/)的博主Jessica Goldman Foung在《外形》杂志上发文说，通过六种无盐替代的方式可以提高人们的健康水平。Goldman Foung建议使用含有天然鲜味的香菇，且香菇储存便捷，可以在制作意大利调味饭、汤和慢煲饭时使用。她建议用果酱和苹果汁或香醋混合来替代瓶装的牛排酱，有些牛排酱的钠含量超过250毫克每汤匙。Goldman Foung还建议，在制作意大利面时用南瓜罐头或白胡桃泥替换番茄酱。

资讯来源：《外形》杂志 Shape Magazine

[**许多隐藏的食盐来源**](http://thesouthern.com/lifestyles/health-med-fit/the-perils-of-eating-too-much-salt-are-many/article_cfe9a2aa-9a78-529f-a4fa-3a5a2f88fea1.html)

人们对于看得见的钠的摄入往往会做出显而易见的选择，比如选择无盐的坚果和薯条，用香草和调料代替盐，减少加工食品的消耗，等等。但是，很多人并没有意识到一些意想不到的钠的来源，比如奶酪。例如，一盎司蓝纹奶酪含有395毫克的钠，几乎三倍于相同重量的含盐薯片（136毫克/每盎司）。调味品的含钠量也超过了人们的预期：番茄酱和芥末每汤匙含钠量约150毫克，而酱油的平均含钠量为879毫克/每汤匙。人们应当用自制沙拉搭配休闲食品、用无盐豆罐头做蘸料、或者用水果醋取代芥末和酱油，而不是去商店买调味品。

资讯来源：Southern Illinoisan

[**美国心脏协会对于降低钠的摄入给出建议**](http://www.clarksvilleonline.com/2014/10/12/american-heart-association-gives-tips-reduce-sodium-intake/)

美国人对于食盐的热爱正在严重地影响着他们的健康。美国人平均每天消耗超过3,400毫克的钠--几乎比美国心脏协会建议的摄入量多出2,000毫克。钠是人体必需的营养元素，并且少量的食盐是健康饮食的一部分。但是，美国人现在的摄入量太高了，会增加高血压、心脏病、中风以及其他健康问题的风险。然而，大多数美国人对他们摄入了多少钠没有概念。本文还讨论了儿童的钠摄入问题，并提供了一些减少钠的建议。

资讯来源：Clarksville Online

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。

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**October 4–October 17, 2014**



[**Beef Jerky Is Trending, But Many Versions Contain Excessive Sodium**](http://www.usatoday.com/story/money/business/2014/10/12/beef-jerky-outlet-jerky-snacks-retail-retailing-retail-outlets/16804707/)

Sales of all beef jerky-type products increased to $1.24 billion last year, up 46% between 2009 and 2013, according to market research company Information Resources. Trade magazine *Convenience Store Decisions* recently called beef jerky one of the fastest-growing segments of the snack food industry. The Beef Jerky Outlet has opened 26 franchise stores in just 4 years with plans for 11 more locations. Although it is typically low in calories, carbohydrates, and fat, beef jerky often contains excessive amount of sodium, which is used as a preservative. A typical 1-ounce serving has 626 milligrams of sodium. But Paul Lyons, co-founder of Beef Jerky Outlet, contends that the company’s jerky is typically closer to 500 milligrams of sodium, whereas some mass-market products exceed 1,000 milligrams per ounce. – USA Today



[**How School Lunch Became the Latest Political Battleground**](http://www.nytimes.com/2014/10/12/magazine/how-school-lunch-became-the-latest-political-battleground.html)

The Healthy, Hunger-Free Kids Act became law in 2010, with overwhelming support in Congress. In 2011, the U.S. Department of Agriculture (USDA) released a revised meal pattern for school breakfasts and lunches that included mandates to reduce the average salt content of a high school lunch by roughly half over a decade. Schwan Food Company, which manufactures a reported 70% of all pizza sold in American schools, raised objections: “Many of the products made with tomato paste appeal to children and help sustain participation in the school-meal program,” the company warned, while also arguing that the sodium reductions would be “impossible to achieve without significant technological advances.” Moreover, if sodium were aggressively reduced in school lunches without corresponding changes in home and restaurant meals, Schwan suggested, students would find their school lunches bland and tasteless. However, the Academy of Nutrition and Dietetics, among others, agree with the USDA’s salt assessment. – New York Times



[**Salt Content of Same Fast Food Items Vary Widely Worldwide**](http://www.dailymail.co.uk/health/article-2794191/mcdonalds-kfc-burger-king-salt-levels-vary-wildly-globe.html)

