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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。

**2017年1月28日到2月10日**

**行业新闻**

[**关于钠指南报告存在的混乱现象**](http://www.meatpoultry.com/articles/news_home/Business/2017/01/Reports_conflict_about_sodium.aspx?ID=%7B41AB6E82-90E9-431F-AB60-05A3381F6388%7D&page=1)

“监管者和卫生活动人士以不加区分的方式向所有人推广减钠计划的做法是错误的”，Michelle Minton说，她是竞争企业协会出版的一份报告的作者。“没有证据证明，大幅减钠能够促进公共健康总体水平……”她说。她的观点与BMJ最近的一项研究相矛盾，后者分析了钠“软规定”政策的价值。BMJ研究表明，如果10年内全球钠摄入量减少10%，目前每年因心血管疾病致死量可减少近600万个寿命年，而每个减少的寿命年平均费用仅204美元。-肉类+家禽

[**CSPI报告称餐馆食品含钠量高**](https://cspinet.org/news/tgi-fridays-guilty-salt-assault-20170209)

TGI Fridays餐厅的杰克丹尼排骨加虾配调味薯条和卷心菜套餐，是公共利益科学中心（CSPI）在实施的一项新活动中首个调查的餐厅食品，该中心是一个关注消费者利益的非营利组织。这项名为“食盐攻击”活动关注的焦点是高钠含量的包装类食品和餐厅食品。TGI Fridays提供的一客排骨大虾套餐钠含量为4000毫克，是《美国居民膳食指南》推荐的健康成人日均钠摄入限值（2300毫克/天）的1.5倍。CSPI说，食品和药品管理局设定的自愿减钠目标“可以让消费者控制钠摄入量。”公共利益科学中心

**州/地方新闻**

[**美国心脏月学习如何降低血压和减少钠摄入量**](http://mountainx.com/blogwire/american-heart-month-learn-how-to-lower-blood-pressure-and-reduce-sodium-intake/)

作为二月份美国心脏月活动的一部分，西北卡罗莱纳地区YMCA正在向成员宣传如何降低钠摄入量，为其监测血压。西北卡罗莱纳地区YMCA的部分建议包括，减少加工食品进食，选择更多水果和蔬菜，提高钾摄入。本计划是YMCA发起的Million Hearts®全国计划的一部分。《山地快讯》（Mountain Xpress）

[**弗吉尼亚理工大学富布赖特学者前往丹麦从事减钠教学和研究活动**](https://vtnews.vt.edu/articles/2017/01/cals-KraakFulbright.html)

Vivica Kraak，弗吉尼亚大学农业和生命科学学院人类营养、食品和锻炼系助理教授，获得2017年度富布赖特学者奖，前往丹麦从事食品政策和营养教学和研究工作。她将采访政府、行业和民间团体等政策实施者和利益关系者，了解他们对组建志愿合作组织降低丹麦食品供应钠含量的态度。Kraak的研究成果将编纂为一份联合出版物，提供给丹麦政策制定者和世界卫生组织，向丹麦以外地区宣传她的研究成果和建议。-弗吉尼亚理工大学新闻

**国际新闻**

[**倡导组织为法国消费者找到减盐替代品**](http://www.foodnavigator.com/Market-Trends/Swap-Auchan-for-Kellogg-Liebig-for-Maggi-French-consumer-group-compiles-salt-savvy-meal-plan?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright)

最近，法国消费者团体QueChoisir发布的一份研究表明，法国消费者应该寻找加工食品内“隐藏”的盐分，选择相近但更加健康的食品。在QueChoisir两年内检测的77种食品中，只有13种钠含量降低。本研究项目指出，部分食品钠含量降幅超过20%，但是其他食品钠含量反而增加。研究发现，在加工食品中，腌制火腿含盐量最高，每100克火腿含盐4-5克。QueChoisir提供了一项餐品计划，为普通食品提供低钠含量替代配方。-食品导航（Food Navigator）

