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**2014年2月28日-2014年3月13日**

**行业新闻**

**亿滋国际(Mondelez International)宣布在全球范围内倡导健[康生活方式](http://finance.yahoo.com/news/mondelez-international-announces-global-commitments-110000495.html)**

全球零食公司亿滋国际(Mondelez International)旗下拥有数十家国际品牌，包括Ritz Crackers、 Cheese Nips、Triscuits,和Wheat Thins等品牌。该公司日前宣布发起一项倡导健康生活的新战略，包括在2020年前将食品中的钠含量减少10％。该公司还计划在未来几年投资5000万美元用于健康生活方式社区合作，专注于营养教育并推广积极的生活方式。--雅虎财经（Yahoo! Finance）

[**汉堡王（Burger King）将降低儿童套餐薯条里的钠含量**](http://www.usatoday.com/story/money/business/2014/03/04/burger-king-fast-food-french-fries-nutrition-kids-meal/6011989/)

汉堡王（Burger King）将对儿童套餐薯条中的配料成分做出改变，降低其中所含的钠、热量和脂肪。一份Satisfries的儿童套餐含有201毫克的钠、190卡路里以及8克脂肪。该公司宣布，全国各地的汉堡王连锁店都将开始销售褶皱状的标准的儿童薯条Satisfries。虽然汉堡王成人套餐的Satisfries稍贵一点，但该公司不会因为薯条向孩子们收取更多费用。--今日美国（USA Today）

**[餐饮服务业需要平衡价值、味道和健康三者的关系](http://www.meatpoultry.com/Writers/Keith%20Nunes/Foodservice%20at%20the%20nexus%20of%20value%20taste%20and%20health.aspx)**

一项1000多名消费者参与的调查显示，许多人计划在明年减少外出就餐的次数，特别是到快餐店。北美餐厅消费者信心评价指数显示，这是消费者第一次表示自己减少外出就餐次数的原因之一是想要吃的更加健康。许多消费者、政府和公共卫生机构都在谴责餐厅食品缺乏营养，而且消费者无法确定一份菜当中的营养成分，其中包括钠的含量。-- MeatPoultry.com网站

**国际新闻**

**[儿童在饮食中“盐分摄入过多”](http://www.bbc.com/news/health-26513014)**

发表在《高血压》上的一项最新研究显示，英国儿童的盐摄入量过高，其中很多来自面包和谷类食品。儿童的每日钠摄入量应该低于2300毫克，但该项研究中的儿童有70％的人超过了该数值。在儿童饮食中摄入的钠，有超过三分之一来自面包和谷类食品，五分之一来自肉类，十分之一来自乳制品。一般来说，5和6岁幼儿每日的钠摄入量约为1450毫克，8和9岁的大约为1830毫克，13到17岁的则超过2900毫克。男孩的钠摄入量往往比女孩更高。其中多数的盐摄入来自加工食品，而不是家庭餐桌。英国卫生部门表示，食品生产商的自愿减盐政策正在发挥作用，但它们也承认还需要再进一步。-- BBC新闻（BBC News）

该研究还在其它媒体获得了发表，比如[《卫报》(](http://www.theguardian.com/lifeandstyle/2014/mar/11/children-eating-unhealthy-amount-salt-bread-cereal-study)*[The Guardian](http://www.theguardian.com/lifeandstyle/2014/mar/11/children-eating-unhealthy-amount-salt-bread-cereal-study)*[)](http://www.theguardian.com/lifeandstyle/2014/mar/11/children-eating-unhealthy-amount-salt-bread-cereal-study) 、[《每日电讯报》(The Telegraph)](http://www.telegraph.co.uk/health/healthnews/10688639/Children-eat-too-much-salt-researchers-find.html) 、[美国心脏协会博客](http://blog.heart.org/bread-and-cereal-add-the-most-salt-to-kids-diets/)以及[BakeryandSnacks.com](http://www.bakeryandsnacks.com/R-D/Bread-and-cereal-highest-contributors-to-children-s-salt-intake-Study)网站

[**健康组织警告，餐厅可能会用钠替换卡路里**](http://www.thestar.com/life/health_wellness/nutrition/2014/03/12/health_groups_warn_restaurants_will_swap_calories_for_salt.html)

