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**2015年3月28日至4月10日**

**行业资讯**

[**猜猜什么食品通过减盐被评为学校“明智零食”?膨化食品“热奇多”**](http://www.npr.org/blogs/thesalt/2015/03/26/395598079/guess-what-makes-the-cut-as-a-smart-snack-in-schools-hot-cheetos)

菲多利公司(Flamin)的一款膨化食品“热奇多”通过改良配方，减少了食盐和脂肪的含量，并含有更多全麦成分。依照联邦政府新修订的学校营养指南，该款小吃达到了“明智零食”的标准。但是，医学研究所的科学家们在制定健康零食推荐标准（这些标准会成为“明智零食”评定规则）的时候，脑子里是不是真的就只想到了食盐和脂肪这两个要素？弗吉尼亚·斯达林斯是一个委员会的主席，她的委员会帮助制定联邦规则。她说，她把“明智零食”规则看成是一个改善学校零食的必要步骤，但她希望有一天所谓的“明智零食”中能有更多水果、坚果和全麦类的食品。斯达林斯女士本人也表示，尽管她希望卖的最好的“明智零食”是那些更有营养的产品，而不是像菲多利公司“热奇多”这种膨化食品，但是从目前来说，她领导的委员会所期盼、所欣赏的一件事情，就是众多食品公司会受到那些推荐的“明智零食”的启发，从而付诸行动，对产品进行配方改良。—美国国家公共电台(NPR)

**国际新闻**

[**对钠和钾的现行指导标准不合理**](http://www.universityherald.com/articles/17701/20150407/current-guidelines-for-sodium-potassium-not-reasonable.htm)

世界卫生组织(WHO)建议人们每天应当摄入不超过2000毫克的钠和至少3510毫克的钾，因为这样可以降低患心脏病和中风的风险。然而,根据发表在《英国医学杂志》在线版 (BMJOpen)上的一篇报告，只有0.3%的美国人达到了世卫组织给出的这一饮食目标。该报告对法国、墨西哥、英国和美国四国政府组织的全国性普查数据进行了分析。法国人的饮食营养结构稍微好点，有0.5%的人达到了上述目标；墨西哥的消费者稍微差点，仅有0.15%的达标；而美国人达标的比例则最低，只有0.1%的人达到了世卫组织推荐的饮食目标。“这些数据确认：我们摄入的钠太多，而钾则不足，”该报告的主要作者Adam Drewnowski说。“但数据同时也说明，世卫组织和其他卫生机构建议的摄入数值是完全不可行的。”Drewnowski说，通过改善食物配方来降低食物钠含量，这是减少钠摄入量的一种策略，但是作为全球通行的指导标准，应当把全球的食物结构这一因素也考虑在内才行。--大学先驱(University Herald)

[**改良食品配方比教育消费者更有效果**](http://www.foodnavigator-usa.com/Suppliers2/Improve-foods-for-better-consumer-health-says-expert)

英国消费者组织“盐与健康行动共识行动”(Consensus Action on Salt and Health)的主席格雷厄姆•麦格雷戈(Graham MacGregor)说，通过改进食品配方的办法让其更健康，且不告知消费者这些改进，这是一种明智的健康政策。人们希望食品制造商们将其产品做得更加健康，在这种日益增长的压力下，他们或许正在减少其产品中盐、脂肪和糖的含量水平。但是，对食品制造商来说，成功最好的办法，就是采取一种静悄悄的方式来降低上述成分的含量。比如说，在过去十年里，凯洛格公司(Kellogg)生产的玉米片中的含盐量减少了一半，但该公司并没有就此对消费者进行广而告之。因为消费者倾向于购买相同的食品，所以，呼吁他们改变饮食选项可能并不能取得好的效果。相反，对他们常吃的日常食品进行改良，倒不失为一种将消费者引向健康生活方式的好办法。--食品导航者网(Foodnavigator)-美国版

**新的调查/研究**

[**关于食盐的一个事实：很多受欢迎的食品含有过量的盐**](http://abcnews.go.com/Health/salty-truth-popular-foods-unhealthy-amounts-salt/story?id=30053359)

