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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。

**2016年9月24日至10月7日**

**行业新闻**

**有没有可能制作出一款更加健康的冷冻披萨？**

2010年雀巢公司收购了DiGiorno冷冻比萨生产线以后，面临着要使其符合雀巢营养标准的问题。DiGiorno的一款名为“rising crust”（卷边饼底）的披萨使用的面团中含钠量比一般的要高，再加上酱料、芝士和香肠馅料中的钠，就让这款披萨的钠含量明显偏多。研发团队降低了原料中的钠含量，并且启动了一项“食量指导”计划，在该产品的包装背面写上说明，告诉顾客少吃点这种披萨。包装上的配图展示了六分之一块披萨有多大—大约就是在分割披萨时取下来一只手那么大的一块。纽约大学营养与食品研究方面的教授Marion Nestle认为，食品公司和连锁餐厅可以在降低钠摄入的问题中发挥作用。“关键是要让加工食品和快餐食品的制造商同意逐渐减少他们产品中的盐含量”，她如是说道。“如果每家加工食品和快餐食品制造商都这样做了，那么就没有人会注意到这一变化。”——《纽约时报杂志》

**国际新闻**

**荷兰食盐摄入量调查显示：食品行业没有达到总体减盐目标**

最近的一项调查显示：荷兰人的食盐摄入量仍然多于每日6克的推荐量，因为荷兰食品行业只在某些食品中达到了减盐目标，而其他食品则没有达标。一半的受调查男性每天摄入超过9.7克的盐，一半的受调查女性每天摄入超过7.4克的盐，这一结果与2006年和2010年的调查结果水平相当。2014年，荷兰食品行业达成一项配方更新协议，旨在减少一系列产品中的盐、糖和脂肪含量。依靠行业合规报告等信息来监控上述协议实施情况的荷兰国家公共卫生和环境研究所的调查报告表明，上述协议在使消费者能够在2020年实现每天6克食盐摄入量的目标方面，并没有取得明显的进展。——食品行业导航

**法国的下一个烹饪胜利：更好的食品标签**

美国食品和药物管理局正在研究新的规定，判定哪些食品在近期更新营养成分标签、突出显示其卡路里含量与包含份数并提供每日添加糖数值后，可以晋升为“健康”标准的食品。自2013年以来，英国就已经在食品包装上贴上显眼的红绿标签，显示该产品卡路里、脂肪、糖、盐的含量是高、中还是低。早前数据表明，由于这一自愿计划，英国购物者开始更多地购买低盐低脂食品。但还有没有更好的方法？法国想通过四个新颜色标签设计的公开试验找出答案，其中200万标签将出现在该国一些主要的超市中。——布隆伯格

**迪拜超市在自制食品中减少食盐**

阿拉伯联合酋长国（UAE）的迪拜食品安全部正在鼓励超市减少烘焙食品和其他超市自制食品中的食盐用量，并通过改变展示柜摆放来推广健康食品。这项新行动被称为“保持健康很容易”。迪拜食品安全部高级食品安全意识支持官员Shugufta M. Zubair说，超市之间的这项比赛始于斋月期间一项活动的第二个阶段。据Zubair介绍，阿联酋居民的钠摄入量是推荐饮食摄入量的两倍到三倍之多，这导致了该国高血压患病率较高。Zubair说，在烘焙食品中减少食盐用量能够帮助提高公众意识。“人们会明白，仅在自制食物中降低食盐用量是不够的。这些小的措施，只是最终实现降低钠摄入这个大目标过程中的一些小步骤。”——海湾新闻

**新研究/调研成果**

**更多研究证明了高盐的潜在健康风险**

《美国心脏病学院院刊》最近发表的一项长达25年的研究表明，高钠摄入会增加过早死亡的风险。该研究发现，如果一个人通常每日摄入约1.5茶匙盐，每日增加略少于半茶匙（1000毫克的钠）的食盐，就会让过早死亡的风险增加12%，在一个人的日常摄入中每增加1000毫克的钠，这一风险就会持续增加12%。这项研究还发现，限制钠的摄入量似乎把过早死亡的风险降低了15%，但这一数字没有统计学意义。——每日健康杂志

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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.