加拿大卫生机构联盟安大略钠联盟警告消费者，餐厅常通过添加盐，来提升低热量食品的味道，因为这类食品所含的糖和脂肪较少。该组织表示，安大略省颁布的新菜单标签法案只对热量数值作了要求，可能导致餐馆通过增加钠含量来减少食品里的热量。该组织指出，安大略省出台的菜单标签法案强制要求餐厅在标明热量的同时，应标明钠含量信息，这样可以确保食客了解有关注意钠摄入量的健康信息。心脏及中风基金会促进健康部的主任马克·霍兰德表示，事实证据表明，在纽约出台的条例要求在菜单上标明卡路里数值后，餐馆通常采用添加钠来弥补低热量食品的口味不足问题。 --多伦多明星报（Toronto Star）

[**少吃盐和醋？薯片店为倡导健康饮食逐步淘汰使用盐**](http://www.irishmirror.ie/female/health/low-sodium-vinegar-chip-shops-3214790)

英国出售鱼和薯条的快餐店计划进行全面改革来防止消费者因心脏病、中风和高血压导致的死亡。LoSalt牌代用盐的盐瓶已经上了英国200家餐馆的餐桌。该代用盐可以将添加到食物中的钠含量从2000毫克减少到670毫克。一项针对薯片店店主的LoSalt代用盐调查显示，目前平均每顿饭含有约2000毫克钠，顾客对盐量的需求比2年前更多了。-- 爱尔兰镜报（Irish Mirror）

[**汉堡王推出低盐低糖亨氏番茄酱**](http://www.foodbev.com/news/heinz-tomato-ketchup-reduced-salt-and-su#.UyBsPvldW-y)

现在消费者可以在英国和爱尔兰的汉堡王餐厅（Burger King）购买到低盐低糖的亨氏番茄酱，此外该餐厅还提供低脂肪的炸薯条。低盐低糖的番茄酱减少了25％的盐，同时减少了30％的糖。 -- FoodBev.com网站

[**倡导低盐饮食的人士强调面包的危害**](http://www.news.com.au/national/breaking-news/salt-campaigners-highlight-bread-danger/story-e6frfku9-1226851607408)

关注诸如面包和早餐麦片的食物中钠含量过高的健康专家表示，钠正在悄无声息的伤害着澳大利亚人的身体健康。乔治研究所高级主管布鲁斯·尼尔表示，澳大利亚民众饮食中盐的主要来源是面包。澳大利亚心脏基金会指出，普通澳大利亚民众平均每天消费约3500毫克钠，其中约75％的钠来自加工食品。该基金会目前正在倡导一项停止添加隐性盐的运动。乔治研究中心正在举办世界盐摄入意识宣传周的活动，敦促人们阅读食品包装上的营养标签，改吃低盐食品或代用盐。澳大利亚民众可以使用该研究院研发的FoodSwitch免费手机应用。该应用建议民众购买低盐食品。安装了该应用的用户在扫描了加工食品包装上的条形码后，应用程序就会显示不同颜色，绿色表示健康，红色表示不太健康，同时还会提示一些低盐的同类食品。 -- news.com.au网站

**[过多食盐摄入量是健康杀手，呼吁降低](http://au.news.yahoo.com/thewest/wa/a/21898381/call-to-cut-killer-salt/)**

在现代饮食中钠的过度摄入已经成为西澳大利亚民众健康的“主要杀手”。澳大利亚心脏基金会指出，过去十年间，如果减少加工食品中15％的钠摄入量，那么西澳地区每年可避免470个心脏病案例。基金会的营养师芭芭拉·伊登说，澳大利亚民众平均每日摄取约3500毫克的钠。澳大利亚医学协会（西澳大利亚州）会长理查德·忠表示，西澳大利亚民众很久以前就开始降低钠的摄入量。现在人们已经不会在家庭饭菜中添加过量的钠了。但他们的钠摄入量仍然过高，这部分要归咎于人们不知道他们所吃的食物中含有多少钠。 --《西澳大利亚》（The West Australian）

**新研究/调研成果**

[**研究称已找到食品含盐量“快捷简便”的测试方法**](http://www.foodnavigator.com/Science-Nutrition/Study-identifies-quick-and-simple-test-for-salt-levels-in-food)

