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《减盐资讯》汇总最新的与钠摄入和减盐相关的新闻文章（或头条），自上一期起，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。

**2015年9月12日至25日**

**行业资讯**

[**纽约市的钠警示图标**](http://www.restaurantnutrition.com/Insights/JUST-SAY-NO-TO-NYC-SODIUM-ICON.aspx)

纽约市卫生委员会最近通过了一项新的与膳食钠相关的规定，这项规定将影响到数百家全国性品牌连锁餐厅下属的大约3000家餐厅。从2015年12月1日起，监管机构要求这些餐馆，对于其含钠量超过2300毫克的餐品，需要在菜单上贴上一个警告图标。该文章敦促餐馆确保其菜单餐品含钠量低于2300毫克，以避免贴出警示图标。该文章指出，美国国立卫生研究院资助的“健康餐饮”研究表明，在味道方面，每款经过减盐的餐品在口味上都获得了至少同原款一样高的评分。——[餐厅营养网](http://restaurantnutrition.com/) ([RestaurantNutrition.com](http://restaurantnutrition.com))

**政府新闻**

[**学校午餐规定成为减盐重点项目**](http://thehill.com/blogs/blog-briefing-room/news/253634-big-salt-takes-aim-at-school-lunch-rules)

国会将在秋季就“健康无饥饿儿童”法案进行辩论，并重新安排资金授权。在这一背景下，卫生专家和行业团体正赶在此前讨论全国的钠摄入标准问题。该法案规定，到2017年，小学、初中和高中每份学校午餐的最大含钠水平要分别从1230毫克、1360毫克和1420毫克降低到935毫克、1035毫克和1080毫克。 到2022年，含钠量还要进一步降低。食盐研究所等团体认为，联邦政府本身就是钠摄入研究的资助者，而且一些研究也表明：钠摄入不足比过量更危险。约翰霍普金斯大学 (Johns Hopkins University) 的劳伦斯·阿佩尔 (Lawrence Appel) 教授则认为，上述研究的正确性有待商榷。阿佩尔教授对那些研究的方法论予以了批判并称：“由于目前存在很多非常技术性的问题，因此研究钠和由其引起的疾病之间的关联非常困难。”他还称，不管人们怎么想，高血压问题都是在生命早期形成的。据美国疾控中心介绍，美国儿童中10个就有9个存在钠摄入超过推荐量的问题。——《国会山报》 (The Hill)

**州/地方新闻**

[**汉堡连锁店或不受纽约高钠标识新规影响**](http://www.csmonitor.com/Business/The-Bite/2015/0914/New-York-s-new-sodium-labels-might-not-impact-burger-chains)

纽约市近期发布规定，要求为高钠食品增加警示标识。这一规定或许不会对汉堡类快餐连锁店产生重大影响。纽约市卫生心理健康局成员最近一致投票决定，要求餐馆在菜单上为那些钠含量超过2300毫克每日推荐额的餐品添加警告标签。汉堡王、麦当劳、温迪快餐厅、In-N-Out汉堡或Sonic汉堡都没有一款汉堡含钠量超过了这个标准。超过这个标准的例外包括：Carl’s Jr.’s的1/2磅Thickburger El Diablo (含钠2630毫克) 和其1/3磅款 (含钠2440毫克)。不过这些数字与一些休闲餐饮连锁店提供的汉堡的含钠量相比，就是小巫见大巫了。比如，Chili’s餐厅的“大口咬” （Big Mouth Bites） 汉堡含钠4520毫克，而其“南部烟囱”（ Southern Smokestack） 汉堡含钠也达到了4470毫克。——基督教科学箴言报

[**俄勒冈州各学校期待在学校午餐问题上找到平衡**](http://www.opb.org/news/article/a-food-fight-over-school-lunch-nutrition/)

