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**2014年9月6日- 19日**

**州/地方新闻**

[**暗含的盐分能够毁掉您的膳食计划**](http://www.delawareonline.com/story/news/health/2014/09/15/sneaky-salt-can-sabotage-diet-plans/15677905/)

特拉华州Million Hearts®目前正在探讨向全州居民普及心脏病与中风预防之ABCS四要素——适当服用阿司匹林（**a**spirin）、血压控制（**b**lood pressure control）、胆固醇管理（**c**holesterol management）与戒烟（**s**moking cessation），而除了上述四要素外，同样不容忽视的还有另外一项以S开头的要素——钠（sodium）。部分食品中天然含钠，不过，美国人食用的钠元素中有75%来自于加工食品。即便人们不在食物中加盐，他们的日均食盐摄取量也很容易就会达到2300毫克的限制水平。例如，一人份罐装汤类中含有800至1000毫克钠元素的情况并不少见，而大部分罐装汤类可供两人或多人食用。其它含钠过量的常见食品还包括腌肉、比萨、奶酪、罐装蔬菜、面包、包装调拌料和快餐。

资讯来源：Delaware Online

[**路易斯安那州立大学科学家寻找低钠食品**](http://www.myarklamiss.com/story/d/story/agcenter-scientists-search-for-lower-sodium-foods/46699/-PPsPjnYU0SOWv3e8bFaPQ)

研究人员Witoon Prinyawiwatkul表示，改变人们对于食品味道、甚至是口感的看法有助于引导消费者做出更为健康的食品选择。Prinyawiwatkul与他领导的研究人员团队正在调查人们对于感觉差异的反应来评估改变加工食品钠元素含量的有效性。该调查小组致力于研究改变食品中食盐含量的不同方法，从而在降低钠元素含量的同时，能够对食品的健康性做出贡献。在一项研究中，一名研究人员将油乳胶与水混合，以检验油滴的大小是否会影响产品的咸度和苦度。而在另一项研究中，研究人员们则关注如何降低切达乳酪（cheddar cheese）内的钠元素含量。

资讯来源：myarkalamiss.com

[**减钠要求可能导致学生不愿购买学校午餐**](http://www.kxxv.com/story/26539288/sodium-requirements-may-discourage-students-from-buying-school-lunch)

今年，德克萨斯州基林私立学区购买学校午餐的学生数量远远超过了去年同期。然而，学校官方预计，随着学校午餐减钠要求的实施，这一数字将在2014年下半年下滑。2012-2013学年，《儿童健康与消除饥饿法案》的生效就已降低了购买学校午餐的学生数量，而低钠要求可能会使吸引高年级学生购买校餐变得更加困难，该学区的学校营养主任Steven Murphy如是说。“一旦降低（钠含量），食品就会变得无味。这将使我们面临困境，因为高中学生可以去自己喜欢的任何地方就餐，因此预计购买校餐的学生数量将会下降。”Murphy说。他同时指出，许多高年级学生已经养成了饮食习惯，很难再改变。学校目前正在着力吸引低年级学生尝试新食品，多吃水果和蔬菜。

资讯来源：KVVX ABC 25 Waco

[**校园零食健康大改造**](http://www.ketv.com/news/school-snacks-sacked/27926188)

作为《儿童健康与消除饥饿法案》实施的一部分，内布拉斯加州的校园零食正在经历一场健康大改造。然而，当地营养学专家却担心变革过于剧烈，以至于损害了学生们的选择权。例如，西区学区营养学部门主管Diane Zipay说，学校无法制作符合指导方针的火鸡三明治，因为其中的钠元素含量过高。西区高中的午餐厅食品窗口由一个供应减钠食品的干酪玉米片窗口和另外几个供应三明治的食品窗口组成，但是学生们“每人只能得到两片意大利香肠，因为提供的钠含量过高。”Zipay说。西区正在实验制作新鲜的纯谷物喂养烤鸡，并且希望终能供应符合要求的自制鸡块。

资讯来源：KETV ABC 7 Omaha

**国际新闻**

**[部分“健康”麦片中的含盐量高过同类产品](http://www.independent.ie/life/health-wellbeing/healthy-eating/porridge-still-best-breakfast-to-avoid-salt-and-sugar-30586696.html)**

