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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11月28日-12月11日**

**州/地方新闻**

[**纽约市菜单高盐警告标识规定已生效**](http://www.nytimes.com/2015/12/01/nyregion/salt-warnings-new-york-restaurants.html?_r=0)

最近，食客们开始在许多纽约连锁餐厅的菜单上看到了一个警示标识，贴在那些含钠过高的餐品选项旁边。这一做法是一条据信是全美首个实施的此类规定所要求的。黑色三角形中有一个盐瓶的标志向顾客发出警告，该选项含钠超过2300毫克，这一数值是每日推荐摄入量的上限。纽约市相关部门估计，10%的菜单选项需要贴上该警示标识。这一警示标识规定是2015年9月批准的一项减钠规定中的一条，该规定还要求餐厅要在明显的地方张贴说明，警告消费者们高钠摄入会增加高血压和心脏病、中风的风险。纽约市卫生专员玛丽·巴塞特在今年9月表示，她希望其它城市也能采取类似措施来应对心脏病的高发。她指出，心脏病是“全美和纽约造成死亡的主要原因” 。---《纽约时报》(New York Times)

这一事件还被多家其它媒体报道，包括《[华尔街日报](http://www.wsj.com/articles/new-york-city-salt-warnings-on-menus-start-tuesday-1448908194)》（[Wall Street Journal](http://www.wsj.com/articles/new-york-city-salt-warnings-on-menus-start-tuesday-1448908194)）、[美国国家公共电台](http://www.npr.org/sections/thesalt/2015/12/01/458031755/in-new-york-city-that-salty-combo-meal-now-comes-with-a-warning)（[NPR](http://www.npr.org/sections/thesalt/2015/12/01/458031755/in-new-york-city-that-salty-combo-meal-now-comes-with-a-warning)）、《[今日美国](http://www.usatoday.com/story/news/nation-now/2015/11/30/new-york-city-salt-warning/76563862/)》（[USA Today](http://www.usatoday.com/story/news/nation-now/2015/11/30/new-york-city-salt-warning/76563862/)）、[ABC新闻](http://abcnews.go.com/Health/wireStory/nycs-salt-warning-rule-set-effect-chains-35483285)（[ABC News](http://abcnews.go.com/Health/wireStory/nycs-salt-warning-rule-set-effect-chains-35483285)）(通过美联社)（Associated Press）、《[卫报](http://www.theguardian.com/us-news/2015/dec/01/high-sodium-icons-new-york-menus-chain-restaurants)》（the [Guardian](http://www.theguardian.com/us-news/2015/dec/01/high-sodium-icons-new-york-menus-chain-restaurants)）、《[彭博新闻周刊](http://www.bloomberg.com/news/articles/2015-12-01/the-salt-wars-here-comes-new-york-city-s-next-food-fight)》（[Bloomberg](http://www.bloomberg.com/news/articles/2015-12-01/the-salt-wars-here-comes-new-york-city-s-next-food-fight)）、《[新闻周刊](http://www.newsweek.com/warning-new-yorkers-theres-lot-salt-399675)》（[Newsweek](http://www.newsweek.com/warning-new-yorkers-theres-lot-salt-399675)）和《[时代周刊](http://time.com/money/4129715/high-salt-sodium-warning-nyc/)》（[TIME](http://time.com/money/4129715/high-salt-sodium-warning-nyc/)）。

[**餐饮集团因新近实施的盐警示标识规定起诉纽约市政当局**](http://bigstory.ap.org/article/c1c3d5d6f3b24558aff62eaad13587bf/restaurant-group-sues-nyc-over-new-salt-warning-labels)

近期，美国餐馆协会（National Restaurant Association）提起诉讼，称纽约市的卫生监管机构逾越法律权限，实施了从未有过的规定，即要求连锁餐厅为含盐量较高的菜单选项增加警示标识。这一举动将使纽约市的该项新措施的实行面临一场法律大战。起诉书的一份副本中阐述道：“具有讽刺意味的是，这一法律规定漏洞百出，实施标准不一致，而且歪曲了科学事实，这将使得消费者无所适从，甚至可能误导他们选择不健康的食物。”美国餐馆协会称，在联邦监管机构制定全国菜单标签规则的当口，纽约市卫生当局出台这一规定，就是忙中添乱。诉讼还认为，该规定强迫餐厅经营者们张贴警示标识，所以侵犯了他们的言论自由权利，因为他们认为该规定是基于“科学上有争议的观点”而制定的。纽约市法律部门表示，将对此诉讼要求进行审查，但“相信卫生委员会有权制定这个规则。”——美联社（Associated Press）