发表在《农业化学与环境杂志》（Journal of Agricultural Chemistry and Environment）的一项研究指出，一种检测食品中钠含量的新方法比目前使用的技术更有效和简便。这种温度滴定法不依赖氯的含量。用滴定法测量钠含量时，最常用的就是氯含量，但它会导致错误。不是所有食品中的钠都和氯配对（最终生成氯化钠，食盐的化学名称），这就使得目前的计算方法不太可靠。这种新方法则相对容易，且适用于食品生产设备中的日常流程和质量控制。 -- FoodNavigator.com网站

**[新药可不改变饮食习惯而降低钠摄入量](http://www.foxnews.com/health/2014/03/12/new-drug-can-lower-salt-intake-without-any-dietary-changes/)**

发表在《科学杂志》（Science）官网的最新研究标明，一种新药可能很快就能解决民众钠摄入量越来越高这个问题，同时能减少因此患心血管疾病和肾功能衰退的风险。由制药商Ardelyx研发且仍处于测试中的Tenapanor能抑制转运细胞膜的转运蛋白NH3，人体吸收大部分的钠都是在这种物质的作用下吸收的。目前控制钠摄入的药物包括钠利尿剂和抗高血压药物。它们可以增加水排泄或控制高血压。然而，这些药物需要患者在饮食中维持非常低的钠摄入量。Ardelyx公司的联合创立者兼首席研究员多米尼克·雅尔玛说，对典型美国饮食中的高钠食品而言，低钠膳食是很困难的。因为Tenapanor作用在肠道内，药物可以除去钠，同时人们可以继续维持平时的饮食不变。-- 福克斯新闻（Fox News）

**其它信息**

[**火星计划：减少钠含量**](http://www.foodbusinessnews.net/articles/news_home/Research/2014/03/Mission_for_Mars_reduce_sodium.aspx?ID=%7B9FBD2C19-22D1-4D99-B2B0-90CF5BE93261%7D&cck=1)

想让墨西哥玉米饼或营养补充棒的保质期达到9个月听起来似乎很难。但与薇琪·科里奥丽思面临的长远目标相比，这些就有些相形见绌了。在美国烘焙协会最近的一次会议上，科里奥丽思讲述了她研制太空旅行食物的工作。这些食物必须能达到5年的保质期，以便用于火星计划，同时还必须含有一定量的营养物质和低含量的钠。在过去，太空计划使用的是类似于军队使用的即食食品（MREs）。然而，太空计划希望能自行研制出自己的即食食品，因为那些军队的食品通常具有较高的脂肪和钠含量。太空计划已成功将一日饮食的钠含量减少了40％，使得钠的总含量降至3000毫克。--食品商业新闻（Food Business News）

[**你的身体需要多少钠？**](http://www.eatingwell.com/nutrition_health/nutrition_news_information/how_much_sodium_do_you_need)

这个幻灯片为大家提供了计算一个人应该摄入多少钠的小提示。一个需要考虑的因素是年龄：盐敏感度，即钠摄入可能会导致血压升高，这个概率随着年龄增加而增加。血糖是另一个需考虑的因素。糖尿病患者的血管已经硬于常人，所以这些人更容易受到血压高的不利影响。种族也是一个重要因素：相比美国白人和西班牙裔，非洲裔美国人更可能患高血压，并且年纪更轻。 - EatingWell网站

[**那些比你想象中更咸的食物**](http://abcnews.go.com/Health/Wellness/foods-saltier/story?id=22721964)

许多食物含钠量之高可能会让你大吃一惊。这个幻灯片介绍了13中隐性的钠来源。1或2汤匙份量的沙拉酱、烧烤酱、卤汁就包含了10％至20％的每日推荐钠摄入量。但我们可以通过自制卤汁和沙拉酱来控制钠含量。许多谷物每份含有180到300毫克的钠；因此我们最好还是选择纯燕麦浇到水果上。一些豆制品和素汉堡含有很多高度加工的配料成分，并使用钠来增添口味。馅饼含有400到500毫克的钠，这还是没有酱料或奶酪的前提下。 --美国广播公司新闻网(ABC News)

