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**2014年8月23日-2014年9月5日**

**行业新闻**

[**食品行业在食盐问题上遭遇难题**](http://fortune.com/2014/08/27/salt-studies-food-industry)

目前食品行业对最近在新英格兰医学杂志（*New England Journal of Medicine*）上发表的关于钠盐的文章极其谨慎。原因有两点：首先，食品生产商对于这些研究数据根本就不知道如何去做；其次，多年来食品行业在主打“低钠”产品的市场，并且已经新兴起来，因此，关于盐的任何概括性言论必然会对一方或另一方的市场造成冲击。然而，当研究显示过多的盐和过少的盐都可能会对人体不利时，食品生产商又该怎么去应对？比如金凤花食品公司（Goldilocks）宣称自己的食品含盐量“恰到好处”----但不知怎么在营养标签上标明，因为大家对食品含盐“恰到好处”的量没有一个统一的概念。我们仍需要做更多的研究，但任何的研究都科学地表明：总体上，人们都过量地摄入了盐，而且已经给他们的健康带来了一定的风险，尤其是提高了高血压的病发率。

资讯来源：财富杂志（Fortune）

[**珍妮欧公司增添了新的低钠产品**](http://www.perishablenews.com/index.php?article=0038961)

2014年，珍妮欧（ Jennie-O）品牌欲扩大其低钠熟食产品线，进一步巩固在低钠熟食系列食品领域的地位。比如，公司将烤火鸡的含盐量减少了50%，每一批珍妮欧低钠超级烤火鸡品牌新产品的含盐量不到260毫克。据2014年美国食品工艺学家学会研究显示，半数以上的顾客都表示对低盐食品很感兴趣。

资讯来源：PerishableNews.com

**州/地方新闻**

[**多数宾夕法尼亚居民对摄入的食盐毫不知情**](http://sanatogapost.com/2014/08/30/pa-residents-eat-salt-dont-know/)

圣路易斯健康研究所注册营养师劳瑞.琼斯（Lori Jones）说，很多宾夕法尼亚居民在家中自己做饭时都尽可能的少放盐。但问题是大部分人很少在家做饭。据宾夕法尼亚卫生局提供的数据显示，居民家庭做饭仅消耗11%的盐，，而加工熟食和包装食品用掉近80%的盐。因此，该州的减盐行动（Salt Reduction Initiative）建议居民多吃新鲜的水果和蔬菜，买食品时一定要看营养标签，并与多款同类食品做比较，多买低盐食品，外出就餐时要让餐馆尽量少放盐或不放盐。

资讯来源：萨拉托加都市报（ Sanatoga Post）

**国际新闻**

**[英国低盐政策“尚未惠及最需要人群”](http://www.foodnavigator.com/Science-Nutrition/Salt-reduction-and-social-inequality-UK-reduction-policies-have-not-reached-those-most-in-need)**

根据英国医学杂志BMJ Open最新数据显示，尽管英国政府在2000-2011年期间监管食品生产商降低食品生产的含盐量，然而这期间盐摄入量的不均衡情况仍没有得到改善。从2000--2001年和2008--2011年期间，居民盐摄入量平均降低了0.9克。但是，不同社会经济阶层的盐摄入量却大相径庭。比如，没受过什么教育的人群比受过教育的人群的盐摄入量高出5.7%。“毫无疑问，穷人家庭的饮食健康比其它阶层差很多，因此，高盐食品的广泛改革没有达到我们预期的效果。”首席研究员弗朗西斯科.卡普桥（Francesco Cappuccio）说道。

资讯来源：Food Navigator.com

[**弗里多尼亚集团（美国市场研究机构）预测全球盐需求量将每年提高1.5%**](http://www.foodbev.com/news/freedonia-predicts-15-annual-global-dema#.VAuZvfmwKQp)

根据弗里多尼亚研究机构（ The Freedonia Group）最新研究表明，全球盐需求量将每年提高1.5%，到2018年将达到3.25亿吨，总价值134亿美元。尽管大多数国家食品加工业对盐消耗的平稳低速增长有产生了影响，但主要化工制造业市场仍将继续推动盐消费量的巨大增长。在发达国家，因担心盐摄入量过高而引发健康问题，各地开展了减盐活动。然而在发展中国家，加工食品产业的快速发展使得盐的消费量节节攀高。整体来看，中国依然是世界上最大的盐消费大国，而印度则有望成为盐消费量增长最快的国家。