[**营养师帮助四个芝加哥餐厅减少盐的使用**](http://www.nbcchicago.com/news/local/Dietitian-Helps-4-Chicago-Restaurants-Cut-Down-on-Salt-360579311.html)

一项公共卫生计划正在帮助芝加哥餐厅拥有者们减少盐的使用。心脏健康研究所和芝加哥公共卫生局同四家位于芝加哥的南亚菜餐厅合作执行该项计划。亚洲南部的人罹患心脏病的风险高于一般人群。厨师们接受来自营养师的培训，学习如何在为那些受欢迎的菜品减少钠含量的同时，还能不牺牲味道的方法。参与计划的四家餐厅食品中的钠含量平均减少了近23%。--美国全国广播公司5芝加哥频道（NBC 5 Chicago）

**国际新闻**

[**泰国人钠摄入量过多**](http://www.nationmultimedia.com/national/Thais-overdosing-on-sodium-30274685.html)

泰国人民钠摄入量的值是世界卫生组织建议的每天2400毫克的两到三倍。据玛希隆大学（Mahidol University）营养研究所的Wantanee Kriengsinyos称，虽然越来越多的人在家烹饪健康的饭菜，而不是从外面购买食物，但是许多泰国人仍然使用了太多用来提味的调味粉，而这些调味粉中钠含量占到20%到50%的比例。Wantanee建议人们研究食物标签并小心选择，或使用糖、酱油和香料等传统的调味方法，这样更容易让人们控制和了解食物中实际的钠含量。她还建议用鸡肉或猪骨肉煮1 - 2小时制成肉汤，从而用这种味道鲜美的肉汤取代含有高钠的调味粉。——泰国《国家报》（The Nation）

[**评估减盐对于全民健康的影响**](http://www.scientistlive.com/content/assessing-health-impact-salt-reduction)

专注于食物配料创新的Royal DSM公司参与了一项案例研究，评估减盐对于公共健康的益处。该研究通过使用一种建模工具分析得出的结果表明，小小的行动，比如减少汤类中的盐，累积起来就可以对人体健康产生不小的影响。研究选择了在汤类中减少25%的含盐量这样一个既可以实现、又具有挑战性的目标来进行产品试验。通过让消费者逐步适应含盐量较少的汤，以及使用如酵母提取物之类的味道增强剂让汤类味道得以保存这样的微小的步骤，假以时日就可以实现减盐25%的目标。结果显示，这一做法可能使荷兰的心脏疾病负担降低大约800个失能调整生命年。——《科学家生活》（Scientist Live）

[**广受欢迎的肉汁产品含钠量有区别**](http://www.huffingtonpost.ca/2015/11/30/sodium-gravy_n_8684088.html)

对于那些不想自己在家里做肉汁的人来说，杂货店里有很多现成的产品可供选择。本文列出了一些广受加拿大人欢迎的肉汁的钠含量。大部分的肉汁产品每份含钠少于400毫克。Club House’s品牌的普丁肉汁包含钠量最多，每五分之一包含有700毫克钠。Simply Organic Brown品牌的肉汁每份含钠只有290毫克。本文还建议人们尝试使用牛肝菌和小型褐菇制成的素汁产品, ,因为这样会更健康。——《加拿大赫芬顿邮报》（Huffington Post Canada）

[**三思而后吃：如何通过阅读食品标签吃得更健康**](http://www.dailyrecord.co.uk/lifestyle/health-fitness/food-thought-how-eat-better-6911231)

健康饮食这个目标在冬季实现起来尤为困难。关注食品标签是最好的也是最简单的一种方式，因为这样可以让人选择更加健康的食物。根据英国的建议，11岁以上的人每天摄入的盐不应该超过6克。高盐意味着每100克分量食物中含盐超过1.5克，而低盐则是说每100克分量食物中含盐等于或少于0.3克。介于这两者之间的任何一个值都被认为是中等水平的盐摄入。——《每日纪事报》（Daily Record）