美国疾病预防控制中心的研究人员发表在《慢性疾病预防》(Preventing Chronic Disease)杂志上的一项新的研究表明，高盐食物是很难避免的，即便是消费者们选择不去餐馆饭店吃饭，而是在食杂店购买食材回家烹饪也是如此。研究人员在全美销量最好的食品中选取近4000种进行调查，发现美国人购买的食品中有一半以上含盐量都超过了每份食品的食盐含量推荐标准。含盐过量比例最高的食品是披萨、面团和肉类，近75%这些产品含钠量都超过了国家推荐标准。此外，超过一半的凉菜、汤和三明治含钠量超过了健康标准。“最重要的是要让消费者知道，他们在食杂店购买食品时，应该阅读食品标签，比较不同的食品，并选择那些含钠较低或无钠的食品，”上述研究的首席研究员琳达·斯克布(Linda Schieb)如是说。-美国广播公司新闻网(ABC News)

[**亚特兰大宪政报**](http://www.ajc.com/news/news/health-med-fit-science/cdc-most-your-favorite-grocery-items-are-loaded-sa/nkkpX/)([Atlanta Journal Constitution](http://www.ajc.com/news/news/health-med-fit-science/cdc-most-your-favorite-grocery-items-are-loaded-sa/nkkpX/))**、[华盛顿邮报](http://www.washingtonpost.com/news/to-your-health/wp/2015/04/02/more-than-half-the-packaged-food-you-buy-in-grocery-stores-has-too-much-salt/)**([Washington Post](http://www.washingtonpost.com/news/to-your-health/wp/2015/04/02/more-than-half-the-packaged-food-you-buy-in-grocery-stores-has-too-much-salt/))**、[美国国家公共电台](http://www.npr.org/blogs/thesalt/2015/04/02/397060056/sodium-sleuths-do-southerners-eat-more-salt-than-the-rest-of-us)**(NPR)**、[今日新闻](http://www.today.com/health/cdc-finds-us-grocery-shelves-loaded-salty-food-t14091)**(TODAY)**及[美国之音](http://www.voanews.com/content/study-packaged-food-unhealthy-levels-salt/2706053.html)**([Voice of America](http://www.voanews.com/content/study-packaged-food-unhealthy-levels-salt/2706053.html))等其他媒体也对这项研究进行了报道。

[**降低钠摄入量，养育新一代的健康宝宝：和美国疾病控制预防中心一同期待**](http://www.medicaldaily.com/lowering-sodium-intake-raise-new-generations-healthy-kids-look-forward-cdc-328016)

美国疾控中心的一项新研究通过分析1000种食物产品的商业标签，发现美国商业化的幼儿食品通常含有大量的钠或添加糖，发表在《儿科》(Pediatrics)期刊的这项研究是数十年来首次对父母和照看者每天喂给孩子的食物进行分析。该研究的第一作者Molly E. Cogswell 说，超过70%的幼儿食品如幼儿通心粉和奶酪等钠含量都偏高。幼儿食品“含有的食盐和成人薯片中的一样多，因此你在训练你的孩子去喜欢这种类型的食物”，她补充道。不过对于更小的婴儿来说，大多数商业化的食品含钠量较低，且大部分的婴儿餐、蔬菜,水果和干谷物产品中不含添加糖。目前来说，90%的儿童钠摄入量过多，这导致了每六个孩子中就有一个患有高血压。因为儿童年龄还很小，他们的血压可以通过健康低钠饮食调节到健康水平。--每日医讯(Medical Daily)

[**许多美国消费者选择低盐食物**](http://consumer.healthday.com/vitamins-and-nutrition-information-27/food-and-nutrition-news-316/many-u-s-shoppers-choose-low-salt-fare-698202.html)

发表在美国疾病预防控制中心主办的《慢性疾病预防》杂志上的一项新的研究表明，大约三分之一的美国人说他们在杂货店购物时，会专门买有“低盐/钠”或“减盐/钠”标识的食物。由Jessica Levings领导的美国疾控中心预防心脏病与中风处(Division for Heart Disease and Stroke Prevention)的一个团队通过对2010年进行的一项涉及3700多成年人的调查进行分析后得出上述结论。超过一半的受访消费者表示，他们知道如何使用食品营养标签上的信息来跟踪盐摄入量，同时有近一半的人表示他们会检查标签上的钠含量信息从而降低饮食中的钠摄入量。不过，有近20%的消费者说，他们搞不清楚自己吃的食物中含有多少盐。虽然这些结果令人鼓舞，我们仍须采取更多行动对消费者进行教育，从而让他们更多地购买和食用低盐食品。--每日健康(Health Day)

[**食杂店售出的高盐、高脂和高糖加工食品比其他任何地方都多**](http://www.medicaldaily.com/grocery-stores-sell-processed-foods-high-fat-sugar-and-salt-more-anything-else-327580)