[**食品科学101：食盐**](http://www.huffingtonpost.com/food-politic/food-science-101-salt_b_4870398.html)

本文介绍了盐在我们感受食物味道时发挥的作用，从味蕾到人体细胞。咸味是味蕾可以感知到的五种基本味道之一。但它同时能改变人们对其它四种味道的感知，方法是通过名为脱极化的生物过程来实现。例如，盐覆盖了给大脑传递苦味的信号，有效地掩盖了苦味。如何利用这些过程的优势，并使得家庭烹饪的食物质量等同餐厅食物，那就需要将目标对准“饱和点”。该“饱和点”强调了天然的味道，且没有明显的咸味。在现实操作中，这就意味着在烹饪的每个步骤中加盐都要非常少。 -- 赫芬顿邮报(Huffington Post)

[**是时候把盐罐放回餐桌了吗？**](http://www.theepochtimes.com/n3/539073-bring-the-salt-shaker-back-to-the-table/)

英属哥伦比亚大学临床教授兼执业家庭医生约翰·斯隆说，限制钠摄入量的生物学原理很有说服力，但科学并不支持这个原理。国际循证医学协作组已就这个问题进行了两次荟萃分析，得出的结论是，长期努力大量减少饮食中的钠摄入，对降低血压的作用非常小。另一项大型的荟萃分析表明，减少钠摄入与心脏疾病风险因素的细微变化有关联。但这份呼应国际循证医学协作组研究结果的评论没发现多少证据可表明钠摄入量会对心脏疾病产生显著而直接的影响。 --大纪元时报(The Epoch Times)

[**冰雪融化和道路用盐导致饮用水的钠含量增加**](http://newjersey.news12.com/news/melting-snow-road-salt-causing-increased-sodium-levels-in-drinking-water-1.7345836)

新泽西州联合自来水公司的官员表示，他们已经发现客户饮用水中的氯化钠含量上升。这是该州异常严寒冬季的副作用。专家们表示，道路用盐通过融化到雪水冲刷到下水道。这些盐最终进入水库中的饮用水里。营养师说，盐含量的增加可能对采用低钠饮食的人群造成危害。联合自来水公司表示，每年冬季饮用水的钠含量都会上升，但因为今年降雪量特别大，钠含量比往年高出三到四倍。一瓶8盎司的水约含有28毫克的钠，相当于一瓶8盎司健怡苏打水的钠含量。 --新泽西电视新闻台(News 12 New Jersey)

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[**Mondelez International Announces Global Commitments to Well-being**](http://finance.yahoo.com/news/mondelez-international-announces-global-commitments-110000495.html)

Global snacking company Mondelez International—which owns dozens of international brands, including Ritz Crackers, Cheese Nips, Triscuits, and Wheat Thins—has announced “Call for Well-being,” a new strategy that will include reducing sodium levels by 10% by 2020. The company also is investing $50 million in healthy lifestyle community partnerships during the next several years, focused on nutrition education and active lifestyle promotion. – Yahoo! Finance

[**Burger King Puts Lower Sodium Fries in Kids Meal**](http://www.usatoday.com/story/money/business/2014/03/04/burger-king-fast-food-french-fries-nutrition-kids-meal/6011989/)**s**

Burger King is tweaking its kids meals to offer French fries that contain lower levels of sodium, calories, and fat. A kids meal–sized serving of Satisfries has 201 milligrams of sodium, 190 calories, and 8 grams of fat. The company announced that its crinkle-cut Satisfries will immediately become the standard fries served in Burger King kids meals across the country. Although Burger King charges slightly more for Satisfries with adult meals, it will not charge more for including these fries in its kids meals. – USA Today

[**Food Service at the Nexus of Value, Taste, and Health**](http://www.meatpoultry.com/Writers/Keith%20Nunes/Foodservice%20at%20the%20nexus%20of%20value%20taste%20and%20health.aspx)

A survey of more than 1,000 consumers indicates that many plan to eat out less often in the coming year, especially at quick-service restaurants. For the first time, consumers are saying one of the reasons they will cut back is that they want to eat healthier, according to the North American Restaurant Consumer Sentiment Review. Many consumer, government, and public health groups have decried the lack of nutritious choices on menus and the inability of consumers to determine the nutritional content in a dish, including the amount of sodium. – MeatPoultry.com