《爱尔兰独立报》进行的一项爱尔兰最受欢迎早餐麦片调查发现，即便同为健康食品，营养成分也存在较大的差异。麦片粥与维他麦中的纤维含量比其它各种流行麦片产品高出10倍，而糖分与盐分含量却低于后者。Kellogg近年来已经降低了其玉米片产品中的含盐量，但其中所含盐分仍比同类品牌产品高出66%。在英国的红黄绿食品标签体系中，每100克中含盐量超过1.5克的食品需贴红色标签。调查中大部分早餐麦片的每百克含盐量在0.3至1.5克之间，属中等，应标注黄色标签。

资讯来源：《爱尔兰独立报》Irish Independent

[**糖尿病患者对减盐建议的重视程度不足：调查**](http://www.reuters.com/article/2014/09/08/us-health-cardiovascular-diabetes-sodium-idUSKBN0H327M20140908)

大部分成年糖尿病患者深知含盐量高的膳食会导致高血压与中风，但据《食欲（Appetite）》期刊中刊载的一份来自澳大利亚的调查结果显示，他们中的大部分人的钠元素摄入量仍然非常高。减少食盐摄入量有助于预防中风、心脏病和其它心血管事件，而对于本身患心血管疾病风险即已较高的糖尿病患者来说就更是如此。在所有接受调查的糖尿病患者中，约有三分之一深知食盐含钠，但仅有6%的受访者了解澳大利亚人的建议食盐摄入量上限为每天6毫克。80%以上的糖尿病患者受访者了解熏肉和比萨等加工食品中含盐量较高，但清楚白面包与奶酪中也富含盐分的人却仅占30%。半数左右的受访者相信，如果降低食盐摄入量，即可提高自身健康水平，四分之三的受访者认为食品生产商应采取更多措施，以实现减盐目标。但被问及最“担心”哪种营养成分时，仅有7%的受访者选择了食盐。

资讯来源：路透社( Reuters)

[**澳大利亚食品生产商忽视自愿承诺**](http://www.news.com.au/lifestyle/health/australian-food-firms-ignore-salt-warnings/story-fneuzkvr-1227060731613)

乔治全球健康研究所于2010年至2013年间对1849种食品中的含盐量进行了追踪，结果表明，部分澳大利亚大型食品公司违背了他们自愿与政府签订的产品减盐协议。许多早餐麦片与面包中的钠元素含量稳中有降；然而，包括Primo在内的部分食品企业却提高了产品中的钠含量。三分之二的面包类食品现已达到了每100克中含钠400毫克的目标，2010年，达到此目标的产品比例为42%。但受监控的加工肉类食品中仅有不到一半达到了每100克含钠1090毫克的目标；这一现象很大一部分原因是Primo，该公司的产品占据着澳大利亚三分之一的熏肉市场，然而，该公司符合钠含量目标的产品比例却从2010年的24%降至了2013年的14%。

资讯来源：news.com.au

**新研究/调研成果**

**[美国儿童十之有九食盐摄入量过高：美国疾病预防控制中心](http://www.webmd.com/parenting/news/20140909/nine-of-10-american-kids-eat-too-much-salt-cdc)**

据美国疾病预防控制中心（CDC）新近发布的一份《生命讯息》报告称，十名美国儿童中，有九名的食盐摄入量超过标准水平，从而提高了患高血压与心脏病的终生风险。6至18岁儿童的每日平均钠元素摄取量为3300毫克，其中43%的钠元素来源于他们经常食用的比萨、面包类食品、冷切肉及熏肉等10种食物。幼儿时期的高钠元素摄取量不仅会直接影响儿童健康，还会影响到他们一生的膳食习惯。“我们知道，对食盐的偏好是通过年少时期的膳食形成的，”CDC副主任IIeana Arias说，“儿童不仅会摄入过量钠元素，而且也会在其今后的一生中建立起较高的食盐摄入习惯，或是说对食盐的偏好。”