**September 24–October 7, 2016**

Industry News.jpg[**Is It Possible to Make a Healthier Frozen Pizza?**](http://www.nytimes.com/interactive/2016/10/09/magazine/healthy-frozen-pizza.html?_r=0)

When Nestlé acquired the DiGiorno pizza line in 2010, it had to be brought into compliance with Nestlé’s nutrition standards. DiGiorno’s “rising crust” used a dough with a higher-than-usual amount of sodium, in addition to the sodium in the sauce, cheese, and sausage toppings. The R&D team lowered sodium in the ingredients and began a “portion guidance” program, telling customers to eat less of its product on the back of the package.  The graphics on the package show what one-sixth of a pizza looks like — about the size of a hand put over the pie as you cut a wedge.  Marion Nestle, a professor of nutrition and food studies at New York University, believes that food companies and restaurant chains could play a role in fixing the sodium problem. “The trick is to get the makers of processed and pre-prepared foods to agree to gradually reduce the amount of salt in their products,” she says. “If everyone did that, nobody would notice.”  – New York Times Magazine

International News.jpg

[**Dutch Salt Survey Shows Industry Is Failing on Overall Reduction Targets**](http://www.foodnavigator.com/Policy/Dutch-salt-survey-shows-industry-is-failing-on-overall-reduction-targets)

Dutch people are still consuming more than the recommended salt limit of 6 grams per day as the Dutch food industry is meeting salt reduction targets for some foods but not others, according to a recent survey. Half of the men surveyed consumed more than 9.7 grams of salt per day, and half of the women consumed more than 7.4 grams—similar to levels found in previous surveys from 2006 and 2010. A 2014 reformulation agreement with the Dutch food industry that aims to reduce salt, sugar, and fat levels across a range of products has not made demonstrable progress to enable consumers to comply with the goal of 6 grams per day by 2020, according to a report from the National Institute for Public Health and the Environment, which monitors the agreement based in part on industry-reported compliance.  – Food Navigator

[**France’s Next Culinary Triumph: Better Food Labels**](https://www.bloomberg.com/view/articles/2016-10-03/france-s-next-culinary-triumph-better-food-labels)

The U.S. Food and Drug Administration is looking into regulations on which foods can be promoted as “healthy” after recently updating its Nutrition Facts label to highlight the calorie count and number of servings included and to provide a daily value for added sugar. Since 2013, the United Kingdom has had prominent traffic light labels showing whether a product is low, medium, or high in calories, fats, sugar, and salt, with early data suggesting that British shoppers are buying less salty and less fatty products as a result of the voluntary program. But is there a better way? France aims to find out by publicly experimenting with four new color-coded label designs, with 2 million labels to appear at some of the nation’s major supermarkets. – Bloomberg

[**Supermarkets in Dubai to Cut Salt in In-House Food Items**](http://gulfnews.com/news/uae/health/hypermarkets-in-dubai-to-cut-salt-in-in-house-food-items-1.1908249)

The Food Safety Department of Dubai in the United Arab Emirates (UAE) is encouraging supermarkets to reduce salt in bakery and other in-house food products and make changes in display counters to promote healthy food in a new campaign called “Healthy is Easy”. The contest among supermarkets is the second phase of an initiative launched during Ramadan, said Shugufta M. Zubair, senior food safety awareness support officer at the department. UAE residents consume double or triple the recommended dietary allowance of sodium, leading to a high prevalence of hypertension, according to Zubair. “Salt reduction in bakery items will help create public awareness,” Zubair said. “People will understand that lowering salt in homemade foods is [just not] enough. These are small steps for a big change.”

– Gulf News

New Studies-Research.jpg

[**More Research Cites Salt’s Potential Health Risks**](https://consumer.healthday.com/vitamins-and-nutrition-information-27/salt-and-sodium-news-591/dropping-the-salt-in-your-diet-may-boost-your-heart-health-715456.html)

High sodium intake may increase risk for premature death, according to a 25-year study recently published in the *Journal of the American College of Cardiology*. The research found that if a person normally consumes about 1.5 teaspoons of salt daily, adding slightly less than half a teaspoon (1,000 milligrams of sodium) more per day can increase the risk of dying early by 12%—with the risk continuing to increase by 12% for each additional 1,000 milligrams of sodium added to a person’s daily intake. The study also found that restricting sodium intake seemed to lower the risk of dying prematurely by 15%, but this figure was not statistically significant. – HealthDay

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