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**2014年10月18日-2014年10月31日**

**行业新闻**

[**美国十大含盐最多食物**](http://www.huffingtonpost.com/david-zinczenko/the-10-saltiest-foods-in-_b_5948684.html)

目前版本的《美国居民膳食指南》建议，大部分成年人每日消耗的钠应当不超过2300毫克。但是据《纽约时报》畅销书《健康饮食治疗疾病》（Eat It to Beat It）的作者大卫.辛克恩考(David Zinczenko)所说，美国的餐馆提供的一些食物含有的钠就超过了一个成人一整天的限量。举例来说，美国含盐最多的餐馆食物是中式餐厅老张华馆（P.F. Chang）里的酸辣汤(Hot and Sour Soup Bowl)，每碗含有7980毫克的钠，是推荐每日限额的三倍多。其他含钠较高的餐馆食物包括：苹果蜂（Applebee）家的开胃样菜，每份含钠6260毫克；Chili's Texas家的芝士薯条，每份含钠5310毫克；苹果蜂（Applebee）家的铁板虾法士达，每份含钠5140毫克。

资讯来源：赫芬顿邮报(Huffington Post)

**政府新闻**

[**修订后的食品标签信息带来的效果不是很理想**](http://well.blogs.nytimes.com/2014/10/26/revised-nutrition-labels-still-wont-tell-whole-story)

1990年起，美国国会通过法案，要求加工食品包装上必须有营养成分标签。这种营养成分标签的设计初衷，是帮助美国人提高饮食的健康度。国会当初的想法是，食品制造商在不得不标明营养成分和卡路里的情况下，就可能会添加更多有益健康的成分，同时减少或放弃那些对健康有害的配料。这个策略对减少能够对动脉造成损伤的反式脂肪方面起到了良好的作用：现在的加工食品中几乎没有了反式脂肪。但是，在摆脱高盐高糖的食物方面，这个策略的作用并不尽如人意。其中一个问题可能是标签本身，因为对许多消费者来说，标签信息近乎毫无意义。对于那些不能将营养物的克数或每日值的百分比同一定数量的有形食物联系起来的消费者来说，尤为如此。在医学研究所的倡议下，美国食品和药物管理局正在计划对食品营养标签的细节要求进行修改，以便让其能够反映出人们实际上所吃的到底是什么。

资讯来源：《纽约时报》（New York Times）

**国际新闻**

[**英国减盐行动仍然面临挑战：专家论坛**](http://www.foodnavigator.com/Legislation/Challenges-remain-for-salt-reduction-Expert-forum)

有专家在“食品领航者”网站组织的减盐论坛上表示，英国减盐计划已经取得了进步，但仍然面临着挑战。自从旨在减少食物供应中盐含量的全国性运动开展以来，英国人均食盐摄入量已经减少了15%。不过，英国人均食盐摄入量每天仍然超过8克。独立营养顾问机构“食物和健康研究所”（Food & Health Research）所长杰克·温克勒（ Jack Winkler）介绍说，逐步减盐的策略面临着两个重大挑战：食品公司和立法者恐怕不能在接下来的二十年里对此事坚持到底，且公共卫生专家可能没有足够的耐心去继续逐步减盐，还有可能在此过程中与消费者疏远。另外一个挑战是这一计划无法在社会经济地位最低的民众中施行，而这些人往往消耗的食盐是最多的。

资讯来源：“食品领航者”网站（[FoodNavigator.com](http://foodnavigator.com/)）

[**挪威政府与食品商家就停止在肉类中添加食盐达成协议**](http://www.globalmeatnews.com/Industry-Markets/Norwegian-government-strikes-deal-with-food-vendors-on-salt-in-meat)