美国实验生物学学会联合会(Federation of American Societies for Experimental Biology)所作的一项新的全国食杂店购买数据分析表明，高度加工食品占了美国人购买食品中的绝大部分。研究人员对15万美国家庭从2000年到2012年期间在杂货店的购物结构进行调查，分类出120万种食品选项，并对这些食品的加工程度、成分配料和即食水平进行了排序。总体来说，60%以上的购买食品为高盐、高脂和高糖的高度加工食品。在2012年，超过80%的食杂店售出食品为即食或加热即食食品。(研究人员无法将没有条形码的食品纳入研究，所以一些健康产品可能没有得到记录。)该研究的主要作者詹妮弗·波蒂(Jennifer M. Poti)说：“超加工和即食食品具有压倒性的优势，贡献了美国人饮食结构中的主要部分，导致美国人营养结构不合理。这说明，我们确有必要激励食品制造商提高其产品的营养品质。”--每日医讯

**其他资讯**

[**更多科学家怀疑盐如政府所说那样对健康有害**](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/04/06/more-scientists-doubt-salt-is-as-bad-for-you-as-the-government-says/)

多年来，美国联邦政府一直在告诉美国人民，他们吃的盐太多了，而吃盐过多则导致了每年成千上万的人死亡。该文章说，很多被劝说去购买“低钠”和“低盐”的食物的消费者所不知道的是，对盐摄入过量的警告一直以来都受到那些认为普通美国人食盐消耗并不造成额外风险的科学家们的攻击。不过，对于饮食钠摄入的争论仍然是营养学领域最具争议性的问题之一，而且包括美国心脏协会高层在内的其他科学家也继续对这个进行了几十年的警告持支持态度。--《华盛顿邮报》

作者在[《华盛顿邮报》](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/04/06/how-to-know-when-diet-advice-is-worth-it/)([Washington Post](http://www.washingtonpost.com/news/to-your-health/wp/2015/04/02/more-than-half-the-packaged-food-you-buy-in-grocery-stores-has-too-much-salt/))上发表的第二篇文章进一步描述了上述话题。

[**美国心脏协会(AHA)：大多数饮食都含钠过多**](http://www.kristv.com/story/28691972/tips-on-how-to-monitor-how-much-salt-your-baby-eats)

在美国，越来越多的人担心，儿童吃的食物中含盐量过多。根据儿科医生穆罕默德·汗(Muhammad Khan)所说，肥胖儿童的数量在过去的四十年里增加了两倍，而这一问题的原因被认为主要与始于婴儿期的钠摄入相关。不过，美国心脏协会的布列塔尼·桑德巴奇(Brittany Sandbach)认为，有一种快速简易的方法可以让人们在家制作含钠少的婴儿食物。她说，只需要一台搅拌机和一些水果和蔬菜，就可以做出一份婴儿餐，这样可以让父母完全明了宝宝每一口食物中到底含有什么成分。还有一段视频专门就此提供一些技巧和食谱。--库帕斯克里斯蒂市KRIS TV 6新闻网(KRIS TV 6 Corpus Christi)

请注意：

本简讯英文版由美国疾病预防控制中心发布，中文版由骄阳翻译公司翻译，如有歧义，请以英文版本为准。

(该信息为与减钠的相关伙伴机构和个人分享将正在进行的减钠活动信息。目的是为相关同仁提供持续更新的信息，并为对减钠工作感兴趣或致力于减钠工作的个人或机构创建一个合作网络。《减盐电子周刊》将每两周发布一期，如果你知道一些应该添加进来的人，或者你希望被从该通信人中删除，请联系蔡颖女士(caiy@cn.cdc.gov))。

《减盐电子周刊》在内容上只基于新闻价值和读者的潜在兴趣进行选择。美国疾病预防控制中心对所提供文章的真实准确性不承担任何责任。文章的选择、省略或文章内容并不意味着美国疾病预防控制中心对其内容有支持或其它观点。《减盐电子周刊》中原作者的观点或者引用，完全是其个人观点，绝不代表美国疾病预防控制中心的官方立场。所提及的产品、商业名称、出版物、新闻来源以及网站等，仅作参考之用，并不意味着美国疾病预防控制中心的认可。

**March 28–April 10, 2015**



[**Guess What Makes the Cut as a “Smart Snack” in Schools? Hot Cheetos**](http://www.npr.org/blogs/thesalt/2015/03/26/395598079/guess-what-makes-the-cut-as-a-smart-snack-in-schools-hot-cheetos)