[**减钠策略未能降低英国健康差异**](http://www.foodnavigator.com/Policy/Salt-reduction-strategies-are-failing-to-reduce-UK-health-inequalities-BMJ-study)

最近一份BMJ研究表明，英国现行减钠策略在不同社会经济群体中并未达到相同效果，甚至可能增加了胃癌发病差异。研究表明，现有计划更符合富裕和健康意识较强的消费者。研究作者认为，旨在降低食盐摄入量的干预措施，还应着眼工业结构政策，降低健康环节中存在的社会经济不平等问题。研究指出，2016年实施的额外立法政策可能降低这一不均衡现象。-食品导航

[**英国谷类食品含盐量降低一半，但是含糖水平“仍然过高”**](http://www.belfasttelegraph.co.uk/news/health/salt-in-cereals-cut-by-half-but-sugar-levels-still-too-high-35431543.html)

《公共健康营养》杂志研究表明，由于减盐计划成功实现了不断提高的减盐目标，英国人常见谷类早餐食品含盐水平下降了大约50%。但是，这些谷类食品的含糖量仍然高居不下。该研究表示，尽管已经大幅下降，但是谷类食品含盐量仍然很高，也是该国高钠摄入量的主要原因。本项研究的作者呼吁，进一步降低谷类食品钠和糖含量水平。-《贝尔法斯特电讯报》

**新研究/调研成果**

[**肾病患者皮肤钠含量与心脏病存在关联**](https://medicalxpress.com/news/2017-02-skin-sodium-content-linked-heart.html)

《美国肾脏病学会杂志》即将出版的一期刊登了一篇[论文](http://jasn.asnjournals.org/content/early/2017/02/01/ASN.2016060662)指出，因为皮肤和肌肉等组织存储钠元素，对慢性肾病患者的心脏来说，将皮肤钠含量纳入控制治疗目标可能产生积极效果。皮肤钠含量与心脏收缩压有关，而非全身总含水量。此外，皮肤钠含量与左心室大小有关，与身体总含水量无关。《医学快讯》（Medical Xpress）

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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.

**Jan 28-Feb 10, 2017**



[**Reports Conflict About Sodium Guidelines**](http://www.meatpoultry.com/articles/news_home/Business/2017/01/Reports_conflict_about_sodium.aspx?ID=%7b41AB6E82-90E9-431F-AB60-05A3381F6388%7d&page=1)

“Regulators and health activists are wrong to push a one-size-fits-all sodium-restriction plan on everyone”, claims Michelle Minton, author of a report published by the Competitive Enterprise Institute. “There’s no evidence that a severe cutback in sodium will lead to overall public health gains…,” she said. Her statements conflict with recent research in *BMJ* that analyzed the value of “soft regulation” policy for sodium. A 10% global sodium reduction over the course of 10 years could save nearly 6 million life-years currently lost to cardiovascular disease each year, at an average cost of $204 per life-year saved, according to the *BMJ* study. – Meat + Poultry

[**CSPI Reports High Sodium in Restaurant Foods**](https://cspinet.org/news/tgi-fridays-guilty-salt-assault-20170209)

TGI Fridays’ Jack Daniels Ribs & Shrimp with Seasoned Fries and Coleslaw is the first restaurant item being featured in a new campaign by the Center for Science in the Public Interest (CSPI), a consumer interest nonprofit. The campaign, “Salt Assault”, spotlights packaged and restaurant foods that contain high levels of sodium. An order of TGI Fridays’ Ribs & Shrimp meal has 4,000 milligrams of sodium—more than one and a half times the daily sodium limit (2,300 milligrams a day) suggested for healthy adults in the Dietary Guidelines for Americans. Voluntary sodium reduction targets set by the Food and Drug Administration may “help put consumers back in control,” said CSPI. – Center for Science in the Public Interest

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[**American Heart Month: Learn How to Lower Blood Pressure and Reduce Sodium Intake**](http://mountainx.com/blogwire/american-heart-month-learn-how-to-lower-blood-pressure-and-reduce-sodium-intake/)