资讯来源：WebMD

[**食盐：为什么同为一流专家，给出的建议却大相径庭？在专家们找到最终答案前，我们应何去何从？**](http://www.forbes.com/sites/fayeflam/2014/09/17/salt-why-top-exerts-give-wildly-conflicting-advice-and-what-to-do-until-they-figure-it-out/)

医生与科学家总会抱怨公众没有给予他们充分的信任，但有时，他们的确难以让人相信。例如上个月，在《新英格兰医学杂志》上发表的一系列研究中，研究人员就膳食含盐量过高或过低的危害向公众透露了“不吻合”的信息。通过分析资料的解读方式以及其背后的假设条件，就不难理清这些自相矛盾的信息。这篇文章对过去几年内的钠元素研究进行了概述与分析，并插入了数位专家的意见。在对部分近期研究进行了介绍与解读后，文章总结道“最终，让人困惑的并非人们进行科学研究的方式，而是医生们仅凭有限的知识对科学加以解读，并对涉及安全的问题进行主观判断的方式。这个领域也许永远也不会出现一个放之四海皆准的答案。同时，给出的建议是适度摄取食盐。”

资讯来源：福布斯(Forbes)

[[**民意测验：家长支持校方的健康食品政策**](http://www.meatpoultry.com/articles/news_home/Trends/2014/09/Parents_support_healthier_scho.aspx?ID=%7b049B10F6-0106-4A39-AEE4-27C3533C29AE%7d)](http://consumer.healthday.com/cancer-information-5/cigarette-smoking-tobacco-health-news-665/high-sodium-intake-more-than-doubles-smokers-risk-for-ra-691647.html)

Pew Charitable Trusts基金会、Robert Wood Johnson基金会以及美国心脏协会联合公布的一份民意测试结果显示，学龄儿童家长普遍支持对学校向学生出售的所有食品饮料采取高标准的国家营养标准，支持比例达到了3比1。这项调查结果的公布正值美国农业部实施《明智校园零食标准》之初，该标准为自动售货机、校园商店和点餐餐厅出售的食品饮料设定了营养成分限制范围。绝大部分家长支持对于学校应每餐供应水果蔬菜的要求，同时，大部分家长认为应当限制膳食中的含盐量。

资讯来源：MeatPoulty.com

[[**咸食会使烟民患风湿性关节炎的风险倍增**](http://www.dailymail.co.uk/health/article-2755288/Sugar-worse-blood-pressure-salt-shock-new-research-reveals.html)](http://consumer.healthday.com/cancer-information-5/cigarette-smoking-tobacco-health-news-665/high-sodium-intake-more-than-doubles-smokers-risk-for-ra-691647.html)

《风湿病学》期刊刊载的一份新近研究结果表明，如果烟民摄入过量食盐，其患风湿性关节炎的风险会增加一倍以上。联合作者Bjorn Sundstrom说，吸烟增加的风湿性关节炎风险中，有一半以上是由吸烟和摄入钠元素的相互作用造成的。同时，研究人员找不到患风湿性关节炎的吸烟者与钠元素摄取量较低的个体间存在任何显著关系，这一点也支持了上述研究结果。先前研究中认定的与风湿性关节炎高患病风险相关的水果蔬菜低摄入量，以及红肉与部分鱼类高摄入量等膳食因素现在也可被解释为红肉与鱼类的过量摄取会导致较高的钠元素摄取水平。

资讯来源：HealthDay。

[**糖可能比盐对血压更为不利**](http://www.dailymail.co.uk/health/article-2755288/Sugar-worse-blood-pressure-salt-shock-new-research-reveals.html)

《美国心脏病学期刊（American Journal of Cardiology）》中刊登的一项研究表明，与钠元素相比，糖分与血压之间的关系更为密切。“鼓励消费者控制食糖量，而非食盐量，也许是更为有效的实现血压控制的膳食策略，”作者写道。研究人员相信，较高的糖分水平能够影响大脑中名为“下丘脑”的关键区域，导致心律加速，血压升高。他们还认为，这可能导致血液中产生更多的胰岛素，而这种荷尔蒙正能起到加快心跳的作用。主要研究员James DiNicolantonio补充说，他和他的团队与主张减钠的人士持相反观点：“减少食盐摄取量可能导致增加（加糖）加工食品的摄取量，增加糖尿病、肥胖症和心血管疾病的患病风险。”