[**United States Proposes Major Update to Food Labels in Bid to Combat Obesity**](http://www.reuters.com/article/2014/02/27/nutrition-labeling-update-idUSL1N0LW1H020140227)

The U.S. Food and Drug Administration (FDA) has announced a proposal that would reduce the recommended daily amount of sodium from 2,400 milligrams to 2,300 milligrams in packaged foods sold in the United States. Some would like that reduction to go further: “There is strong scientific evidence that indicates lowering sodium can result in significant reductions in blood pressure,” said the American Heart Association (AHA) in a statement, adding that AHA will continue to recommend that daily sodium intake be limited to 1,500 milligrams. The FDA, which has been discussing proposed label changes with the food industry for nearly a decade, estimated the cost to industry of updating the labels will be about $2 billion, but the benefit to consumers is estimated to be $20–$30 billion. – Reuters



[**Children’s Diets “Far Too Salty”**](http://www.bbc.com/news/health-26513014)

Children in the United Kingdom are eating far too much salt, with much of it coming from breads and cereals, suggests new research published in the journal *Hypertension.* Children should eat less than 2,300 milligrams of sodium per day, but 70% of children in the study consumed more. Breads and cereals accounted for more than one-third of the sodium in children’s diets. One-fifth came from meat and one-tenth from dairy products. On average, 5- and 6-year-old children consumed about 1,450 milligrams of sodium each day, 8- and 9-year-olds consumed about 1,830 milligrams daily, and 13- to 17-year-olds consumed more than 2,900 milligrams each day. Boys tended to have higher sodium intake than girls. Much of the salt consumed was from processed foods rather than added at the table. The U.K. Department of Health said its voluntary salt reduction policy with manufacturers was working but agreed that more progress is needed. – BBC News

This study was covered in several other outlets, including [*The Guardian*](http://www.theguardian.com/lifeandstyle/2014/mar/11/children-eating-unhealthy-amount-salt-bread-cereal-study)*,* [*The Telegraph*](http://www.telegraph.co.uk/health/healthnews/10688639/Children-eat-too-much-salt-researchers-find.html)*,* the [American Heart Association Blog](http://blog.heart.org/bread-and-cereal-add-the-most-salt-to-kids-diets/), and [BakeryandSnacks.com](http://www.bakeryandsnacks.com/R-D/Bread-and-cereal-highest-contributors-to-children-s-salt-intake-Study).

[**Health Groups Warn Restaurants Will Swap Calories for Sodium**](http://www.thestar.com/life/health_wellness/nutrition/2014/03/12/health_groups_warn_restaurants_will_swap_calories_for_salt.html)

The Ontario Sodium Alliance, a coalition of Canadian health organizations, is warning consumers about the restaurant practice of adding salt as a flavor enhancer to compensate for lower-calorie menu items that contain less sugar or fat. The group says that Ontario’s new menu labelling bill, which requires only calorie data, may lead restaurants to cut calories in meals at the expense of added sodium. The group noted that the introduction of a menu-labelling law in Ontario mandating sodium information be posted on menus alongside calorie counts provides an opportunity to ensure that patrons are given health information about dangerous amounts of sodium. Mark Holland, director of health promotion at the Heart and Stroke Foundation, said anecdotal evidence exists that restaurants adopted the practice of adding sodium to compensate for lower-calorie menu items after New York City introduced a bylaw requiring calorie counts on menus. – Toronto Star

[**Low Sodium and Vinegar? Chip Shops Phasing Out Salt in Favor of Healthier Alternative**](http://www.irishmirror.ie/female/health/low-sodium-vinegar-chip-shops-3214790)

U.K. quick-service restaurants that sell fish and chips are set for a major overhaul in a bid to prevent deaths from heart disease, stroke, and high blood pressure. Salt shakers containing a LoSalt sodium substitute—which could reduce the amount of sodium added to meals from 2,000 milligrams to 670 milligrams—already are set to appear on counters at 200 restaurants. An average meal contains about 2,000 milligrams of sodium, with customers demanding even more salt on food than 2 years ago, a LoSalt survey of chip shop owners revealed. – Irish Mirror