资讯来源：FoodBev.com

[**亨氏番茄酱含糖量减少50%，盐减少25%**](http://www.foodbev.com/news/heinz-introduces-tomato-ketchup-50-less#.VAuZwPmwKQp)

亨氏集团在英国推出了新的一款亨氏番茄酱，与同类常规产品相比，其含糖量降低了50%，含盐量降低了25%。该产品一经推出，便取代了另一款低糖低盐（含糖量降低30%，盐降低25%）的番茄酱。新款产品也符合2017年英国政府减盐目标计划。

资讯来源：FoodBev.com

[**你应该少吃盐，但具体要怎么做呢？**](http://www.theglobeandmail.com/life/health-and-fitness/health-advisor/you-should-be-eating-less-salt-so-how-do-you-actually-do-that/article20240265/)

在加拿大，每五个人当中至少有一人患有高血压病，它已成为脑卒中的头号危险因素，并且是导致心脏病、心梗、心力衰竭和肾疾病的主要因素。30%的高血压患者可以归因于饮食过量的盐。首先，降低盐摄入量最简单的方法就是不要用盐瓶，尽管通过盐瓶摄入的盐量仅仅占人们吃盐量的很少的一部分。在饮食中控盐最好的方法就是尽可能多吃自己使用非加工食品做的饭菜，要记住成品卤汁、调味品、沙拉酱和酱都是高钠食品。文章还建议人们在购买包装食品时一定要看营养标签中的钠含量并且与多款产品做比较，尽量买含钠量低于人体每日钠摄入限量5%的食品，如果含钠量达到每日人体每日钠摄入限量的15%或更高则说明该食品含盐量太高了。

资讯来源：环球邮报（Globe and Mail）

[**高血压正威胁南非**](http://lifestyle.iafrica.com/wellness/956613.html)

南非是世界上高血压发病率最高的国家之一，每3个15岁或15岁以上的南非成年人当中就有一个患有高血压。然而大多数人却并未意识到他们患有高血压。在9月份的心脏宣传月中，南非心脏病和卒中基金会除了免费提供血压测量外，还大力宣传鼓励人们在做饭时尽量少放盐以降低盐摄入量。南非心脏病和卒中基金会首席执行官瓦西.蒙高-辛（Vash Mungal-Singh）说道，在南非的许多传统社区里，盐的使用和消费与他们的健康、文化和信仰相关。比如，在一些乡村和低收入的社区里，那里的人认为如果食物不用盐腌制会被Tokolosh（祖鲁神话中一种类似侏儒的水妖）吃掉。

资讯来源：非洲南非门户网（ iafrica.com）

**新研究/调研成果**

**[少量盐无害；过量则危及健康](http://www.nytimes.com/2014/08/26/upshot/dash-of-salt-does-no-harm-extremes-are-the-enemy.html)**

新英格兰医学杂志（ *New England Journal of Medicine*）上最近发表了一项研究证实：高血压患者吃高盐食物会导致病情恶化。而且人们多年前就已经知道了这个事实。研究者在18个国家跟踪调查了10万人，发现那些日常食用高盐食物的人的血压明显高于盐摄入量少的人。该杂志当中的另一篇文章同样也对这些人进行了研究，发现每日食盐量多于7克的人的死亡率要明显高于那些每日食用3--6克盐的人，同时突发性心脏病，心力衰竭和卒中的机率也会高很多。这些研究结果证实了高食盐人群最应该控盐。当前的问题是，人们在盐的摄入量上总是走两个极端，食盐量过少同样也会导致心血管疾病的高发率。

资讯来源：纽约时报（New York Times）

[**吃盐过多？还是不够？**](http://www.nytimes.com/2014/08/29/opinion/too-much-salt-or-not-enough.html)