资讯来源：《每日邮报》(Daily Mail)

[**蘑菇的“可混合性”改善了牛肉绞馅的味道，降低了钠元素使用量**](http://www.meatpoultry.com/articles/news_home/Trends/2014/09/Mushroom_blendability_ups_grou.aspx?ID=%7bCE9F4C4D-F251-4AE8-A77D-40205D45FACC%7d)

《食品科学期刊》新近刊登的一项研究称，将切成细末的蘑菇和牛肉绞馅混合，既提味又增加营养。此项研究为使用蘑菇与肉类混合食品作为标志性美式菜肴的替代品提供了依据。该研究转述，有一种传统的肉馅配方，其中蘑菇与肉类各占50%，能够减少热量，保持口味，同时将钠元素含量降低25%。“蘑菇真正成为了改善膳食模式的解决方案，凭借其自身的营养价值、提味效果和难以置信的多用性在餐桌上争得了一席之地。”研究联合作者Greg Drescher说道。

资讯来源：MeatPoultry.com

**其它信息**

[**解读食品营养标签，做出更健康的选择**](http://www.bostonglobe.com/business/2014/09/06/how-decode-food-labels-make-healthier-choices/ZlxmOrxP2AuCHZkwPq5M1L/story.html)

在超市中查看食品营养标签是做出健康选择的有效方式。这篇文章介绍了如何区分貌似相同的标签声明，以及同一混淆的营养成分。例如，贴有“低钠”标签的产品比贴有“减钠”标签的产品更健康，只有每人份钠元素含量不超过140毫克的产品才能贴上“低钠”标签，而“减钠”产品中的钠元素含量仅需比普通产品低25%，也就是说，其中的钠元素含量依然可能偏高。“极低钠”食品自然是更为理想的选择，其中每人份的钠元素含量仅为35毫克。

资讯来源：《波士顿环球报》/《消费者报告》(Boston Globe/Consumer Reports)

[**星期五反馈：关于食盐的巨大意见分歧**](http://www.medpagetoday.com/PrimaryCare/DietNutrition/47633)

在这篇文章中，各类医护服务人员就如下问题做出了回应——“最近关于食盐的研究铺天盖地，其中不乏自相矛盾的观点，而事实上我们目前究竟了解些什么？又应当对患者进行怎样的建议？”纽约大学心血管疾病预防中心临床主任Howard S. Weintraub表示，医护人员“依旧关注食盐问题”，而且“毫无疑问，在管理心血管风险的过程中，限制食盐摄取量是一个不容忽视的环节。”基层内科医师Chris Lillis的观点是“以更广阔的视角审视某一种微量营养成分比如钠，或膳食中的其它某一种微量元素如食盐，都不足以大幅度提高健康水平或是导致疾病。”而医师助理Beth Smolko也提醒道“患者应提高对于营养标签的关注度，并且将自身的日常食盐摄取量放到更重要的位置，”她指出，“很多儿童/家长其实并不知道应当如何解读营养标签（如‘钠’代表食盐摄取量）。”

资讯来源：MedPageToday

[[**伤口上的一把盐**](http://www.huffingtonpost.com/david-katz-md/salt-in-the-wound_b_5810912.html?ncid=txtlnkusaolp00000592)](http://www.huffingtonpost.com/david-katz-md/salt-in-the-wound_b_5810912.html?ncid=txtlnkusaolp00000592)

耶鲁预防研究中心主任David Katz称，食用合理搭配的卫生食品将自然降低钠元素摄取量，更重要的是，还能修正其它错误的膳食习惯。相互矛盾的研究与相关新闻报道制造的混乱局面在8月14日达到了高潮，当天，同一期《新英格兰医学期刊》中刊载了三项关于食盐摄入风险的研究，同时还刊登了一篇暗示人们应该挣脱束缚，尽情摄入食盐的新闻报道。事实上，包括儿童在内的大部分人食盐摄入量过高，而对典型美式膳食做出有利于所有人的改变才是解决这一问题的最佳途径；也就是说，要食用新鲜的未加工食品、摄入天然食品中固有的盐分（和其它营养成分）。