[**Heinz Tomato Ketchup Reduced Salt and Sugar Launches in Burger King**](http://www.foodbev.com/news/heinz-tomato-ketchup-reduced-salt-and-su#.UyBsPvldW-y)

Heinz Tomato Ketchup Reduced Salt and Sugar is now available in Burger King restaurants across the United Kingdom and Ireland as part of the launch of the chain’s new lower fat French fries. The Reduced Salt and Sugar Ketchup contains 25% less salt and 30% less sugar. – FoodBev.com

[**Salt Campaigners Highlight Bread Danger**](http://www.news.com.au/national/breaking-news/salt-campaigners-highlight-bread-danger/story-e6frfku9-1226851607408)

Sodium is stealthily harming Australians, say health experts concerned about high amounts of sodium in foods such as breads and breakfast cereals. The main source of salt in the Australian diet is bread, according to Bruce Neal, a senior director at the George Institute. The average Australian consumes about 3,500 milligrams of sodium each day. About 75% of that sodium comes from processed foods, according to the Australian Heart Foundation, which is running a Halt Hidden Salt campaign. The George Institute is marking World Salt Awareness Week by urging people to read product nutrition labels and switch to lower salt or lower sodium alternatives. One tool Australians can use is FoodSwitch, a free mobile phone app from the Institute that suggests lower salt alternatives for groceries. Users can scan the barcode of processed foods, and the app will show green for good or red for bad as well as listing lower salt alternatives. – news.com.au

[**Call to Cut “Killer Salt”**](http://au.news.yahoo.com/thewest/wa/a/21898381/call-to-cut-killer-salt/)

Excessive sodium consumption in modern diets has been highlighted as a “major killer” for Western Australians, with the Australian Heart Foundation suggesting a 15% reduction in sodium intake from processed foods over a decade could prevent 470 hearts attacks each year in the region. Foundation dietitian Barbara Eden said that Australians had an average daily intake of about 3,500 milligrams of sodium. Australian Medical Association (Western Australia) president Richard Choong said Western Australians have come a long way in lowering their sodium intake and are no longer adding excessive amounts of sodium to food at the table, but their intake still is too high, partly because people are unaware of how much sodium is in the foods they eat. – The West Australian



[**Study Identifies “Quick and Simple” Test for Salt Levels in Food**](http://www.foodnavigator.com/Science-Nutrition/Study-identifies-quick-and-simple-test-for-salt-levels-in-food)

A new method for measuring sodium content in food is more robust and easier to use than current techniques, according to a study published in the *Journal of Agricultural Chemistry and Environment.* The method, called thermometric endpoint titration, does not rely on chloride content, which is the main titration method for measuring sodium and which can lead to errors. Not all sodium in food is paired with chloride (together as sodium chloride, the chemical name of table salt), which makes the current calculation method unreliable. The new method is relatively easy and suitable for routine processes and quality control in food manufacturing facilities. – FoodNavigator.com

[**New Drug Can Lower Sodium Intake Without Dietary Changes**](http://www.foxnews.com/health/2014/03/12/new-drug-can-lower-salt-intake-without-any-dietary-changes/)

A new drug may soon be able to address increasing amounts of sodium in people’s diets and the resultant rise in cardiovascular disease and poor kidney function, according to research published online in the journal *Science.* Tenapanor, which was developed by manufacturer Ardelyx and is still in testing, blocks a membrane transporter called NH3, which is responsible for most of the sodium absorbed by the body. Current medications to control sodium include diuretics and antihypertensive drugs, which either increase water excretion or control high blood pressure. However, these drugs require patients to adhere to a very low sodium diet, which can be difficult given the many high sodium foods in typical American diets, said lead researcher Dominique Charmot, co-founder and chief scientific officer at Ardelyx. Because Tenapanor remains in the gut, the drug can remove sodium while people continue to eat their usual diet. – Fox News



[**Mission for Mars: Reduce Sodium**](http://www.foodbusinessnews.net/articles/news_home/Research/2014/03/Mission_for_Mars_reduce_sodium.aspx?ID=%7B9FBD2C19-22D1-4D99-B2B0-90CF5BE93261%7D&cck=1)

