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本周的《减盐电子周刊》的更新内容包括公众健康与食品行业减钠新资源、食品行业减钠成效。

**公众健康与食品行业减钠新资源**

印第安纳州马里昂县公众健康部在美国疾控中心社区减钠计划的资助下，于近期发布了各种以帮助公众和食品服务供应商减钠为目的的新资源，其中包括一段有关改良食谱调料和营养的视频。查看视频内容和相关资源请点击此链接： <http://marionhealth.org/programs/population-health/chronic-disease/sodium-reduction-in-communities-program/>.

此外，《食品服务行业减钠——公众健康专家与食品服务提供商合作资源》一文就减少常见食物中的盐用量提出了几点指导意见，如：评估食品服务商改良食谱的能力，平衡公众健康/营养目标与商业目标，以及高性价比的烹饪技巧。该文由国家公众健康机构网络 (National Network of Public Health Institutes) 与美国疾控中心以及美国烹饪学院 (Culinary Institute of America) 共同撰写。查看具体内容请点击此链接:<https://nnphi.org/wp-content/uploads/2015/11/SodiumTipSheets_FINAL.pdf>文章内容相关网络论坛系列见此处: [Connecting Public Health and Food Service Providers](http://www.dialogue4health.org/web-forums/detail/reducing-sodium-through-food-manufacturing).

[**通用磨坊公司的十类产品中七类达到减钠目标**](http://www.reuters.com/article/us-general-mills-sodium-idUSKBN0TY2JZ20151215)

通用磨坊公司 (General Mills) 十类目标产品的减钠率分别为18%至35%不等，其中七类达到减钠20%的目标。相当于350多件公司产品和目前美国零售销售量的三分之一以上。

目标食品种类包括：麦片、固体正餐、冷冻比萨饼、墨西哥正餐、冰冻面点、风味零食、蔬菜罐头、配菜、汤和各类混合烘焙粉。略低于减钠目标的三类食品分别为麦片（18%）、Progresso牌即食汤（19%）和Old El Paso牌墨西哥正餐（19%）。减钠率最高的食品是风味零食（35%）和冷冻比萨饼（29%）。详细信息请点击此链接: <https://www.bellinstitute.com/articles/Sodium%20Reduction.aspx>.

感谢您一直以来对减盐活动的支持。

请注意：

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Hello –

This week’s CDC Salt e-Update includes new resources on sodium reduction for public health and the food industry, and successful sodium reduction efforts by the food industry.

**New Sodium Reduction Resources for Public Health and the Food Industry**

New resources have recently been released to aid public health and foodservice providers with reducing sodium. These resources include a video released by the Marion County, Indiana, Public Health Department, one of CDC’s Sodium Reduction in Communities Program grantees, related to modifying recipes to improve flavor and nutritional content. The video and an accompanying resource guide may be found here:  <http://marionhealth.org/programs/population-health/chronic-disease/sodium-reduction-in-communities-program/>.

Additionally, a tip sheet entitled, “Sodium Reduction in Food Service: A Resource for Public Health Professionals Partnering with Food Service Providers” covers topics such as assessing the capacity of a food service operation to modify recipes, balancing public health/nutrition goals with business goals, and cost-effective cooking techniques to reduce the amount of salt used in common food items. The tip sheet was developed by the National Network of Public Health Institutes in collaboration with CDC and the Culinary Institute of America. The tip sheet may be found here: <https://nnphi.org/wp-content/uploads/2015/11/SodiumTipSheets_FINAL.pdf> and a related web forum series on which the tip sheet is based may be found here: [Connecting Public Health and Food Service Providers](http://www.dialogue4health.org/web-forums/detail/reducing-sodium-through-food-manufacturing).

[**General Mills Meets Sodium Reduction Goal in 7 of 10 Product Categories**](http://www.reuters.com/article/us-general-mills-sodium-idUSKBN0TY2JZ20151215)

General Mills has achieved the company goal of a 20% reduction in sodium in seven of ten target food categories, according to a recent company statement. Sodium reductions ranging from 18 to 35 percent were made across 10 categories of food, representing more than 350 of the company’s products, and more than one-third of current U.S. Retail sales volume.

The target food categories include cereals, dry dinners, frozen pizza, Mexican dinners, refrigerated dough products, savory snacks, canned vegetables, side dishes, soups, and variety baking mixes. The three categories falling slightly short of the goal include cereal (18% reduction) and Progresso ready-to-serve soups and Old El Paso Mexican dinners (19% reduction, respectively). The largest reductions in sodium were achieved in the savory snacks category (35%) and frozen pizza (29%). More information may be found here: <https://www.bellinstitute.com/articles/Sodium%20Reduction.aspx>.

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov)*.*

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