挪威食品连锁企业和该国卫生部经过谈判，达成了一项具有里程碑意义的自愿协议。根据该协议，食品零售商将不再向碎牛肉和其他肉末产品中添加食盐。挪威政府正在实施一项以消费者为导向的健康计划，以便使挪威人每日人均食盐摄入量从10克减少到5克。此次谈判达成的协议，就是此计划的一部分。下一步，挪威卫生部计划与食品零售行业和制造商合作制定新的食品成分指导方针，以控制食品消费品的含盐量。挪威最大的食品零售商NorgesGruppen估计，每年添加进碎牛肉产品中的食盐约为90吨，而该协议将使这些食盐不再使用。

资讯来源：全球肉类新闻网站（[GlobalMeatnews.com](http://globalmeatnews.com/)）

[**如果菜单上显示钠和卡路里的信息，加拿大人是否会做出更健康的选择？**](http://globalnews.ca/news/1646922/if-menus-shared-calories-sodium-would-you-make-healthier-choices/)

根据多伦多大学的一项新的研究，菜单上的营养信息可以帮助消费者在餐馆里吃得更健康。根据这项研究，百分之七十五的加拿大人想从餐厅菜单上了解食物的钠和卡路里含量。该研究选取了四个餐厅进行实验，分别有17%到30%的食客在看过食物的营养信息后改变了之前所点的食物。在早前的一项研究中，研究者们就发现：80%以上的加拿大人支持政府进行干预，以减少人们的食盐摄入量。

资讯来源：加拿大环球新闻网（[Globalnews.ca](http://globalnews.ca/)）

[**大多数糖尿病患者不清楚应摄入多少食盐**](http://www.diabetes.co.uk/news/2014/Oct/are-you-eating-too-much-sodium-99265506.html)

根据澳大利亚所作的一项新的研究，大多数糖尿病患者不知道他们每天应该摄入多少食盐合适。在参加调查的143位糖尿病患者中，超过80%的人知道类似披萨这样加工食物含有较高的钠，但是仅有30%的人认为白面包和奶酪也是高盐食品。只有10位参与者认为，比起糖和饱和脂肪，钠摄入量更应当引起重视。因此，许多糖尿病患者食用了过多的钠，其中2型糖尿病患者消耗的钠比女性糖尿病患者和1型糖尿病患者相比较要更多一些。

资讯来源：英国糖尿病研究网站（[Diabetes.co.uk](http://diabetes.co.uk/)）

**新研究/调研成果**

**[三明治可能是饮食中过量盐的来源之一](http://www.reuters.com/article/2014/10/30/us-health-sodium-sandwiches-idUSKBN0IJ2PB20141030)**

根据发表在《营养学和饮食学会会刊》（*Journal of the Academy of Nutrition and Dietetics*）上的一项对于全美健康及营养状况调查“美国人吃什么”项目（2009-2010）（What We Eat in America NHANES 2009–2010）的调查数据的新的分析，美国人摄入了过多的钠，而三明治是罪魁祸首之一。所有美国成年人中，有半数人每天吃一个三明治，而这些人总体上来说比那些没有吃三明治的人摄入了更多的钠和卡路里。研究者们计算得出：对于那些吃了三明治的人来说，三明治平均大约占有他们全天钠摄入量中的五分之一。吃了三明治的人，钠摄入量平均达到了4800毫克；而那些没吃三明治的人平均摄入量为每日3900毫克。不过，对此的解释并不是说吃三明治的人吃了含盐更多的食物；相反，那些多出来的钠主要是因为吃三明治的人总的来说摄入的热量更多（吃得更多）。

资讯来源：路透社（ Reuters）

[**香料和香草如何可以减少盐和脂肪的使用量**](http://www.telegraph.co.uk/health/dietandfitness/11193969/How-spices-and-herbs-could-reduce-salt-and-fat.html)

在美国营养学会会议上发布并发表在《今日营养》（*Nutrition Today*）杂志上的一项新的研究表明，如果用香料和香草替换盐和脂肪，可以让食品变得更加健康。根据研究人员詹姆斯·希尔（James Hill）的说法，消费者认为用香料和香草适当调味的低脂、低盐食物和那些高脂、高盐食物一样好吃。另外一项研究还发现，使用香料和香草调味的人比那些不使用香料和香草调味的人平均每天食盐摄入量要少966毫克。