**其它信息**

[[**餐厅菜单上需留意的十个字眼**](http://www.dailyrecord.co.uk/lifestyle/health-fitness/food-thought-how-eat-better-6911231)](http://sodiumbreakup.heart.org/10-words-to-watch-on-restaurant-menus/)

将钠摄入量减少到适当、健康的水平，需要各个层面共同合作，采取措施—包括卫生保健提供者，学校、专业组织、公共卫生机构、政府和食品行业。减少钠的摄入可以节省公共卫生经费，拯救生命，改善心脏健康。该篇文章提供了一些人们需要留意的菜单上的字眼，而这些字眼往往意味着该食物含钠量较高。这些字眼包括：“原汁”、“盐水”、“老汤”、“腌”、“熏”以及“肉汤”等。——《美国心脏协会》（American Heart Association）

[[**这些快餐含有超过一天推荐钠摄入量的盐**](http://sodiumbreakup.heart.org/10-words-to-watch-on-restaurant-menus/)](http://www.vocativ.com/news/256439/saltiest-fast-food/)

纽约市最近宣布，所有连锁餐厅都需要在其菜单上为那些含钠量超过每日2300毫克限额的菜品添加一本警示标识。该文对美国十大快餐连锁店在线公布的产品营养成分表进行了分析，以期查明每家连锁餐厅有多少菜品需要按照上述规定添加警示标识。赛百味（Subway）这家一直以来都宣传其产品比其它快餐品牌更加健康的公司则排在了榜单的第一名，原因是其含钠量超过每日限额的菜品多于10种。而星巴克（Starbucks）和温迪餐厅（Wendy’s）则没有一个菜单选项含钠超过2300毫克。——Vocativ

[[**高盐摄入能要命**](http://www.vocativ.com/news/256439/saltiest-fast-food/)](http://www.savannahtribune.com/news/2015-12-02/Health/SALT_KILLS.html)

在《食盐：美国黑人的无声杀手》（*Salt: Black America’s Silent Killer*）一书中，心脏外科医生Surender r . Neravetla探讨了最常见的食盐--连同所有那些隐藏在加工食品中的钠--如何严重影响了美国黑人的健康。高量盐摄入给美国黑人造成的死亡，比所有其它疾病加起来还要多。美国黑人受到与盐摄入相关疾病的比例是美国白人的二至六倍，而且美国黑人遭受的与盐摄入相关的疾病的严重程度通常也是白人的二至六倍。此外，这些与盐摄入相关的疾病在美国黑人中的发病年龄也要早得多。——《萨凡纳论坛报》（Savannah Tribune）

[**人体摄入太多的盐会有什么后果**](http://www.popsci.com/heres-what-happens-to-your-body-if-you-eat-too-much-salt)

食盐不仅让食物尝起来更美味，它还有帮助身体正常运转的功效。食盐的主要成分之一是钠，钠可以调节血流量和压力，并帮助在神经和肌肉纤维之间传输信号。但是摄入太多的盐就可能是不健康的。加工食品中富含钠，餐厅也会添加更多的盐让食物味道更好。因此，越来越多的美国人摄入了高钠饮食(有时甚至对此毫不知情)，这对他们的健康有严重的影响。摄入过多的钠会使人脱水，降低骨头坚固性，破坏胃粘液膜，并对认知功能产生负面影响。——《大众科学》（Popular Science）

[**喝汤有讲究：要想喝到健康汤类和肉汤，就要避开多余的钠和脂肪**](http://www.idahostatejournal.com/news/local/simmer-down-for-healthier-soups-and-stews-steer-away-from/article_a65a52f9-f25c-5865-8a73-117417bb4ceb.html)

汤类可能是最健康的饭菜选择之一，因为高比例的液体会带来一种饱腹感，使人更快感到吃饱了。但汤类也可能含有大量的不健康成分，包括钠和脂肪。注册营养师肖娜·德宾（Shawna Durbin）介绍说，一份8盎司的罐装番茄汤可含近1000毫克的钠。她提供了一些可以让你喝到更健康的汤类的简单建议，比如在杂货店的汤类货架上寻找低盐选项，如果选择了一款减钠的鸡汤，就可以让人少摄入200毫克钠。她还警告说，肉类产品也可能含盐量高得惊人，例如：每4盎司天然鸡肉中大约含有50毫克钠，但注射过生理盐水的同样分量的加工鸡肉产品中含有的钠则会超过300毫克。——《爱达荷州日报》（Idaho State Journal）