资讯来源：《赫芬顿邮报》(Huffington Post)

[[**如何用芹菜取代膳食中的盐分**](http://www.independent.ie/life/food-drink/recipes/nutritonal-star-how-celery-can-replace-salt-in-your-diet-30582699.html)](http://www.independent.ie/life/food-drink/recipes/nutritonal-star-how-celery-can-replace-salt-in-your-diet-30582699.html)

营养学家Rozanne Stevens称，芹菜是一种有利于心脏健康的低热量蔬菜，甚至还可以帮助人们降低食盐摄入量。她建议在烹饪中使用芹菜和香芹盐，因为这些食材可以提供天然的咸味，而不会产生过量食用食盐而导致的副作用。芹菜中还含有能够起到有助于控制血压的钾元素。芹菜籽还是可以用于调味，可以做为食盐替代品。此外，芹菜中还含有其它有利于心脏健康的成分，比如有助于放松动脉和心血管的苯肽类化合物；具有抗炎性，能够保护心脏组织的香豆素等抗氧化物；以及有助于肾脏管理保水性的轻微利尿功效。

资讯来源：《爱尔兰独立报》(Irish Independent)

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**September 6–19, 2014**

State-Local.jpg

[**Sneaky Salt Can Sabotage Your Diet Plans**](http://www.delawareonline.com/story/news/health/2014/09/15/sneaky-salt-can-sabotage-diet-plans/15677905/)

In addition to the four elements Million Hearts® Delaware is discussing to educate state residents about the ABCS of preventing heart attacks and strokes—appropriate **a**spirin use, **b**lood pressure control, **c**holesterol management, and **s**moking cessation—there is another important S: sodium. Some foods naturally contain sodium, but more than 75% of the sodium that Americans consume comes from processed foods. Even people who do not add salt to their food can easily reach the recommended daily limit of 2,300 milligrams. For example, it is not uncommon for a single serving of canned soup to contain 800 to 1,000 milligrams of sodium—and most cans contain two or more servings. Other common foods that contribute excess sodium include cured meats, pizza, cheese, canned vegetables, bread, packaged mixes, and fast food. – Delaware Online

[**LSU Scientists Search for Lower Sodium Foods**](http://www.myarklamiss.com/story/d/story/agcenter-scientists-search-for-lower-sodium-foods/46699/-PPsPjnYU0SOWv3e8bFaPQ)

Changing people’s perceptions of how foods taste—or even feel in the mouth—can help direct consumers to more healthful food choices, says researcher Witoon Prinyawiwatkul. He is leading a team of researchers who are evaluating how people respond to sensory differences to assess the effectiveness of changing sodium content in processed foods. The group is studying how different approaches to modifying the salt content in foods can improve the healthfulness of the food while reducing its sodium content. In one study, a researcher is blending emulsions of oil and water to see whether the size of the oil droplets affects the saltiness and bitterness of the product. In another, researchers are focusing on reducing the sodium content of cheddar cheese. – myarkalamiss.com

[**Sodium Requirements May Discourage Students from Buying School Lunch**](http://www.kxxv.com/story/26539288/sodium-requirements-may-discourage-students-from-buying-school-lunch)

More students at Killeen Independent School District in Texas have bought school lunches thus far this year compared with the same period last year. However, school officials expect the number to decline in late 2014, when requirements for lower sodium in school lunches are implemented. The number of students buying school lunches has fallen since the Healthy, Hunger-Free Kids Act went into effect during the 2012–2013 school year, and the lower sodium requirements may make it even harder to encourage older students to buy school meals, said Steven Murphy, the district’s director of school nutrition. “When you start decreasing [sodium], it makes the food taste bland. That is pretty difficult because we have high school students that can go any place they want to lunch so we are anticipating a decrease,” Murphy said. He also noted that many older students already have developed eating habits that may be hard to change. The school is focusing on encouraging younger students to try new foods and to eat fruit and vegetables. – KVVX ABC 25 Waco

[**School Snacks Getting Healthy Makeover**](http://www.ketv.com/news/school-snacks-sacked/27926188)