俄勒冈州的197个学区中，有187个参与了全美学校午餐计划。这些学区正在实施“健康无饥饿儿童法案”所要求的全国午餐标准。当地学校官员一直在寻找有创意的方法来制作出美味和健康的学校午餐，但他们说，要达到联邦限钠标准是很具挑战性的一项任务。该州大厨、营养师和儿童营养专家加勒特·伯丹 (Garrett Berdan) 称，由于限钠标准变得更加严格，因此现在很难做出孩子们喜欢的健康食物。波特兰公立学校的营养服务主任吉塔·格雷瑟-斯威尼 (Gitta Grether-Sweeney) 表示，虽然目前的标准实行起来还算“非常可行”，但如果将牛奶和谷物也算进来，要实现2022年每份小学午餐含钠量控制在640毫克的目标的话，就基本没法加调味料了。她还指出，如果学生们在学校食堂就餐之前已经适应了含有更多钠的饭菜，也就是说如果学校饭菜调的要比孩子们在家吃的饭菜口味淡的话，那么要想既让学校午餐达到限钠标准又想让学生喜欢吃学校饭菜就会变得困难重重。——俄勒冈州公共广播 (Oregon Public Broadcasting)

**国际新闻**

**[香港消费者权益监督机构警告 谨防高钠调味品](http://www.ejinsight.com/20150915-beware-of-high-sodium-seasonings-consumer-watchdog-warns/)**

香港消费者委员会最近警告称，在香港出售的许多调味品和调味料都含有过多的钠。该消费者权益监督机构称，它对65种常用的调味料，比如鸡粉、鸡汤、鱼粉、鱼露、酱油等进行了测试。测试发现，鸡粉样本中含钠量最高。人们觉得老抽酱油含钠量应该比生抽低，但这一想法被测试结果推翻，因为老抽样本的含钠量是生抽的两倍之多。该消费者委员会建议人们逐渐减少调味品的使用，或使用天然调味料或香草替代高钠调味料。姜、葱、黑胡椒、百里香、甚至香油、醋和葡萄酒都是不错的低钠调味品。——香港经济日报 (Hong Kong Economic Journal)

**[在全欧洲禁止便宜的垃圾食品](http://www.birminghammail.co.uk/news/midlands-news/ban-cheap-junk-food-says-10052298)**

华威大学 (University of Warwic) 医学院教授弗朗西斯科·卡普乔 (Francesco Cappuccio) 对世界各地的人群饮食情况进行了30年的研究后，呼吁英国政府阻止食品制造商和分销商生产和销售不健康的廉价高钠垃圾食品。他的最新研究表明，在整个欧洲，社会经济地位较低的人比起那些拥有更高收入的人摄入了更多的盐，这可能会导致他们的预期寿命降低。卡普乔称：“我们现在有令人信服的证据表明，无论是英国还是整个欧洲都有必要诉诸更多的监管手段和强制措施来创造一个低钠饮食环境，这样做会让所有人受益。”——伯明翰邮报 (Birmingham Mail)

**[玻利维亚希望禁止餐馆提供食盐](http://timesofindia.indiatimes.com/world/rest-of-world/Bolivia-wants-to-ban-salt-from-restaurants/articleshow/49083520.cms)**

玻利维亚采取的减盐方法非常新奇，那就是，把盐从餐馆桌子上移除。玻利维亚大约三分之一的人患有高血压，而政府则将这一现象归咎于过量的盐摄入。“我们必须把食盐拿走，”消费者权益部副部长吉列尔莫·门多萨 (Guillermo Mendoza) 刚刚上任就做出了这样的表态。他还希望餐馆能够让食客知道饭菜中含有多少盐和糖。——《印度时报》 (Times of India)