[**连锁餐厅售卖的八种超高钠菜品**](http://news.health.com/2015/12/10/high-sodium-restaurant-meals/)

该文对美国一些最受欢迎的连锁餐厅提供的菜品进行了调查，发现有些菜品含钠量大得惊人。该文调查没有锁定那些众所周知的高钠菜品，而是对那些看似无害实则含钠过多的菜品进行了识别。例如：Panera Bread餐厅的纯天然土耳其辣椒面包中含有2070毫克钠，TGI Friday’s餐厅的火鸡汉堡中含有2760毫克钠，Chili’s Margarita辣椒餐厅的烤鸡含有2450毫克钠。——[Health.com](http://health.com)

[**关注盐摄入健康问题：我最喜欢的减钠信息来源**](http://www.ballardnewstribune.com/2015/12/07/features/you-are-what-you-eat-take-grain-salt-my-favor)

注册营养师凯蒂·威尔肯斯（Katy Wilkens）有许多网上渠道让她获得减钠相关信息。她最爱的信息来源包含了不同视角的信息，从让人们尝试减钠的菜谱小贴士到有关盐科学的技术性文章再到国际上的有关观点，均有涉及。威尔肯斯列出了一些她最喜欢的资源，包括“钠女孩”（Sodium Girl）网站，美国农业部国家营养数据库（U.S. Department of Agriculture’s National Nutrient Database）以及美国疾控中心（CDC）的《盐摄入新闻》（Salt in the News）。——巴拉德新闻-Tribune（Ballard News-Tribune）

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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.

**November 28–December 11, 2015**

State-Local.jpg

[**High Salt Warnings on New York City Menus Go into Effect**](http://www.nytimes.com/2015/12/01/nyregion/salt-warnings-new-york-restaurants.html?_r=0)

Diners at many chain restaurants in New York City have recently started seeing warnings next to menu items that are high in sodium, under a rule believed to be the first of its kind in the country. The symbol of a salt shaker in a black triangle will warn customers about items that contain more than 2,300 milligrams of sodium, the recommended daily maximum. The city estimated that 10% of menu items will need the warning. The rule is part of a measure, approved in September 2015, that also requires the restaurants to post a clearly visible statement warning customers that high sodium intake can increase blood pressure and risk of heart disease and stroke. Mary T. Bassett, the city’s health commissioner, said in September that she hoped that other cities would adopt similar rules in an effort to combat heart disease, which she noted is “the leading cause of death in the United States and in our city.” – New York Times

This story was covered by several other media outlets, including the [Wall Street Journal](http://www.wsj.com/articles/new-york-city-salt-warnings-on-menus-start-tuesday-1448908194), [NPR](http://www.npr.org/sections/thesalt/2015/12/01/458031755/in-new-york-city-that-salty-combo-meal-now-comes-with-a-warning), [USA Today](http://www.usatoday.com/story/news/nation-now/2015/11/30/new-york-city-salt-warning/76563862/), [ABC News](http://abcnews.go.com/Health/wireStory/nycs-salt-warning-rule-set-effect-chains-35483285) (via Associated Press), the [Guardian](http://www.theguardian.com/us-news/2015/dec/01/high-sodium-icons-new-york-menus-chain-restaurants), [Bloomberg](http://www.bloomberg.com/news/articles/2015-12-01/the-salt-wars-here-comes-new-york-city-s-next-food-fight), [Newsweek](http://www.newsweek.com/warning-new-yorkers-theres-lot-salt-399675), and [TIME](http://time.com/money/4129715/high-salt-sodium-warning-nyc/).