School snacks in Nebraska are getting a healthy makeover as part of the Healthy, Hunger-Free Kids Act. However, local nutrition experts fear that the changes are too strict and remove student choice from the equation. For example, the schools cannot make a turkey sandwich that complies with the guidelines because the sodium content is too high, said Diane Zipay, director of nutritional services for the Westside School District. Lunch room food stations at Westside High School include a nacho bar with reduced sodium items and stations where students can order a sandwich, but they “can have just two slices of salami because of the high sodium,” Zipay said. Westside is experimenting with creating freshly prepared oven fried chicken with whole grain breading and they hope to eventually make their own chicken nuggets which fit the requirements. – KETV ABC 7 Omaha

International News.jpg

[**Some “Healthy” Cereals Have Far More Salt than Their Breakfast Rivals**](http://www.independent.ie/life/health-wellbeing/healthy-eating/porridge-still-best-breakfast-to-avoid-salt-and-sugar-30586696.html)

A survey of Ireland’s favorite breakfast cereals conducted by the *Irish Independent* found that, even among the healthier options, there is large variation in nutritional content. Porridge and Weetabix contain up to 10 times more fiber and a fraction of the salt and sugar in other popular cereals. Kellogg’s has reduced the salt content of its cornflakes in recent years, but the product still contains up to 66% more salt than similar generic brands. Under the United Kingdom’s traffic light labeling system, foods with more than 1.5 grams of salt per 100 grams receive a red light. Most of the breakfast cereals surveyed were in the medium—or amber—salt range of 0.3 to 1.5 grams per 100 grams. – Irish Independent

[**Diabetics Pay Little Attention to Salt Recommendations: Survey**](http://www.reuters.com/article/2014/09/08/us-health-cardiovascular-diabetes-sodium-idUSKBN0H327M20140908)

Most adults with diabetes knew that a diet high in salt is linked to high blood pressure and stroke, but most still consumed too much sodium, according to results of an Australian survey published in the journal *Appetite*. Reducing salt intake may help prevent strokes, heart attacks, and other cardiovascular events, especially for people with diabetes, who are already at higher risk of cardiovascular disease. About a third of respondents—all of whom were diabetic—knew that salt contains sodium, but only 6% knew that the recommended upper limit for salt intake for Australians is 6 grams per day. More than 80% knew that processed foods such as bacon and pizza are high in salt, but fewer than 30% knew that white bread and cheese also are high in salt. About half of the study group believed their health would improve if they lowered their salt intake, and three-quarters agreed that food manufacturers should do more to reduce salt. But when asked which nutrient was their biggest “concern,” only 7% said salt. – Reuters

[**Australian Food Manufacturers Ignore Voluntary Pledge**](http://www.news.com.au/lifestyle/health/australian-food-firms-ignore-salt-warnings/story-fneuzkvr-1227060731613)

Some major Australian food companies are violating a voluntary agreement with the government to cut the amount of salt in their foods, according a report from the George Institute for Global Health that tracked salt levels in 1,849 food products between 2010 and 2013. The amount of sodium in many breakfast cereals and breads has fallen moderately; however, some food companies, including Primo, have increased the amount of sodium in their products. Two-thirds of bread products now meet the sodium target of 400 milligrams per 100 gram serving—up from 42% in 2010. But fewer than half of the processed meats monitored met the target of 1,090 milligrams of sodium per 100 gram serving; this was largely because Primo, which supplies one third of all smoked meats in Australia, reduced the number of products meeting the sodium target from 24% in 2010 to 14% in 2013. – news.com.au

New Studies-Research.jpg

[**Nine of 10 American Kids Eat Too Much Salt: CDC**](http://www.webmd.com/parenting/news/20140909/nine-of-10-american-kids-eat-too-much-salt-cdc)

Nine out of 10 American children eat more salt than they should, raising their lifelong risk for high blood pressure and heart disease, according to a new CDC *Vital Signs* report. On average, children aged 6 to 18 years consume 3,300 milligrams of sodium a day, and about 43% of it comes from the 10 foods they eat most often, including pizza, bread and rolls, and cold cuts and cured meats. High sodium consumption during childhood not only harms a child’s immediate health, but it also can shape their future dietary habits. “We know that the taste for salt is established through diet at a young age,” said CDC Deputy Principal Director Ileana Arias. “Not only are children eating too much sodium, they are establishing a high threshold or taste for salt beyond childhood.” – WebMD