A reformulated version of Flamin’ Hot Cheetos with less salt, less fat, and more whole grains qualifies as a “Smart Snack” under revised federal nutrition guidelines for schools. But is that really what the scientists at the Institute of Medicine had in mind when they wrote the recommendations that would become the Smart Snack rules? Virginia Stallings, who chaired the committee that helped make the federal rules, said that she sees the Smart Snack rules as an incremental step toward school snacks that she hopes may one day feature more fruits, nuts, and whole grains. Although Stallings said that she expected the top Smart Snack sellers to be products with more nutrients than snacks like Flamin’ Hot Cheetos, “one of the things [the committee was] absolutely expecting and appreciate[s] is that the food companies would look at these recommendations and they would, in fact, reformulate their products.” – NPR



[**Current Guidelines for Sodium, Potassium Not Reasonable**](http://www.universityherald.com/articles/17701/20150407/current-guidelines-for-sodium-potassium-not-reasonable.htm)

The World Health Organization (WHO) recommends that people consume no more than 2,000 milligrams of sodium and at least 3,510 milligrams of potassium each day to lower their risk for heart disease and stroke. However, only 0.3% of Americans reach the WHO dietary goals, according to a new report in *BMJ* *Open* that analyzed data from national surveys conducted by the governments of France, Mexico, the United Kingdom, and the United States. French dietary patterns were slightly better, with 0.5% of the population hitting the targets; Mexican consumers did slightly worse, with just 0.15% making the mark; and the United Kingdom had the lowest rate, with just 0.1% meeting the recommended dietary targets. “The data confirm that we eat too much sodium and not enough potassium,” said lead author Adam Drewnowski. “But they also suggest that the numbers being proposed by WHO and other health agencies are completely unfeasible.” Reformulating foods to lower their sodium content would be one strategy to reduce sodium intake, Drewnowski said, but global guidelines need to take global food patterns into account. – University Herald

[**Improving Foods Works Better than Educating Consumers**](http://www.foodnavigator-usa.com/Suppliers2/Improve-foods-for-better-consumer-health-says-expert)

Reformulating foods to make them healthier without telling consumers is a savvy health policy, says Graham MacGregor, chairman of the U.K. consumer group Consensus Action on Salt and Health. Food manufacturers may be cutting levels of salt, fat, and sugar in their products as they come under mounting pressure to make their products healthier, but the best way to succeed is to take a stealth approach to reduction. For example, Kellogg’s reduced salt in its cornflakes by half during the past decade without attracting attention from consumers. Because consumers prefer to buy the same food products, calling on them to change their diets may not work. Instead, improving the foods available to them could be the principal route to healthier lifestyles. – Foodnavigator-USA



[**The Salty Truth: Many Popular Foods Contain Unhealthy Amounts of Salt**](http://abcnews.go.com/Health/salty-truth-popular-foods-unhealthy-amounts-salt/story?id=30053359)

Salty foods are difficult to avoid—even when consumers shop at the grocery store rather than eat out—according to a new CDC study published in the journal *Preventing Chronic Disease*. Tracking nearly 4,000 of the most purchased products sold across the United States, the researchers found that more than half of the foods Americans purchase contain more than the recommended amount of salt for each serving. The worst offenders were pizzas, pastas, and meats, nearly 75% of which exceeded national sodium thresholds. Additionally, more than half of cold cuts, soups, and sandwiches contained more than a healthy amount of sodium. “The most important thing for consumers to know is that they should be reading labels, comparing food products, and looking for low or no sodium food options at the grocery store,” said Linda Schieb, a lead researcher on the study. – ABC News

This story was covered by several other media outlets, including the [Atlanta Journal Constitution](http://www.ajc.com/news/news/health-med-fit-science/cdc-most-your-favorite-grocery-items-are-loaded-sa/nkkpX/),the [Washington Post](http://www.washingtonpost.com/news/to-your-health/wp/2015/04/02/more-than-half-the-packaged-food-you-buy-in-grocery-stores-has-too-much-salt/), [NPR](http://www.npr.org/blogs/thesalt/2015/04/02/397060056/sodium-sleuths-do-southerners-eat-more-salt-than-the-rest-of-us), [TODAY](http://www.today.com/health/cdc-finds-us-grocery-shelves-loaded-salty-food-t14091), and [Voice of America](http://www.voanews.com/content/study-packaged-food-unhealthy-levels-salt/2706053.html).