据纽约时报编辑部[近期观点单元](http://www.nytimes.com/2014/08/24/opinion/sunday/the-debate-on-salty-foods-continued.html)收到的读者反馈：他们认为尽管大量证据显示降低盐摄入量对降低血压有作用，但是人们还是不了解降低盐摄入量的有益之处，控盐对于某些特定人群来说甚至更至关重要。德克萨斯大学公共卫生学院院长罗伯塔.奈斯（Roberta Ness）写道，“现在很多新的公共卫生信息与编辑部所总结的文章内容大相径庭。许多研究表明每日摄入盐超过建议的2300毫克能够引起血压升高和增加心脏病风险”。她总结道，“美国人每日盐摄入量是3000--3600毫克，其盐量大部分来自加工熟食和餐馆的食物，这些都说明我们的控盐之战还有很长一段路要走”。其它一些信则是呼吁制定针对个人控盐的建议和治疗。一位有临床盗汗症状的读者表示他对盐的需求则要高于平均水平，还有一位77岁的老太太声称自从40年前开始采取控盐措施后，高血压得到有效控制，并一直身体都很健康。

资讯来源：纽约时报（New York Times）

[**美国饮食质量提高，但贫富差距拉大**](http://www.reuters.com/article/2014/09/04/us-health-diet-quality-idUSKBN0GZ2OQ20140904)

《美国医学协会杂志--内科学（*JAMA Internal Medicine*）》关于美国人饮食习惯的最新研究发现人们普遍会选择吃更健康的食物，对反式脂肪酸的摄入在过去十年中也直线下降。但盐摄入量却持上升趋势，饮食质量的提高也主要集中在受教育人群和富裕的人群中，这就导致了从1999年到2010年年间贫富差距越来越大。从1999年到2010年的全国营养和健康调查数据中可以看出，研究者根据食物和疾病的联系生成的指数来给人们的饮食质量打分，食物越健康，得分越高。美国人饮食质量平均得分从1999年--2000年的39.9分上升到2009年--2010年的46.8分。反式脂肪酸消耗的降低占了提升分值的一半，然而食盐摄入量的增加则让全民健康得分降低0.5分。

资讯来源：路透社（Reuters）

[**食盐过多会让多发性硬化症患者病情恶化吗？**](http://www.webmd.com/multiple-sclerosis/news/20140828/could-too-much-salt-harm-ms-patients)

根据«神经内科神经外科和精神病学杂志»（*Journal of Neurology, Neurosurgery and Psychiatry*）的一项新的小规模观察研究发现，饮食中盐摄入过量可能会使多发性硬化症（MS）患者病情恶化。早期研究发现盐可能会改变身体免疫系统的反应，从而导致MS病情发展。研究显示每日盐摄入量超过4.8克的MS患者病情恶化的风险要比每日盐摄入量在2--4.8克的患者病情恶化率要高出4倍。研究者通过对病人大脑X光和扫描检查病情发展情况，发现盐摄入量最多的病人比摄入量最小的病人病情恶化的风险高出3.4倍。

资讯来源： WebMD

[**磷酸盐会增加血液中钠的浓度**](http://medicalxpress.com/news/2014-08-phosphate-sodium-blood.html)

“EMBO分子医学杂志”（*EMBO Molecular Medicine*）研究发现荷尔蒙FGF23在导致血液中钠的吸收增加时扮演了不为人知的角色。科学家们之前意识到当血浆中有过多磷酸盐时会产生大量的FGF23荷尔蒙，从而降低尿液中磷酸盐的吸收。而新的研究结果发现了一种能够影响钠吸收的新的途径：FGF23荷尔蒙能够产生大量的转运蛋白，而这种蛋白则能把肾脏内尿液中的钠重新吸收回来。血浆中过量的磷酸盐通过FGF23荷尔蒙能够增加血液中钠的吸收，因而长期下来引发多种隐患，包括高血压。

资讯来源：医学快讯（Medical Xpress）

**其它信息**

[**查克.诺里斯--把盐放到它该放的地方**](http://www.wnd.com/2014/08/chuck-norris-puts-salt-in-its-place)