[**Restaurant Group Sues New York City over New Salt Warning Labels**](http://bigstory.ap.org/article/c1c3d5d6f3b24558aff62eaad13587bf/restaurant-group-sues-nyc-over-new-salt-warning-labels)

New York City’s new warning label for salt-laden items in chain restaurants is headed for a legal battle, after the National Restaurant Association recently sued to argue that health regulators overstepped legal bounds to enact the first-of-its-kind requirement. “Ironically, this regulation will confuse and mislead consumers into potentially making less healthy food choices through the law’s spotty, inconsistent application and inaccurate scientific distortions,” says a copy of the suit. The association says the health board is muddying waters at a time when federal regulators are working on nationwide menu labeling rules. The suit also argues that the rule violates restaurateurs’ free speech rights by forcing them to post a warning based on what the suit calls “scientifically controversial opinion.” The city Law Department said that it would review the claims but was “confident that the Board of Health has the authority to enact this rule.” – Associated Press

[**Dietitian Helps Four Chicago Restaurants Cut Down on Salt**](http://www.nbcchicago.com/news/local/Dietitian-Helps-4-Chicago-Restaurants-Cut-Down-on-Salt-360579311.html)

A public health initiative is helping Chicago restaurant patrons cut down on salt. Advocate Heart Institute and the Chicago Department of Public Health worked with four Chicago restaurants that serve South Asian cuisine. South Asians are at higher risk for heart disease than the general population is. Chefs received training from a dietitian on ways to reduce sodium in popular menu items without sacrificing flavor. The restaurants have reduced the sodium content in their food by an average of nearly 23%. – NBC 5 Chicago

International News.jpg

[**Thais Overdosing on Sodium**](http://www.nationmultimedia.com/national/Thais-overdosing-on-sodium-30274685.html)

Thai people consume sodium at a rate two to three times the World Health Organization’s suggested level of 2,400 milligrams per day. Although more people are cooking healthier meals at home instead of buying food away from home, many Thai people still use too much flavor-enhancing seasoning powder, which is 20% to 50% sodium, according to Wantanee Kriengsinyos of Mahidol University’s Institute of Nutrition. Wantanee urged people to study labels and choose food with care, or to adopt a traditional cooking method of using sugar, sauce, and spices that would be easier to control and allow people to know the actual sodium content in their food. She also suggested using broth made from boiling chicken or pork bones for 1 to 2 hours, providing a pleasant, savory taste to replace sodium-laced powder. – The Nation

[**Assessing the Population-level Health Impact of Salt Reduction**](http://www.scientistlive.com/content/assessing-health-impact-salt-reduction)

Ingredient reformulation company Royal DSM has collaborated on a case study to assess the public health benefits of salt reduction. Using a modeling tool, the study demonstrated that small actions, such as reducing salt in soup, can add up and can make a difference in human health. A 25% salt reduction in soup was selected as a realistic and challenging product reformulation. Such a reduction can be achieved over time with small steps by having consumers adapt to a less salty taste and by using taste enhancers such as yeast extracts to ensure that taste is maintained. The results show a possible reduction of the cardiovascular disease burden in the Netherlands by approximately 800 lifetime disability-adjusted life years. – Scientist Live

[**Sodium in Favorite Gravy Mixes**](http://www.huffingtonpost.ca/2015/11/30/sodium-gravy_n_8684088.html)

For people who do not want to make their own gravy at home, there are many instant options available from the grocery store. The article lists the sodium content of some popular Canadian store-bought gravies. Most of the products contained less than 400 milligrams of sodium per serving; Club House’s poutine gravy contained the most, with 700 milligrams of sodium for one-fifth of the package. Simply Organic Brown Gravy had only 290 milligrams per serving. The article also suggests trying a vegan version, using porcini and cremini mushrooms, for a healthier take. – Huffington Post Canada

[**Food for Thought: How to Eat Better by Reading the Labels**](http://www.dailyrecord.co.uk/lifestyle/health-fitness/food-thought-how-eat-better-6911231)

When it comes to eating healthy, the winter months can be particularly difficult. Paying attention to food labels is one of the best—and easiest—ways to make healthier food choices. According to U.K. recommendations, people older than 11 years should consume no more than 6 grams of salt per day. High salt means more than 1.5 grams of salt per 100-gram serving, and low salt means 0.3 grams of salt or less per 100-gram serving. Anything in between is considered a medium level of salt. – Daily Record

Other.jpg

[**Ten Words to Watch on Restaurant Menus**](http://sodiumbreakup.heart.org/10-words-to-watch-on-restaurant-menus/)

Reducing sodium to moderate, healthy levels requires action and partnership at all levels—individuals, health care providers, schools, professional organizations, public health agencies, governments, and industry. Reducing sodium intake can save money, save lives, and improve heart health. The article provides words to watch for on menus that often correspond to high amounts of sodium, including “au jus,” “brined,” “cured,” “pickled,” “smoked,” and “broth.” – American Heart Association