资讯来源：电报（Telegraph）

**其它信息**

[**关于消息：用柠檬代替盐？**](http://www.fruitsandveggiesmorematters.org/use-lemons-instead-salt)

您可以在烹饪过程中使用其他调味品代替盐，比如柠檬，从而减少钠的摄入量。一项味道验证研究表明：消费者发现使用了柠檬和更少盐让食物变得更加美味，而且比起原来的全盐食物来说，更喜欢使用了柠檬汁和柠檬皮的食物。用柠檬汁和柠檬皮替代食盐，可以让食物中钠含量减少30%到70%，具体减少的量因菜品类型不同而有所不同。该研究文章还就如何在不同的食谱中用柠檬替换食盐这一问题提供了一些指导性建议。

资讯来源：美国“水果蔬菜鼓励计划”官网（– Fruits & Veggies—More Matters）

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[**The 10 Saltiest Meals in America**](http://www.huffingtonpost.com/david-zinczenko/the-10-saltiest-foods-in-_b_5948684.html)

Current *Dietary Guidelines for Americans* recommend that most adults consume no more than 2,300 milligrams of sodium per day. But some food items served at U.S. restaurants contain more sodium than an adult should consume in an entire day, according to David Zinczenko, author of *New York Times* best-selling *Eat It to Beat It!* For example, the saltiest restaurant item in the United States is P.F. Chang's Hot and Sour Soup Bowl, which contains 7,980 milligrams of sodium—more than three times the recommended daily limit. Other restaurant foods high in sodium include Applebee's Appetizer Sampler, at 6,260 milligrams; Chili's Texas Cheese Fries, at 5,310 milligrams; and Applebee's Sizzling Skillet Shrimp Fajitas, at 5,140 milligrams. – Huffington Post



[**Revised Food Labels Still Will Not Tell Whole Story**](http://well.blogs.nytimes.com/2014/10/26/revised-nutrition-labels-still-wont-tell-whole-story)

The Nutrition Facts label, mandated by Congress on processed food packages since 1990, was designed to help Americans consume a more nutritious diet. If they had to reveal the nutrients and calories in foods, the reasoning went, manufacturers might be encouraged to add more nourishing ingredients and to eliminate or reduce those that are detrimental to health. This strategy worked well for reducing artery-damaging trans fats, now all but gone from processed foods, but not nearly so well for ridding products of salt and sugar. One problem may be the label itself, which can border on meaningless for many consumers, especially those who cannot relate grams of a nutrient or percentages of the Daily Value to a tangible amount of food. Prompted by the Institute of Medicine, the Food and Drug Administration is planning a revision to reflect what people actually eat. – New York Times



[**Challenges Remain for U.K. Salt Reduction: Expert Forum**](http://www.foodnavigator.com/Legislation/Challenges-remain-for-salt-reduction-Expert-forum)

The United Kingdom's salt reduction program has made progress but still faces challenges, according to experts at FoodNavigator’s Salt Reduction Forum. Average U.K. salt intake has decreased by about 15% since the introduction of a national campaign to reduce salt content within the food supply. However, the average British salt intake is still above 8 grams per day. Two major challenges exist for the gradual salt reduction strategy, according to Jack Winkler, director of Food & Health Research, an independent consultancy on nutrition: Companies and lawmakers may not have the persistence to follow through over the next couple of decades, and public health specialists may not have the patience to continue with gradual reductions and could alienate consumers in the process. Another challenge is reaching people of the lowest socioeconomic status, who tend to consume the most salt. – FoodNavigator.com

[**Norwegian Government Strikes Deal with Food Vendors on Salt in Meat**](http://www.globalmeatnews.com/Industry-Markets/Norwegian-government-strikes-deal-with-food-vendors-on-salt-in-meat)