[**Salt: Why Top Experts Give Wildly Conflicting Advice and What to Do Until They Figure It Out**](http://www.forbes.com/sites/fayeflam/2014/09/17/salt-why-top-exerts-give-wildly-conflicting-advice-and-what-to-do-until-they-figure-it-out/)

Doctors and scientists sometimes complain that the public does not trust them, but occasionally they can make trust difficult. Last month, for example, researchers gave the public “information whiplash” on the dangers of too much—or too little—dietary salt, in a series of studies published in the *New England Journal of Medicine*. It is possible to sort through the conflicting messages by looking at how the data are interpreted and the assumptions behind them. This article provides an overview and analysis of sodium research over the past few years, with a number of experts weighing in. After walking through some recent studies and their interpretations, the article concludes, “In the end, the confusion is not over the way people are doing science, but in the ways doctors are interpreting the science and making subjective judgments about safety in light of limited knowledge. There may never be a one-size-fits-all answer. In the meantime, moderation is the advice of the doctor who reviewed all the research to date.” – Forbes

[**Poll: Parents Support Healthier School Food Policies**](http://www.meatpoultry.com/articles/news_home/Trends/2014/09/Parents_support_healthier_scho.aspx?ID=%7b049B10F6-0106-4A39-AEE4-27C3533C29AE%7d)

At a ratio of three to one, parents of school-age children support strong national nutrition standards for all foods and beverages sold to students during school, according to a poll released by the Pew Charitable Trusts, the Robert Wood Johnson Foundation, and the American Heart Association. The findings come as the U.S. Department of Agriculture begins the implementation of Smart Snacks in School standards, which set nutritional limits on food and beverages sold in vending machines, school stores, and a la carte cafeteria menus. Parents overwhelmingly support requiring schools to provide a serving of fruits and vegetables with every meal, and most parents think salt should be limited in meals. – MeatPoultry.com

[**Salty Foods May Double Smokers’ Risk for Rheumatoid Arthritis**](http://consumer.healthday.com/cancer-information-5/cigarette-smoking-tobacco-health-news-665/high-sodium-intake-more-than-doubles-smokers-risk-for-ra-691647.html)

Consuming too much salt may more than double a smoker’s risk for developing rheumatoid arthritis, according to a new study published in the journal *Rheumatology*. More than half of the increased risk from smoking in the development of rheumatoid arthritis is due to interaction with sodium intake, said co-author Bjorn Sundstrom. The findings also are supported by the fact that researchers could not identify any significant proportion of risk for rheumatoid arthritis from smoking in individuals with a low sodium intake. Previous dietary factors found to be associated with higher risk for rheumatoid arthritis—such as lower consumption of fruits and vegetables as well as eating more red meat and certain kinds of fish—could now be explained by these products being associated with higher sodium intake. – HealthDay

[**Sugar Could Be Worse for Blood Pressure than Salt**](http://www.dailymail.co.uk/health/article-2755288/Sugar-worse-blood-pressure-salt-shock-new-research-reveals.html)

Sugar is more strongly related to blood pressure than sodium, according to a study published in the *American Journal of Cardiology*. “Encouraging consumers to hold the sugar, not the salt, may be the better dietary strategy to achieve blood pressure control,” the authors said. The researchers believe that high sugar levels affect a key area of the brain called the hypothalamus, causing the heart rate to quicken and blood pressure to rise. They also think it may cause the body to produce more insulin, a hormone that may speed up the heart rate. Lead researcher James DiNicolantonio added that he and his team “argue the opposite” of those in favor of sodium reduction: “A reduction in salt intake may lead to an increased intake in processed foods (and added sugars) and, thereby, increase the risk of diabetes, obesity, and cardiovascular disease.” – Daily Mail

[**Mushroom “Blendability” Enhances Ground Beef Flavor, Reduces Sodium**](http://www.meatpoultry.com/articles/news_home/Trends/2014/09/Mushroom_blendability_ups_grou.aspx?ID=%7bCE9F4C4D-F251-4AE8-A77D-40205D45FACC%7d)