演员查克.诺里斯（Chuck Norris）说道：盐摄入量过多对健康有害，而减少盐摄入量则能帮助你减肥和降低得疾病的风险。大多数人每天食用2300毫克盐不会产生健康问题，但对于有些人---尤其是超过50岁的人和高血压、糖尿病和慢性肾病患者，则应该把每日盐摄入量控制在1500毫克以内。远离餐桌上的盐调味瓶能够帮助部分人控制盐摄入量，但几乎80%的美国人盐摄入量都是来自加工熟食和包装食品。冷冻食品，罐装食品和提前经过处理的食物也应该引起注意。诺里斯列举了6种由美国疾病预防控制中心注明日常日用高盐食品，人们应该对此提高警惕。

资讯来源：美国独立新闻网（WND）

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**August 23–September 5, 2014**



[**Salt Studies Present Conundrums for Food Industry**](http://fortune.com/2014/08/27/salt-studies-food-industry)

The food industry is so far treading carefully on the recent batch of sodium-related articles published in the *New England Journal of Medicine*. There are two reasons for that: first, because at this point it is impossible for food producers to know what to do with these new data; second, because over the years, the food industry has created a thriving market for “low sodium” products. Any kind of sweeping statement on salt would hurt one part of the industry or another. So what do food manufacturers do when research shows that both too much and too little salt might be harmful? Taking a “Goldilocks” approach—claiming that their products contain the “just right” amount of salt—would be difficult to convey on a label, especially with little agreement on how much is “just right.” More research is needed, but none of the recent research counters the overwhelming scientific consensus: in general, people consume too much salt and doing so poses health risks, particularly hypertension. – Fortune

[**Jennie-O Adds New Reduced Sodium Offerings**](http://www.perishablenews.com/index.php?article=0038961)

In 2014, Jennie-O brand will expand its line of reduced sodium deli items as part of efforts to build on its existing portfolio of reduced sodium deli products. For example, the company will now offer oven roasted deli turkey options with 50% less sodium. Each serving of the new Jennie-O Reduced Sodium Grand Champion® Oven Roasted Turkey includes less than 260 milligrams of sodium. More than half of consumers say they are interested in products with reduced levels of salt, according to 2014 research from the Institute of Food Technologists. – PerishableNews.com



[**Most Pennsylvania Residents Eat Salt They Do Not Know About**](http://sanatogapost.com/2014/08/30/pa-residents-eat-salt-dont-know/)

Many Pennsylvanians have done a good job cutting back on salt in foods they prepare at home, according to registered dietitian Lori Jones of the Health Institute of St. Louis. The problem, she said, is that most people do not cook for themselves very often. Only 11% of the salt in Pennsylvania residents’ diets is added at the dinner table, whereas nearly 80% of the salt consumed by the state's residents comes from processed or packaged foods, according to the Pennsylvania Department of Health. The state’s Salt Reduction Initiative recommends that people eat more fresh fruits and vegetables, buy low sodium foods by learning how to read and compare information on nutrition labels, and ask for no or low salt items when eating out. – Sanatoga Post



[**U.K. Sodium Reduction Policies “Have Not Reached Those Most in Need”**](http://www.foodnavigator.com/Science-Nutrition/Salt-reduction-and-social-inequality-UK-reduction-policies-have-not-reached-those-most-in-need)

Although the British government directed food manufacturers to lower the sodium content of their products between 2000 and 2011, social inequalities in salt intake have barely changed during the period, according to new research published in the journal *BMJ Open*. From the 2000–2001 period to the 2008–2011 period, daily salt intake fell 0.9 grams on average; however, intake varied significantly across socioeconomic groups. For example, people with the least education had 5.7% higher sodium intake levels than a reference group. “Clearly, poorer households still have less healthy shopping baskets, and the broad reformulation of foods high in salt has not reach them as much as we would have hoped,” said lead researcher Francesco Cappuccio. – FoodNavigator.com

[**Freedonia Group Predicts 1.5% Annual Rise in Global Demand for Salt**](http://www.foodbev.com/news/freedonia-predicts-15-annual-global-dema#.VAuZvfmwKQp)