Negotiations between grocery food chains in Norway and the country’s ministry of health have resulted in a landmark voluntary agreement under which food retailers will remove salt from ground beef and other minced meat products. The agreement forms part of a broader consumer-directed health program to reduce Norwegians’ daily salt intake from an average of 10 grams to 5 grams. Next, the ministry plans to work with the retail industry and manufacturers to draw up new guidelines to control salt content in consumer food products. NorgesGruppen, the largest of Norway’s food retailers, estimated that it will remove about 90 tons of salt from ground beef products annually. – GlobalMeatnews.com

[**If Menus Shared Sodium and Calories, Would Canadians Make Healthier Choices?**](http://globalnews.ca/news/1646922/if-menus-shared-calories-sodium-would-you-make-healthier-choices/)

Nutritional information on menus would help consumers eat healthier in restaurants, according to new research from the University of Toronto. Seventy-five percent of Canadians want to see sodium levels and calorie content on restaurant menus, according to the study, which used four restaurant scenarios that prompted between 17% and 30% of people to change their order after looking over nutritional information. In a previous study, researchers had found that more than 80% of Canadians support government intervention to reduce salt intake. – Globalnews.ca

[**Most Diabetes Patients Unaware of How Much Salt to Consume**](http://www.diabetes.co.uk/news/2014/Oct/are-you-eating-too-much-sodium-99265506.html)

Most patients with diabetes do not know how much salt they should be consuming, according to a new Australian study. Among 143 patients with diabetes, more than 80% were aware that processed foods such as pizza were high in sodium, but only 30% considered white bread and cheese as foods with high salt levels. Only 10 participants viewed sodium as a greater dietary concern than sugar and saturated fat. Consequently, many patients with diabetes consume too much sodium, with type 2 diabetes patients taking in comparatively more salt than women and those with type 1 diabetes. – Diabetes.co.uk



[**Sandwiches May Be a Source of Excessive Dietary Salt**](http://www.reuters.com/article/2014/10/30/us-health-sodium-sandwiches-idUSKBN0IJ2PB20141030)

Americans consume too much sodium, and sandwiches are significant contributors, according to a new analysis of What We Eat in America NHANES 2009–2010 survey data published in the *Journal of the Academy of Nutrition and Dietetics*. Half of all U.S. adults eat a sandwich daily, and those who do so consume more sodium and more calories overall than those who did not. The researchers calculated that sandwiches, on average, contribute about a fifth of the entire day’s sodium intake for people who eat them. Men who ate sandwiches consumed an average of up to 4,800 milligrams of sodium per day, whereas men who did not eat sandwiches averaged about 3,900 milligrams daily. But the explanation is not entirely that sandwich-eaters consumed saltier food; instead, the extra sodium was largely due to sandwich-eaters taking in more calories overall. – Reuters

[**How Spices and Herbs Could Reduce Salt and Fat**](http://www.telegraph.co.uk/health/dietandfitness/11193969/How-spices-and-herbs-could-reduce-salt-and-fat.html)

New research presented at the American Society for Nutrition conference and published in *Nutrition Today* suggests that food could be made healthier if salt and fat are replaced with herbs and spices. When food is properly seasoned with herbs and spices, consumers believe that low fat and low salt options are as tasty as the less healthy versions, according to researcher James Hill. A separate study found that people using herbs and spices consumed, on average, 966 fewer milligrams of salt per day than those who did not. – Telegraph



[**About the Buzz: Use Lemons Instead of Salt?**](http://www.fruitsandveggiesmorematters.org/use-lemons-instead-salt)

You can reduce sodium intake by replacing salt with other flavors, such as lemon, while cooking. A taste validation study showed that consumers found the use of lemons with reduced salt to be more flavorful, and they preferred recipes with lemon juice and lemon zest to the original full-salt recipes. Depending on the type of dish, replacing salt with lemon juice and zest can allow for a 30% to 75% reduction in a recipe’s sodium content. The article also provides guidelines for how to replace salt with lemon in various recipes. – Fruits & Veggies—More Matters

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