[**These Fast Foods Contain an Entire Day’s Worth of Salt**](http://www.vocativ.com/news/256439/saltiest-fast-food/)

New York City recently announced that all chain restaurants will be required to place a warning label on menus for dishes that exceed the recommended daily limit of 2,300 milligrams of sodium. The article examines the online nutritional facts posted by the top 10 fast food chains in the United States to see how many items each restaurant would have to label under the new regulations. Subway—a company that has long advertised its offerings as being more nutritious than other fast food options—topped the charts with no fewer than 10 items that exceed daily salt limits. Starbucks and Wendy’s, on the other hand, did not have a single menu item that exceeded 2,300 milligrams of sodium. – Vocativ

[**Salt Kills**](http://www.savannahtribune.com/news/2015-12-02/Health/SALT_KILLS.html)

In *Salt: Black America’s Silent Killer*, cardiac surgeon Surender R. Neravetla discusses how basic table salt—along with all that hidden sodium in processed foods—is affecting the black American population disproportionately. Salt kills more black Americans than all other diseases combined. Black Americans suffer salt-related health consequences two to six times more often than white Americans do, and black Americans’ salt-related health challenges are usually two to six times more acute. Moreover, these salt-related diseases hit black Americans at far younger ages. – Savannah Tribune

[**Here Is What Happens When Someone Consumes Too Much Salt**](http://www.popsci.com/heres-what-happens-to-your-body-if-you-eat-too-much-salt)

Salt does more than just make food taste more delicious; it helps the body function properly. Sodium, one of the key ingredients in table salt, regulates blood flow and pressure and helps transmit messages between nerves and muscle fibers. But too much salt can be unhealthy. Processed foods are packed with sodium, and restaurants add more salt to their food to make it taste better. As a result, more Americans are eating high sodium diets (sometimes without even knowing it), which has serious effects on their health. Consuming too much sodium can make people dehydrated, weaken their bones, disrupt the stomach’s mucus lining, and negatively affect cognitive function. – Popular Science

[**Simmer Down: For Healthier Soups and Stews, Steer Away from Extra Sodium and Fat**](http://www.idahostatejournal.com/news/local/simmer-down-for-healthier-soups-and-stews-steer-away-from/article_a65a52f9-f25c-5865-8a73-117417bb4ceb.html)

Soups can be one of the healthiest meal choices, because the high proportion of liquid fosters a sense of satiety, causing people to feel full faster. But soups can be full of all the wrong things, too—including sodium and fat. A single 8-ounce serving of canned tomato soup can contain nearly 1,000 milligrams of sodium, according to registered dietician Shawna Durbin. She provides some simple advice for a better-for-you bowl of soup, including looking for low-salt options in the soup aisle of the grocery store, where people can save 200 milligrams of sodium by choosing reduced sodium chicken broth. She also warned that meat can be a surprise source of salt; for example, natural chicken contains about 50 milligrams of sodium per 4-ounce serving, and the same serving size of certain “enhanced” chicken products that have been injected with saline have more than six times that amount. – Idaho State Journal

[**Eight High Sodium Bombs at Chain Restaurants**](http://news.health.com/2015/12/10/high-sodium-restaurant-meals/)

This article investigates the menus of some of the nation’s most popular chain restaurants and finds some items that contain surprising amounts of sodium. Instead of choosing the biggest sodium offenders, the article identifies seemingly innocuous menu items containing excessive sodium; for example, Panera Bread’s All Natural Turkey Chili Bread Bowl contains 2,070 milligrams of sodium, TGI Friday’s Turkey Burger has 2,760 milligrams, and Chili’s Margarita Grilled Chicken has 2,450 milligrams. – Health.com

[**Take with a Grain of Salt: My Favorite Sources for Low Sodium Information**](http://www.ballardnewstribune.com/2015/12/07/features/you-are-what-you-eat-take-grain-salt-my-favor)

Registered dietician Katy Wilkens has many online sources for good information about sodium reduction. Her favorites cover a range of perspectives, from recipe tips for people trying to cut down on sodium, to more technical articles on the science of salt, to international viewpoints. Wilkens lists some of her favorite resources, including Sodium Girl, the U.S. Department of Agriculture’s National Nutrient Database, and CDC’s *Salt in the News*. – Ballard News-Tribune

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