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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。

**2016年8月27日至9月9日**

**行业新闻**

**奥马哈市公司为标签上食盐替代品更名的行动取得进展**

两家位于内布拉斯加州的食品制造商对于一家位于奥马哈市的食盐公司在食品标签上变更产品成分名称的行为给予了支持。威斯汀食品和Suji的韩国料理这两家奥马哈市的企业已向美国食品和药物管理局（FDA）提交申请信，对NuTek Food Science公司请求将其氯化钾更名为“盐钾”的行动表示支持。NuTek公司称，顾客会更好地理解词语“钾盐”，且更名会鼓励钾的摄入，这有助于降低血压。——奥马哈世界先驱报

**州/地方新闻**

**想吃家里做的饭吗？去学校就能吃到！**

在俄勒冈州Bend-La Pine学区9月的午餐菜单上，每天都至少有一道用新鲜食材制作的特别菜肴。这些学校花越来越多的精力使用新鲜食材制作午餐，是受包括年轻人口味变化等多个因素的驱使。另一个因素就是《2010年健康无饥饿儿童法案》，该法案对学校饭菜可含有的钠、卡路里及饱和脂肪的量做了限定。冷冻和加工食品往往含有大量的钠和卡路里，而使用新鲜食材制作的食品中两者含量往往都会较少。“要想减少钠的摄入，你就得更多地使用新鲜食材制作食物，”乔治亚州伯克郡学校营养项目负责人、营养师马丁·唐娜说道，“控制钠的最好的方法，就是在食物制作中使用更多香草和香料，而不是食盐。”——Bend简讯

**国际新闻**

**研究人员说：方便面食品中的盐含量“令人担忧”**

一项新的研究对2012年和2016年之间产自10个国家的765种面制品进行了评估，研究结果显示：世界各地方便面食品中的盐含量有较大差异。根据该研究的数据，在澳大利亚销售的一包普通方便面含钠量要比八包薯片或两个麦当劳巨无霸的含钠量还要高。在所有调查的面制品中，在印尼销售的一款方便面含钠量最高，达到了每100克面含7584毫克钠的水平，而一款在新西兰销售的方便面产品含钠量最低，每100克中只有含有249毫克钠，前者是后者的近30倍。-《悉尼先驱晨报》

**新研究/调研成果**

**研究人员说：盐摄入减少可能意味着炎症减轻**

奥古斯塔大学的研究人员说，减少钠摄入量会降低体内血压的机理尚不明晰，但知道这一点有助于实施公共卫生干预措施，尤其是在青少年患上在成年人群中更常见疾病的比例以惊人速度增长的情况下。该大学的科学家们得到了美国心脏协会的资助，对适度减少钠摄入如何导致血压降低的机理进行研究。该研究团队将对英国减钠实验和美国DASH饮食研究这两大国际减钠临床实验期间采集的临床样本进行比较，并检验钠摄入减少会减轻炎症的假设。—奥古斯塔编年报

**跑步者到底需要摄入多少盐?**

多年来，体育刊物、运动营养学家和研究人员都建议出“咸汗”的跑步者们摄入更多的盐。他们的想法是，因为跑步者比一般运动员排出了更多的钠，因此需要认真地补充体内的钠。但最新发表在《国际运动营养学和新陈代谢杂志》上的一篇论文对这种逻辑提出了挑战。论文作者之一马丁·特纳是一名休闲自行车骑手。他转向低钠饮食且并发现肌肉痉挛和与运动关联的低钠血症（跑步者常常用来解释他们为什么要摄入额外盐份的两个理由）发生的次数并没有增加后，对饮食钠方面的文献颇有兴趣并进行了回顾。——《跑者世界》

**其它信息**

**为您带来美味低钠膳食的七大食盐替代品**

尽管食盐是一种有助于保持身体正常运作的重要矿物质，但它几乎存在于从谷类食物到运动饮料的所有食物当中，因此我们每天的盐摄入量会迅速增加。在饭菜里少放一点盐，并不意味着食物就得寡淡无味。该文提供了七种可供人们使用的食盐替代品，包括豆蔻、罗勒、和辣椒。——备忘单

**八种可能会损害健康的含盐含量超高的食物**

我们都知道，我们不应该吃太多的盐，因为这样做会导致高血压、心脏病、中风和其他心脏方面的疾病。可问题是，盐隐藏在很多食物当中，甚至隐藏在那些人们可能不会怀疑含盐量的食物中，比如沙拉酱和鸡胸肉。该文罗列出了一些含盐量最高的食物，包括披萨、汤和早餐谷类食物。—赫芬顿邮报

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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.