The amount of salt in similar fast food items can vary dramatically from one country to the next, according to a new study carried out by the U.K. consumer group World Action on Salt and Health (WASH). WASH surveyed 19 iconic products by McDonalds, Burger King, KFC, Subway, Nestlé, and Kellogg’s; none showed consistency in salt levels across the globe. For example, a KFC original Fillet Burger in the Middle East contains 3.5 grams of salt per burger, which was three times as much as the same product sold in Malaysia. Kellogg’s Cornflakes sold in Venezuela contain 1.9 grams of salt per 100 grams, compared with 1.25 grams in the same cereal sold in the United Kingdom. Clare Farrand, international program lead at WASH, said the study shows food retailers are able to make their products using less salt but choose not to.  – Daily Mail

[**One Sandwich from Irish Shops Can Contain Twice the Daily Salt Limit**](http://www.independent.ie/irish-news/health/one-restaurant-sandwich-can-contain-twice-daily-salt-limit-30658707.html)

A single sandwich can contain more than double the daily recommended salt limit, and considerable variations exist in the salt content of popular lunch options at Irish chain stores and cafes, according to a local survey conducted by the *Irish Independent*. For example, a Starbucks All Day Breakfast ciabatta sandwich contained 14 grams of salt, which was more than three times the amount of salt contained in any other sandwich surveyed and more than twice the daily 6-gram limit recommended by the Food Safety Authority of Ireland. When comparing the same type of sandwiches among different stores, there were large variations in salt content, partially due to varying portion sizes. Labeling practices also varied widely, with some retailers making it much easier for consumers to check nutritional content. – Irish Independent

[**Australian Vegemite Spread Released with 25% Less Salt**](http://www.dailymail.co.uk/news/article-2785702/Healthy-little-vegemites-Makers-iconic-Aussie-spread-released-healthier-version-25-salt.html)

In response to health concerns, Modelez Australia has reduced the sodium content in Vegemite, an iconic Australian condiment. The new, healthier version contains 25% less salt. Modelez Australia said many Australians are consciously reducing their salt intake for health reasons. However, Kellie-Ann Jolly, cardiovascular health director at the Australian Heart Foundation, said that although offering a reduced salt option for such an iconic product is a great step forward, Vegemite remains a high salt product. She added that about 1 teaspoon of the reformulated Vegemite on one slice of bread amounts to about 40% of the recommended daily intake for children aged 1–3 years and about 30% for children age 4–8 years. – Daily Mail

[**New Urdu Booklet Makes a Case for Low Salt Intake**](http://www.thehindu.com/news/cities/Hyderabad/new-urdu-booklet-makes-a-case-for-low-salt-intake/article6493766.ece)

Studies show that Indians consume double the recommended daily salt intake, exposing themselves to significant health risks. Although literature exists in English on the dangers of a high salt diet, the same is not the case for many other languages. Urdu readers now have access, for perhaps the first time, to a booklet on the need to reduce salt intake. Author Abid Moiz explains the harmful effects of excessive salt consumption in his book *Namak Ka Istemal Kam Karein*. Moiz uses a narrative style and easy-to-understand language to trace the history of salt and how it has been used as a preservative for meat and other food. – Hindu



[**Sandwiches Contribute 20% of Dietary Sodium**](http://www.medicalnewstoday.com/articles/283569.php)

Americans consume too much sodium, and sandwiches contribute significantly to this trend, according to a new analysis of What We Eat in America/National Health and Nutrition Examination Survey 2009–2010 data published in the *Journal of the Academy of Nutrition and Dietetics*. On any given day, 49% of American adults eat at least one sandwich, comprising 20% of Americans’ overall recommended daily sodium intake. In previous studies, sandwiches were represented only by a single food code, and those studies found that sandwiches were responsible for about 4% of daily sodium intake. But adjusting for specific sandwich contents significantly changed that calculation: For adults, sandwiches alone contribute to 30% of the daily 2,300-milligram sodium limit or 46% of the 1,500-milligram limit. – Medical News Today

[**Repeat Exposure: No Need for Low Salt Diet to Alter Salt Preferences**](http://www.foodnavigator.com/Science-Nutrition/Repeat-exposure-No-need-for-low-salt-diet-to-alter-salt-preferences)

Multiple exposures to lower salt foods could encourage consumers to prefer them, even when they are consuming a high salt diet, according to new research published in the journal *Food Quality and Preference*. The researchers studied whether preference for reduced sodium and low sodium tomato juice could increase following repeated exposure over an extended period by randomly assigning participants to receive either abrupt or gradual reduction conditions. In both groups, preference for all reduced sodium juices increased at the final taste test relative to the initial test. In addition, participants in both groups preferred lower sodium tomato juice by the end of the study, indicating that repeated exposure to abrupt sodium reduction may be sufficient to alter salt taste preferences of individuals who do not consume low sodium diets. – FoodNavigator.com

