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**2014年11月1日-2014年11月14日**

**行业新闻**

[**减少钠含量：保持食物的安全和口感**](http://www.foodbusinessnews.net/articles/news_home/Business_News/2014/11/Sodium_reduction_Keeping_it_sa.aspx?ID=%7BD5287956-F8A6-4502-9D41-5EED2CA972CE%7D&cck=1)

在减少肉类产品钠含量的努力中，“安全、可口、不易察觉”的策略也许是最有效的。即便消费者要求他们的食物在钠含量减少的情况下仍需具有相同的口味和多汁的口感，食品安全仍然不可忽视。在保持了安全、口味和口感之后，食品制造商可能决定对他们的减钠成果保持沉默，因为消费者见到钠含量减少的宣传，往往想到食物的口感会变差。根据市场研究公司NPD集团（NPD Group）的调查结果，在接下来的5年中，像“低钠”这样的特殊食物标签宣称的使用，预计将在除Z代（指年龄达到二十三岁及以上的人群）以外的每一代人群中都会有所下降。

 资讯来源：食品商业新闻(Food Business News)

**国际新闻**

**[降低食盐和反式脂肪的含量是解决健康问题必经的一步](http://www.thenational.ae/uae/health/reducing-salt-and-transfats-essential-step-to-tackling-health-problems)**

阿拉伯联合酋长国的卫生官员称，减少人们食物中的盐和反式脂肪的含量，是与肥胖作斗争，且免受糖尿病、中风和心脏病威胁的最关键的一步。虽然公众已经意识到加工的食品和快餐会对健康产生不利影响，但专家们还警告说，一些传统的酋长国菜肴也含有较多的盐和脂肪。地区专家Izzeldin Hussein说，阿拉伯联合酋长国卫生部联合世界卫生组织，正在筹划一项提高阿拉伯联合酋长国饮食健康的战略行动。Hussein表示，公众、政府以及食品行业需要共同努力来传播健康意识。

资讯来源：《阿联酋国民报》（阿布扎比）（The National (Abu Dhabi)）

**新研究/调研成果**

**[学校的午餐比家庭便当更有营养](http://www.webmd.com/children/news/20141107/school-lunches-more-nutritious-than-home-packed-lunches-study)**

发表在《营养教育和行为杂志》（*Journal of Nutrition Education and Behavior*）中的一项针对学前班和幼儿园学生的最新研究结果表明，从家里带的便当并没有在学校购买的午餐有营养。总体而言，便当所含的热量、脂肪、饱和脂肪、糖、维生素C和铁都要高于学校的午餐。不过，从家里带的饭菜中的钠含量通常少于学校的午餐：学校的午餐平均钠含量约为1000毫克，而便当里面钠含量约为880毫克。学校午餐的标准将逐步采用2014-2015学年新的指导方案。

资讯来源：WebMD网站（WebMD）

**其它信息**

[**承诺减少钠的摄入：美国心脏协会在全国健康饮食日呼吁减少钠的摄入**](http://www.kyforward.com/our-health/2014/11/05/the-sodium-pledge-aha-wants-sodium-reduction-on-national-eating-healthy-day/)

在美国心脏协会（AHA）设立的11月5日“全国饮食健康日”（National Eating Healthy Day）这天，美国心脏协会呼吁人们通过两个简单的步骤来减少他们的钠摄入量：一是承诺减钠，二是多食用水果和蔬菜。承诺行动是这项宣传活动的一部分。美国心脏协会还为此项宣传活动设立了一个新网站[sodiumbreakup.heart.org](http://sodiumbreakup.heart.org/)，网站上设有博客，问答测试，信息图表以及一些食谱链接和教育性的文章。

资讯来源：KyForward网站（KyForward）

[**增加钾的摄入来控制高血压**](http://www.courier-journal.com/story/life/wellness/aging/2014/11/06/boost-potassium-curb-hypertension/18593513/)

钾可以充当“解毒剂”来抵消钠的影响，从而帮助身体更加有效地调节血压。最近的一项研究结果显示，摄入足够多的钾不仅可以通过降低血压来减少中风的几率，也可能有助于那些没有患高血压的人预防中风。富含钾的食物包括红薯、香蕉、杏、葡萄干、橘子、西红柿、菠菜、青豆、脱脂牛奶和酸奶、金枪鱼以及大比目鱼。 如果你正考虑使用钾盐替代品，请首先告知你的医生。

资讯来源：《信使日报》（Courier-Journal）

[**钠：无声的杀手:**](http://www.durhamregion.com/community-story/4965288-sodium-the-silent-killer/)