**August 27–September 9, 2016**

Industry News.jpg

**Omaha Company’s Bid to Rename Salt Alternative on Label Gets Push**

Two Nebraska food makers have loaned their support to an Omaha salt company’s push to rename its product on food labels. Omaha businesses Westin Foods and Suji’s Korean Cuisine have filed letters with the U.S. Food and Drug Administration (FDA) in support of NuTek Food Science’s petition to refer to potassium chloride as “potassium salt.” NuTek said customers would better understand the term “potassium salt” and that the change would encourage the consumption of potassium, which helps lower blood pressure. – Omaha World-Herald

State-Local.jpg**Want a Home-Cooked Meal? Go to School**

On Oregon’s Bend-La Pine School District’s September lunch menus, each day features at least one entree made from scratch. Schools’ increasing dedication to making lunches from scratch is driven by several factors, including young people’s changing tastes. Another factor is the Healthy, Hunger-Free Kids Act of 2010, which sets limits on the amount of sodium, calories, and saturated fat that school meals can contain. Frozen and processed foods tend to contain a lot of sodium and calories; foods made from scratch tend to have less of both. “In order to get the sodium down, you’ve got to make more scratch meals,” said Donna Martin, a dietitian and School Nutrition Program director in Burke County, Georgia. “That’s the best way to control the sodium, is to put more herbs and spices in there that are not salt.” – Bend Bulletin

International News.jpg

**Salt Content of Instant Noodles “Worrying,” Say Researchers**

A new survey that assessed 765 noodle products from 10 countries between 2012 and 2016 has revealed large variations in the amount of salt in instant noodle products around the world. An average package of instant noodles sold in Australia contains more sodium than eight packages of potato chips or two McDonald's Big Macs, according to the survey. A noodle product sold in Indonesia contained the highest amount of sodium of products surveyed, with 7,584 milligrams of sodium per 100 grams—nearly 30 times the amount of sodium found in the product with the lowest sodium content, a New Zealand item that contained 249 milligrams of sodium per 100 grams. – Sydney Morning Herald

New Studies-Research.jpg

**Less Salt Could Mean Less Inflammation, Researchers Say**

Exactly how reducing sodium intake reduces blood pressure in the body is not well understood, and knowing that could help lead to public health interventions, particularly for adolescents developing diseases more common in adulthood at an alarming rate, say researchers at Augusta University. The scientists have a grant from the American Heart Association to investigate how a modest reduction in sodium can lead to blood pressure reduction. The team will compare clinical samples collected during the two largest international sodium reduction clinical trials—one in the United Kingdom and the DASH Diet study in the United States—to test the hypothesis that reduced sodium intake will lead to reduced inflammation. – Augusta Chronicle

**How Much Salt Do Runners Really Need?**

For years, sports publications, sports dietitians, and researchers have advised runners with “salty sweat” to consume more salt. The idea was that because runners lost more sodium than the average athlete, they needed to be fastidious in replacing it. But a new paper published in the International Journal of Sport Nutrition and Exercise Metabolism is challenging that logic. Co-author Martin Turner, a recreational cyclist, became interested in reviewing the literature on dietary sodium after switching to a low sodium diet and noticing no increase in muscle cramps or exercise-associated hyponatremia—two reasons runners often cite for why they should consume extra salt. – Runner’s World

Other.jpg

**Seven Salt Substitutes that Deliver Delicious Low Sodium Meals**

Although it is an important mineral that helps keep the body functioning properly, salt lurks in just about everything, from cereal to sports drinks, so salt intake can quickly add up each day. Eliminating a dash of salt in a dish does not mean that food needs to be bland, though. The article provides seven substitutes people can use instead of salt, including cardamom, basil, and cayenne pepper. – CheatSheet

**Eight Surprisingly High Salt Foods that Could Hurt Your Health**

We all know we shouldn’t eat too much salt, because doing so can lead to high blood pressure, heart attack, stroke, and other heart-related diseases. The problem is that salt is hidden everywhere, even in foods that people might not suspect, such as salad dressings and chicken breasts. The article lists some of the worst offenders, including pizza, soup, and breakfast cereals. – Huffington Post

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