[**Lowering Sodium Intake to Raise New Generations of Healthy Kids: A Look Forward with the CDC**](http://www.medicaldaily.com/lowering-sodium-intake-raise-new-generations-healthy-kids-look-forward-cdc-328016)

In the United States, commercial foods for toddlers often contain high amounts of sodium or added sugars, according to a new CDC study that looked at 1,000 commercially labeled food products. The study, published in the journal *Pediatrics,* is the first in decades to examine what parents and caretakers are feeding their children every day. More than 70% of toddler meals, such as toddler macaroni and cheese, were high in sodium, lead author Molly E. Cogswell said. Infant and toddler snacks “contain as much salt as adult potato chips, so you’re training the child’s palate to like these sorts of foods,” she added. For younger babies, however, most commercial foods were low in sodium, and most infant meals, vegetables, fruits, and dry cereals did not contain added sugars. Currently, 90% of children eat too much sodium, which in turn has led to high blood pressure among one in every six children. Because they are still young, children’s blood pressure can be lowered to a safe level with a healthy, low sodium diet. – Medical Daily

[**Many U.S. Shoppers Choose Low Salt Fare**](http://consumer.healthday.com/vitamins-and-nutrition-information-27/food-and-nutrition-news-316/many-u-s-shoppers-choose-low-salt-fare-698202.html)

About a third of Americans say they specifically buy foods labeled “low” or “reduced” salt or sodium when grocery shopping, according to a new study published in the CDC journal *Preventing Chronic Disease*. A team at CDC’s Division for Heart Disease and Stroke Prevention, led by Jessica Levings, looked at data from a 2010 survey of more than 3,700 adults. More than half of shoppers surveyed said they knew how to use the information on food nutrition labels to keep track of salt intake, and nearly half said they checked the labels for sodium content to lower the salt in their diet. However, nearly 20% of shoppers said they were confused trying to figure out how much salt is in the foods they eat. Although the results are encouraging, more must be done to educate consumers on smart shopping and eating when it comes to salt. – HealthDay

[**Grocery Stores Sell Processed Foods High in Salt, Fat, and Sugar More than Anything Else**](http://www.medicaldaily.com/grocery-stores-sell-processed-foods-high-fat-sugar-and-salt-more-anything-else-327580)

Highly processed foods make up the majority of the calories in foods Americans buy, according to a new nationwide analysis of grocery purchases conducted by the Federation of American Societies for Experimental Biology. Surveying more than 150,000 American households to follow their purchasing patterns in grocery stores from 2000 to 2012, the researchers categorized 1.2 million food items and ranked the degree of the foods’ processing, ingredients, and the level of ready-to-eat convenience. Overall, more than 60% of the purchases were highly processed foods full of salt, fat, and sugar. In 2012, more than 80% percent of calories consumed from grocery stores were from ready-to-eat or ready-to-heat food items. (Researchers could not include foods without barcodes, so some healthy produce items may have gone unrecorded.) “The unshifting dominance of ultra-processed and ready-to-eat foods as major calorie contributors to [Americans’] diet[s] and their poor nutrient profile support the need to incentivize food manufacturers to improve the nutritional quality of their products,” lead author Jennifer M. Poti said. – Medical Daily



[**More Scientists Doubt Salt Is as Bad for You as the Government Says**](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/04/06/more-scientists-doubt-salt-is-as-bad-for-you-as-the-government-says/)

For years, the federal government has advised Americans that they are eating too much salt and that this excess contributes to the deaths of tens of thousands of people each year. But unbeknownst to many shoppers urged to buy foods that are “low sodium” and “low salt,” this longstanding warning has come under assault by scientists who say that typical American salt consumption does not carry added risk, according to this article. However, the debate over dietary salt is still among the most contentious in the field of nutrition, and other scientists, including the leadership of the American Heart Association, continue to support the decades-old warning. – Washington Post

The author described the topic further with a second article in [Washington Post](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/04/06/how-to-know-when-diet-advice-is-worth-it/).

[**AHA: Too Much Sodium in Most Diets**](http://www.kristv.com/story/28691972/tips-on-how-to-monitor-how-much-salt-your-baby-eats)

There is growing concern nationwide that young children are eating foods with too much salt. The number of obese children has tripled over the past four decades, according to pediatrician Muhammad Khan, and much of it is linked to sodium intake and starts at infancy. But there is a quick and easy way to reduce sodium and make baby food at home, according to the American Heart Association’s Brittany Sandbach. She says a blender and a bunch of fruits and vegetables are all that is needed to make an infant meal, allowing parents to know exactly what is in baby’s every bite. A video offers some tips and recipes. – KRIS TV 6 Corpus Christi

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