As part of an American Heart Month initiative in February, the YMCA of Western North Carolina is offering members tips to reduce their sodium intake and monitor their blood pressure. Some of the YMCA of Western North Carolina’s suggestions include eating less processed foods, choosing more fruits and vegetables, and eating more potassium. The initiative is part of the YMCA’s national commitment to the Million Hearts® campaign. – Mountain Xpress

[**Virginia Tech Fulbright Scholar Headed to Denmark to Teach and Research Sodium Reduction**](https://vtnews.vt.edu/articles/2017/01/cals-KraakFulbright.html)

Vivica Kraak, an assistant professor in the Department of Human Nutrition, Foods, and Exercise in the Virginia Tech College of Agriculture and Life Sciences, has been awarded a 2017 Fulbright Scholar award to teach and conduct research on food policy and nutrition in Denmark. She will interview government, industry, and civil society policy actors and stakeholders, learning about their attitudes toward forming voluntary partnerships to reduce sodium in Denmark’s food supply. Kraak’s research will lead to a collaborative publication that will be shared with Danish policymakers and the World Health Organization in hopes of extending her findings and recommendations beyond Denmark. – Virginia Tech News



[**Advocacy Group Finds Reduced Salt Alternatives for French Consumers**](http://www.foodnavigator.com/Market-Trends/Swap-Auchan-for-Kellogg-Liebig-for-Maggi-French-consumer-group-compiles-salt-savvy-meal-plan?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright)

French consumers should look for “hidden” salt levels in processed food and choose nearly identical products that are healthier, according to a recent study by QueChoisir, a French consumer group. Sodium was reduced in only 13 out of 77 food products QueChoisir tested over a 2-year span. Some products cut sodium levels by more than 20%, while others’ sodium content increased, according to the study. Among processed foods, cured hams contained the most salt, with 4 to 5 grams of sodium per 100-gram serving, the study found. QueChoisir provided a meal plan offering lower sodium alternatives to common products.  – Food Navigator

[**Sodium Reduction Strategies Are Failing to Reduce U.K. Health Inequalities**](http://www.foodnavigator.com/Policy/Salt-reduction-strategies-are-failing-to-reduce-UK-health-inequalities-BMJ-study)

Current sodium reduction strategies in the United Kingdom are not equally effective across socioeconomic groups and have likely increased inequalities in gastric cancer cases, according to a recent *BMJ* study. The current initiatives resonate more with wealthier, more health-conscious consumers, the research shows. Interventions aiming to reduce salt consumption should also aim to reduce socioeconomic inequalities in health through industry structural policies, according to study authors. Additional legislative policies from 2016 may reduce the imbalance, the study said. – Food Navigator

[**Salt in U.K. Cereals Cut by Half, but Sugar Levels “Still Too High”**](http://www.belfasttelegraph.co.uk/news/health/salt-in-cereals-cut-by-half-but-sugar-levels-still-too-high-35431543.html)

Salt levels in popular U.K. breakfast cereals have fallen by about 50%, owing to a successful reduction program to meet incremental targets, according to research in the journal *Public Health Nutrition*. However, the sugar content of the same cereals remains high. Despite significant reductions, cereals are still too high in salt and are a major contributor to national sodium intake, the study said. Authors of the study are calling for further reductions in cereals’ sodium and sugar content. – Belfast Telegraph



[**Skin Sodium Content Linked to Heart Problems in Patients with Kidney Disease**](https://medicalxpress.com/news/2017-02-skin-sodium-content-linked-heart.html)

Treatments targeting skin sodium may have beneficial effects on the hearts of patients with chronic kidney disease (CKD), since tissues such as skin and muscle store sodium, according to a new [study](http://jasn.asnjournals.org/content/early/2017/02/01/ASN.2016060662) in an upcoming issue of the *Journal of the American Society of Nephrology.* Skin sodium content, but not total body water, correlated with systolic blood pressure. Moreover, skin sodium content correlated with left ventricular mass independent of total body water. – Medical Xpress

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