[**Can Science Make Low-Sodium Foods Without Sacrificing Flavor?**](http://www.pbs.org/newshour/bb/can-science-make-low-sodium-foods-without-sacrificing-flavor/)

Americans eat twice as much salt as recommended, according to CDC. Although the health risks associated with high sodium intake are widely known, many Americans will not sacrifice taste to eat healthily. What causes these cravings, and how can they be limited? Journalist Hari Sreenivasan attempts to address these questions as he covers some of the science behind taste perception and sodium. He discusses the latest research with Devin Peterson, director of the Flavor Research and Education Center at the University of Minnesota. Sreenivasan also takes a trip to the grocery store and calls for smarter sodium reformulation within the processed food industry. – PBS Newshour



[**Weeknight Vegetarian: A New Technique for Defusing Those Soy Sauce Sodium Bombs**](http://www.washingtonpost.com/lifestyle/food/weeknight-vegetarian-a-new-technique-for-defusing-those-soy-sauce-sodium-bombs/2014/10/06/5698e8cc-4b20-11e4-891d-713f052086a0_story.html)

Many vegetarians have a soft spot for Asian cuisines. However, the downside, according to *Washington Post* food and travel editor Joe Yonan, is that these recipes may contain excessive amounts of sodium. People can learn to use less salt and to add it to taste as they cook, but Yonan also sees a need for an easy soy sauce substitute. He has been using a low sodium tamari, which is bolder in flavor than soy sauces that include wheat but which still has more than 700 milligrams of sodium per tablespoon (compared with almost 1,000 milligrams for regular soy sauce). He also began experimenting with replacing some soy sauce with Chinese black vinegar, which has a slightly winey, tart flavor and very little sodium. Yonan recently tried using tamari and vinegar when he made chapchae, a Korean noodle dish, modifying a recipe that had called for 5 tablespoons of soy sauce; he was able to present a dish that contained only 400 milligrams of sodium per serving. – Washington Post

[**Six Sodium-Free Switches**](http://www.shape.com/healthy-eating/healthy-recipes/6-sodium-free-switches)

*Shape* magazine spoke with Jessica Goldman Foung—creator of the blog [Sodium Girl](http://www.sodiumgirl.com/)—to get six salt-free switches people can make to improve their heart health. Goldman Foung recommends using shiitake mushrooms, which naturally contain umami, to make a quick and easy stock to use in risottos, soups, and slow-cooker meals. She recommends using fruit jam mixed with apple cider or balsamic vinegar to replace bottled steak sauces, some of which can have more than 250 milligrams of sodium per tablespoon. Goldman Foung also suggests swapping tomato sauce with canned pumpkin or butternut squash for a new take on pasta. – Shape Magazine

[**The Many Hidden Sources of Salt**](http://thesouthern.com/lifestyles/health-med-fit/the-perils-of-eating-too-much-salt-are-many/article_cfe9a2aa-9a78-529f-a4fa-3a5a2f88fea1.html)

People watching their sodium intake often make the obvious choices, such as switching to unsalted nuts and chips, substituting herbs and spices for salt, and cutting back on processed items. However, many people are unaware of some surprising sources of sodium, such as cheese. For example, an ounce of blue cheese contains 395 milligrams of sodium, almost three times the amount found in the same weight of salted potato chips (136 milligrams per ounce). Condiments also provide more sodium than one might assume: Ketchup and mustard have about 150 milligrams per tablespoon, whereas soy sauce contains an average of 879 milligrams per tablespoon. Instead of using store-bought condiments, pair snack foods with homemade salsa, dips made with unsalted canned beans, or a sprinkling of fruity vinegar instead of mustard or soy sauce. – Southern Illinoisan

[**American Heart Association Gives Tips to Reduce Sodium Intake**](http://www.clarksvilleonline.com/2014/10/12/american-heart-association-gives-tips-reduce-sodium-intake/)

Americans’ love of salt is having a dramatic impact on their health. The average American consumes more than 3,400 milligrams of sodium each day—almost 2,000 milligrams more than the amount recommended by the American Heart Association. Sodium is an essential nutrient, and a little salt can be part of a healthy diet, but the amounts Americans currently consume are far too high and can increase the risk for high blood pressure, heart disease, stroke, and other health problems. However, most Americans have no idea how much sodium they consume. This article also discusses children's sodium intake and provides some tips to reduce sodium consumption. – Clarksville Online

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