每一份食盐和每一口食物，尤其是加工食物，都会对普通人的长期健康产生深远的影响。高钠本身并不必然导致严重的健康问题，而且尽管经过这么多年的研究，科学家们还是不能断言盐就是导致健康问题的直接原因而不是常见的因素之一。在避免心脏病、中风和肾脏问题方面，人们可以采取的最重要的预防措施是留意自己吃什么以及吃的频率。加工食物尤其是罐头食品，如汤类罐头，通常钠含量很高；避免摄入这类食物而用新鲜的水果、蔬菜和肉类取而代之可能会起到积极的作用。

资讯来源：[Durhamregion.com](http://durhamregion.com/)网站（[Durhamregion.com](http://durhamregion.com/)）

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**November 1–14, 2014**



[**Sodium Reduction: Keeping It Safe and Savory**](http://www.foodbusinessnews.net/articles/news_home/Business_News/2014/11/Sodium_reduction_Keeping_it_sa.aspx?ID=%7BD5287956-F8A6-4502-9D41-5EED2CA972CE%7D&cck=1)

A safety-savory-silent strategy may be the most effective when working to reduce sodium in meat products. Food safety remains necessary even as consumers demand the same savory taste and juicy texture in their food products with lower sodium. After maintaining safety, taste, and texture, food manufacturers may decide to stay silent and not market the accomplishments because consumers often associate foods with poor taste when they see claims of reduced sodium. In the next 5 years, the use of foods with special label claims, such as low sodium, is expected to decline across every generational group except Generation Z (i.e., people up to age 23), according to The NPD Group, a market research company. – Food Business News



[**Reducing Salt and Trans Fats Is an Essential Step to Tackling Health Problems**](http://www.thenational.ae/uae/health/reducing-salt-and-transfats-essential-step-to-tackling-health-problems)

According to United Arab Emirates (UAE) health officials, reducing the amount of salt and trans fats in people’s diets is an essential step in the fight against obesity and the threat of diseases such as diabetes, stroke, and heart disease. Although the public is aware that processed and fast foods can have a detrimental effect on health, experts warned that some traditional Emirati dishes also can contain high levels of salt and fats. The UAE Ministry of Health, in collaboration with the World Health Organization, is planning a strategy to improve UAE health, said regional expert Izzeldin Hussein. Hussein said that the public, the government, and the food industry need to work together to spread awareness. – The National (Abu Dhabi)



[**School Lunches More Nutritious than Home Packed**](http://www.webmd.com/children/news/20141107/school-lunches-more-nutritious-than-home-packed-lunches-study)

A study of pre-K and kindergarten students found that lunches packed at home are generally not as nutritious as lunches purchased at school, according to a new study published in the *Journal of Nutrition Education and Behavior*. Overall, the packed lunches had more calories, fat, saturated fat, sugar, vitamin C, and iron than school lunches did. However, meals brought from home generally had less sodium than school lunches: Lunches served at school had an average of about 1,000 milligrams of sodium, whereas packed lunches had about 880 milligrams. The school lunch standards will phase in new sodium standards in the 2014–2015 guidelines. – WebMD



[**The Sodium Pledge: AHA Calls for Sodium Reduction on National Eating Healthy Day**](http://www.kyforward.com/our-health/2014/11/05/the-sodium-pledge-aha-wants-sodium-reduction-on-national-eating-healthy-day/)

During the American Heart Association’s (AHA’s) National Eating Healthy Day on November 5, AHA asked people to pledge to reduce their sodium intake in two easy steps: taking the sodium pledge and eating more fruits and vegetables. The pledge is part of an awareness campaign, as is the new website [sodiumbreakup.heart.org](http://sodiumbreakup.heart.org/), which features a blog, a sodium quiz, infographics, links to recipes, and educational articles. – KyForward

[**Boost Potassium to Curb Hypertension**](http://www.courier-journal.com/story/life/wellness/aging/2014/11/06/boost-potassium-curb-hypertension/18593513/)

Potassium can act as an “antidote” to counteract sodium’s effects by helping the body regulate blood pressure more effectively. Findings from a recent study show that adequate potassium intake may not only reduce the risk of stroke by helping lower blood pressure, it also may help prevent strokes in those who do not have high blood pressure. Some potassium-rich foods include sweet potatoes, bananas, apricots, raisins, oranges, tomatoes, spinach, lima beans, fat-free milk and yogurt, tuna, and halibut. Talk to your doctor first if you are considering a potassium salt substitute. – Courier-Journal

[**Sodium: The Silent Killer**](http://www.durhamregion.com/community-story/4965288-sodium-the-silent-killer/)

Every tip of the salt shaker and each bite of food, particularity processed food, has a profound impact on the long-term health of the average human being. High sodium levels alone do not necessarily result in major health issues, and despite years of research, scientists cannot definitely say that salt is a direct cause rather than a common contributing factor. The most important preventive measure that people can take to avoid heart attack, stroke, and kidney issues is to pay attention to what they eat and how often. Processed foods, especially canned goods such as soup, usually contain high levels of sodium; avoiding those types of foods in favor of fresh fruits, vegetables, and meat may have a positive effect. – Durhamregion.com

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