Blending finely chopped mushrooms with ground meat enhances flavor and nutrition, according to a new study published in the *Journal of Food Science*. The study provides the basis for how mushrooms and meat can combine for healthier alternatives to iconic American dishes. A traditional ground meat recipe, the study relays, prepared with 50% mushrooms and 50% meat can reduce calorie intake and maintain flavor while reducing sodium intake by 25%. “Mushrooms have really come into their own as a solution to changing dietary patterns, earning their place on the plate with their nutrient quality, flavor impacts, and incredible functionality across the menu,” said study co-author Greg Drescher. – MeatPoultry.com

Other.jpg

[**Decoding Food Labels to Make Healthier Choices**](http://www.bostonglobe.com/business/2014/09/06/how-decode-food-labels-make-healthier-choices/ZlxmOrxP2AuCHZkwPq5M1L/story.html)

Reading food labels at the supermarket is a great way to make healthy choices. This article provides guidance on how to tell the difference between similar-sounding label claims and ingredients that can be confusing. For example, a product labeled “low sodium” is healthier than one labeled “reduced sodium”: A product must contain no more than 140 milligrams of sodium per serving to earn a “low sodium” label, whereas a "reduced sodium" product needs to be only 25% lower in sodium than the regular version, meaning it can still contain high amounts of sodium. An even better option is a “very low sodium” food, which by definition contains 35 milligrams or less per serving. – Boston Globe/Consumer Reports

[**Friday Feedback: The Great Salt Divide**](http://www.medpagetoday.com/PrimaryCare/DietNutrition/47633)

In this article, a diverse group of health care providers respond to the question, “Where are we now, based on the recent spate of sometimes-conflicting salt studies, and how do you advise patients?” Howard S. Weintraub, clinical director of the New York University Center for the Prevention of Cardiovascular Disease, said that providers “remain concerned about salt” and that “there is no question that regulating salt intake can be a crucial part in managing cardiovascular risk.” Primary care physician Chris Lillis’s perspective “takes a much broader view regarding single micronutrients or elements such as sodium...No single micro-element of our diet, such as salt, can have the power to dramatically improve our health or cause disease.” Although physician assistant Beth Smolko cautions “patients to pay more attention to nutrition labels and put a bigger emphasis on their daily sodium intake,” she notes that “most children/parents really don’t know how to read nutrition labels (i.e., ‘sodium’ represents salt intake).” – MedPageToday

[**Salt in the Wound**](http://www.huffingtonpost.com/david-katz-md/salt-in-the-wound_b_5810912.html?ncid=txtlnkusaolp00000592)

Eating wholesome foods in sensible combinations would naturally reduce our sodium intake and, more importantly, would fix everything else wrong with our diets, according to David Katz, director of the Yale Prevention Research Center. The spread of confusion by competing studies and associated headlines reached its peak on August 14, when three studies on the perils of salt intake were published in the same issue of the *New England Journal of Medicine*—followed by news coverage implying people should abandon all restraint and “pour on” the salt. The reality is that most people, including children, eat too much salt, and the best way to fix the problem is to make changes to the typical American diet that would be good for us all anyway; in other words, eat fresh, unprocessed foods, and let salt (and every other nutrient) take care of itself. – Huffington Post

[**How Celery Can Replace Salt in Meals**](http://www.independent.ie/life/food-drink/recipes/nutritonal-star-how-celery-can-replace-salt-in-your-diet-30582699.html)

Celery is a low calorie, heart-healthy vegetable that can even help you cut down on salt, according to nutritionist Rozanne Stevens. She recommends using celery and celery salt in cooking because they provide a naturally salty flavor without the negative side effects of consuming too much salt. Celery also contains potassium, which is important in managing blood pressure. Celery seeds also can be used as a seasoning and salt substitute. Celery has other heart-health benefits, such as phthalides that help relax the arteries and blood vessels; antioxidants, such as coumarin, that have anti-inflammatory properties to protect heart tissue; and mild diuretic effects that help the kidneys manage water retention. – Irish Independent

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