Global demand for salt is forecast to climb 1.5% annually, to 325 million metric tons in 2018, valued at $13.4 billion, according to a new study from research firm The Freedonia Group. Trends in the dominant chemical manufacturing market will continue to strongly influence growth in salt consumption, although food production also will have a significant impact in providing steady yet slow growth in most countries. In developed economies, health concerns regarding high sodium intake are leading to salt reduction initiatives, whereas fast growth in processed food manufacturing is driving salt consumption in developing countries. Overall, China will continue to represent the largest salt market worldwide, with India expected to register the fastest gains. – FoodBev.com

[**Heinz introduces Tomato Ketchup 50% Less Sugars, 25% Less Salt**](http://www.foodbev.com/news/heinz-introduces-tomato-ketchup-50-less#.VAuZwPmwKQp)

Heinz is introducing its new Heinz Tomato Ketchup 50% Less Sugars, which has 25% less salt, in the United Kingdom alongside regular Heinz Tomato Ketchup. This new product replaces Heinz Tomato Ketchup Reduced Salt and Sugar, which had 30% less sugar and 25% less salt. The new variant also meets 2017 U.K. government salt targets. – FoodBev.com

[**You Should Be Eating Less Salt, So How Do You Actually Do That?**](http://www.theglobeandmail.com/life/health-and-fitness/health-advisor/you-should-be-eating-less-salt-so-how-do-you-actually-do-that/article20240265/)

High blood pressure, which affects more than one in five Canadians, is the top risk factor for stroke and a major risk factor for heart disease, heart attack, heart failure, and kidney disease. Thirty percent of hypertension can be attributed to high dietary sodium intake. The first, easiest thing to do to reduce sodium intake is to avoid the salt shaker, although it represents only a small amount of the sodium that people consume. The best way to reduce dietary sodium intake is to increase the number of meals cooked from scratch, keeping in mind that prepared marinades, condiments, salad dressings, and sauces are high in sodium. The article also recommends reading the Nutrition Facts labels on foods to compare the amount of sodium in prepackaged products, aiming for foods that include less than 5% of the daily value of sodium; a daily value of 15% or more is too high. – Globe and Mail

[**High Blood Pressure Is Killing South Africa**](http://lifestyle.iafrica.com/wellness/956613.html)

South Africans have one of the highest rates of hypertension worldwide, with one in three South African adults 15 years old or older affected and most of them unaware that they have the condition. In addition to offering free blood pressure tests during September, which is Heart Awareness Month, the Heart and Stroke Foundation South Africa is encouraging citizens to lower their salt intake by adding less salt to their food when cooking, tasting their food before they add salt, and adding less salt to their food at the table. In many South African traditional communities, salt use and consumption is linked with health, cultural, and spiritual beliefs, according to Vash Mungal-Singh, CEO of the Heart and Stroke Foundation South Africa. For example, there are some strong beliefs in rural and lower-income communities that food left unsalted will be eaten by the Tokolosh, a dwarflike water sprite in Zulu mythology, he said. – iafrica.com



[**Dash of Salt Does No Harm; Extremes Are the Enemy**](http://www.nytimes.com/2014/08/26/upshot/dash-of-salt-does-no-harm-extremes-are-the-enemy.html)

A study published recently in the *New England Journal of Medicine* confirmed what people have known for years: diets high in salt can have negative health consequences for people with high blood pressure. The researchers monitored more than 100,000 people in 18 countries and found that people who consumed more sodium generally had significantly higher blood pressures than those who did not. Another manuscript in the same journal looking at the same study population found that people who consumed more than 7 grams of sodium per day had a significantly higher chance of death, and higher rates of heart attack, heart failure, and stroke, than people who ate 3 to 6 grams per day. These results confirm that people who eat too much salt should cut back. The problem with the way people respond to such information, however, is that they often run too far and too fast in the other direction; a diet too low in sodium also is correlated with higher mortality from cardiovascular causes. – New York Times

[**Too Much Salt, or Not Enough?**](http://www.nytimes.com/2014/08/29/opinion/too-much-salt-or-not-enough.html)