Achieving a 9-month shelf life for tortillas or nutrition bars may sound difficult, but the task pales in comparison to the long-term goal facing Vickie Kloeris. At a recent meeting of the American Society of Baking, Kloeris spoke about her work with foods destined for space travel. The foods, which must have a 5-year shelf life to be used on a mission to Mars, also must have a certain amount of nutrients and low levels of sodium. In the past, the space program has used meals ready to eat (MREs) similar to those used by the military. However, the space program likes to formulate its own MREs because those used in the military have high levels of fat and sodium. The space program has achieved about a 40% reduction in sodium for a day’s worth of meals, bringing the total amount down to 3,000 milligrams. –Food Business News

[**How Much Sodium Do You Need?**](http://www.eatingwell.com/nutrition_health/nutrition_news_information/how_much_sodium_do_you_need)

This slideshow offers some tips on figuring out how much sodium an individual should consume. One factor to consider is age: Salt sensitivity, the likelihood that sodium will raise blood pressure, increases with age. Blood sugar is another consideration; the blood vessels of people with diabetes already are stiffer, so those individuals are more likely to experience the adverse effects of high blood pressure. Ethnicity is another important factor: African Americans are more likely to have high blood pressure, and to develop it at earlier ages, than whites or Hispanics. – EatingWell

[**Foods That Are Saltier than You Think**](http://abcnews.go.com/Health/Wellness/foods-saltier/story?id=22721964)

Many surprising foods have high amounts of sodium. This slideshow presents 13 “sneaky” sources of sodium. Salad dressing, barbecue sauce, and marinades can contain 10% to 20% of recommended daily sodium intake in a 1- or 2-tablespoon serving. But sodium content can be controlled by making marinades and salad dressings at home. Many cereals have 180–300 milligrams of sodium per serving; a better choice is plain oatmeal topped with fruit. Some soy and veggie burgers include a long list of highly processed ingredients and use sodium to enhance flavor. Patties can include 400–500 milligrams of sodium—and that is without a bun, condiments, or cheese. – ABC News

[**Food Science 101: Salt**](http://www.huffingtonpost.com/food-politic/food-science-101-salt_b_4870398.html)

This article describes the role salt plays in our perception of food, from the taste buds to the body’s cells. Saltiness is one of the five basic flavors that taste buds can sense, but it also modifies perception of the other four flavors by acting as an amplifier through a biological process called depolarization. For example, salt overrides the signal to the brain indicating bitterness, effectively masking bitter sensations. The way to take advantage of these processes and achieve restaurant-quality results at home is to aim for the “bliss point” where the natural flavors are emphasized but not yet noticeably salty. In practice, this means adding salt just a pinch at a time during each step of a recipe. – Huffington Post

[**Is It Time to Bring the Salt Shaker Back to the Table**](http://www.theepochtimes.com/n3/539073-bring-the-salt-shaker-back-to-the-table/)**?**

The biological rationale for restricting sodium intake is compelling, but the science does not back it up, according to John Sloan, a practicing family physician and clinical professor at the University of British Columbia. The Cochrane Collaboration, which has conducted two meta-analyses on the subject, concluded that long-term trials of extreme reduction in dietary sodium only minimally reduce blood pressure. Another large meta-analysis indicated that sodium reduction correlates with minor changes in heart disease risk factors. But this review, echoing the Cochrane findings, found little to indicate that sodium intake significantly affects heart disease directly. – The Epoch Times

[**Melting Snow, Road Salt Causing Increased Sodium Levels in Drinking Water**](http://newjersey.news12.com/news/melting-snow-road-salt-causing-increased-sodium-levels-in-drinking-water-1.7345836)

Officials with United Water New Jersey say they have found elevated levels of sodium chloride in customers’ drinking water, a side effect of the state’s unusually harsh winter. Experts say road salt is washed into sewers by melting snow. The salt finds its way into reservoirs and, ultimately, drinking water. Dietitians say the increased salt levels could be dangerous for people on low sodium diets. United Water says sodium levels in drinking water rise every winter, but because there has been so much snow this year, sodium levels are three to four times higher than usual. An 8-ounce glass of water contains about 28 milligrams of sodium, about the same as 8 ounces of diet soda. – News 12 New Jersey

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*For questions or comments, or to be added to or removed from this communication, contact Jessica Levings at* *JLevings@cdc.gov*.