Readers respond to the [recent opinion piece](http://www.nytimes.com/2014/08/24/opinion/sunday/the-debate-on-salty-foods-continued.html) by the *New York Times’* Editorial Board, in which they wrote that although considerable evidence exists that lowering sodium can reduce blood pressure, there is a lack of consensus about the benefits of reducing dietary salt and that such reduction may be more critical for some population groups than others. Roberta Ness, dean of the University of Texas School of Public Health, writes, “The emerging public health message, contrary to the editorial’s conclusion, is quite clear. Many studies have demonstrated that consumption of more salt than the recommended 2,300 milligrams a day elevates blood pressure and possibly the risk for heart disease.” She concludes, “Since the average American eats 3,000 to 3,600 milligrams a day, mostly in processed and restaurant foods, the message is that we have a long way to go.” Other letters include a call to personalize sodium-related health advice and treatment, a personal account from a person with clinically excessive perspiration who requires above-average sodium intake, and a 77-year-old woman who has her high blood pressure under control and is in good health after she took measures to reduce sodium in her diet 40 years ago. – New York Times

[**U.S. Diet Quality Improves, But Gap Widens Between Rich and Poor**](http://www.reuters.com/article/2014/09/04/us-health-diet-quality-idUSKBN0GZ2OQ20140904)

A new study of Americans’ eating habits, published in *JAMA Internal Medicine,* found that people are generally choosing to eat more healthy foods, and consumption of trans fats has plummeted in the past decade. However, sodium intake was on the rise for Americans, and diet quality improved mainly among more educated and well-off Americans, resulting in a gap between rich and poor that was wider in 2010 than in 1999. Using National Health and Nutrition Examination Survey data from 1999 through 2010, the researchers scored the quality of people’s diets according to an index based on established links between specific foods and disease, in which health foods receive higher scores. The average American diet quality score increased from 39.9 in the 1999–2000 survey to 46.8 in 2009–2010. Lower consumption of trans fats accounted for more than half of the score increase, whereas rising sodium intake dropped the national score by about half a point. – Reuters

[**Could Too Much Salt Harm MS Patients?**](http://www.webmd.com/multiple-sclerosis/news/20140828/could-too-much-salt-harm-ms-patients)

Too much salt in the diet may worsen symptoms of multiple sclerosis (MS), according to a small new observational study published in the *Journal of Neurology, Neurosurgery and Psychiatry*. Earlier research found that salt may alter autoimmune response, which is involved in the development of MS. The study found that people with daily sodium intake of between 2 and 4.8 grams and those who consume more than 4.8 grams were up to four times as likely to have more episodes of worsening MS symptoms as those who consumed the least salt. Checking the progression of the disease in patients' brains using x-rays and scans, the researchers found that patients who had the highest salt intake were about 3.4 times more likely to have their disease worsen, compared with those who had the lowest salt intake. – WebMD

[**Phosphate Increases the Concentration of Sodium in the Blood**](http://medicalxpress.com/news/2014-08-phosphate-sodium-blood.html)

A previously unrecognized role played by the hormone FGF23 that leads to increased absorption of sodium in the blood has been discovered, according to research published in the journal *EMBO Molecular Medicine*. Scientists were aware that greater quantities of this hormone are produced when there is too much phosphate in the blood plasma and that FGF23 reduces the absorption of phosphate from urine. The new results show an effect on the absorption of sodium: Through a newly discovered pathway, the hormone increases the abundance of a transport protein that reabsorbs sodium from urine in the kidneys. Excess phosphate in the plasma therefore leads, via FGF23, to increased absorption of sodium into the blood, with all of the long-term consequences that come along with that result, including high blood pressure. – Medical Xpress



[**Chuck Norris Puts Salt in Its Place**](http://www.wnd.com/2014/08/chuck-norris-puts-salt-in-its-place)

Consumption of too much salt is bad for your health, and reducing intake can help people lose weight and reduce disease risk, according to actor Chuck Norris. Most people can consume 2,300 milligrams of sodium a day without health issues, but some people—especially those who are older than 50 or who have high blood pressure, diabetes, or chronic kidney disease—should consume no more than 1,500 milligrams daily. Avoiding the salt shaker at the table may help some people control their intake, but almost 80% of the salt in American diets comes from processed and packaged foods. Frozen, canned, and preprocessed foods should be high on people’s watch list. Norris lists six popular foods that CDC notes have high sodium content and about which Americans need to be especially vigilant. – WND

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