**新研究/调研成果**

**[言之有效的儿童减盐法](http://www.medpagetoday.com/PracticeManagement/PracticeManagement/53646)**

发表在美国疾病预防控制中心《美国预防医学杂志》 (American Journal of Preventive Medicine) 上的一项最新研究显示，那些从医生处得到钠相关医学建议的成年人更有可能采取措施限制钠摄入量。根据波士顿儿童医院的预防心脏病学主管莎拉·德·费兰蒂 (Sarah de Ferranti) 的说法，儿童钠摄入量的影响圈是从他们的健康护理小组开始的，这些小组对父母和看护人进行教育，然后父母和看护人再做出直接影响整个家庭饮食的决定。费兰蒂称：“无论是在大型医疗中心还是小私人诊所，我们一定都能通过医疗人员的知识和技能获得更有效的指导。”她还建议使用电子健康记录或其它医疗技术工具来跟踪病人取得的进步，并将结果告知每次前来就诊的病人；或提供易于使用的、可轻松获取的资源来指导人们改变生活方式，比如：“百万心脏®健康饮食与生活方式资源中心”；以及对于整个团队所做出的成绩给予肯定和奖励。——《今日医学要闻》 (Medpage Today)

**[超过三分之一的美国儿童和青少年每天吃快餐](http://www.reuters.com/article/2015/09/16/us-usa-fastfood-calories-idUSKCN0RG2S820150916?)**

美国疾病预防控制中心国民健康统计中心的数据显示，在美国，每天都有三分之一的儿童和青少年从快餐店获取相当部分的日常营养。超过12%的受访儿童和青少年的热量摄入40%以上来自快餐。12至19岁的青少年人群和比他们更小的儿童相比，前者平均每日从快餐中摄入的热量比例是后者的两倍之高。总的来说，不同性别、不同家庭经济状况和不同体重的儿童和青少年摄入的卡路里水平并无明显差别。每日食用快餐最少的组别是非西班牙裔亚洲儿童，为8%。非西班牙裔黑人儿童食用快餐食品的比例最高，为13.9%。——路透社 (Reuters)

**[高钠高钾膳食或导致慢性肾脏疾病恶化](http://www.sciencedaily.com/releases/2015/09/150918080614.htm)**

发表在《美国肾脏病学会杂志》 (Journal of the American Society of Nephrology)上的一篇最新研究表明，通过膳食摄入高量的钠和钾可能会加速肾脏疾病的发展。研究人员发现，较高的尿钠和尿钾的排泄水平与慢性肾脏疾病的发展速度成正比。研究人员指出，慢性肾脏疾病患者倾向于摄入超过每日推荐限额的钠。该项研究的参与者每天平均摄入3700毫克的钠，远远高于2300毫克的每日限额。——科学日报 (Science Daily)

**其它信息**

**[“贴秋膘”的健康美味食物](http://www.freep.com/story/life/food/recipes/2015/09/11/healthier-comfort-foods-fall/72016524/)**

秋天是一个让人食欲大开的季节，这就意味着摄入额外的卡路里、脂肪和钠。不过，有些办法可以让你在大快朵颐，满足你对安慰性食物的渴望，同时又不用担心放纵过度。烹饪教师玛丽·斯宾塞 (Mary Spencer) 介绍称：“在烹饪开始和结束的时候加入香草，会大幅提升饭菜的味道。你要做的，就是少用一些盐和脂肪，同时保留菜肴的美味。”阅读食品标签并理解他们的含义也很重要。要使用标注有“无添加盐”的罐装豆类和蔬菜，如番茄(包括番茄酱和番茄膏)。对许多品牌的产品来说，标注有“无添加盐”的产品含钠量是其普通装的一半左右。消费者还应该注意那些标注有各种“低”的产品，“低糖通常就是说含盐量高，而低脂则往往意味着含糖量高，”注册营养师克丽斯塔·伯德 (Christa Byrd) 如是介绍。——《底特律自由新闻报》 (Detroit Free Press)

**[吃多少盐合适：古老的调味品的新问题](http://health.usnews.com/health-news/blogs/eat-run/2015/09/14/peppering-salt-new-questions-for-an-old-condiment)**

如今人们对盐有很多疑问。吃多少算过量？吃太少可能吗？盐是否真的是“公认的安全调味品”，而美国食品和药物管理局(FDA)是否应该按此标准对其进行监管？抑或是食品和药物管理局有义务承认盐的潜在危险？该文论述了有关钠和盐的争论历史，并回顾了一些重要的钠研究所得出的成果。该文结论称，尽管只摄入太少量的钠这一做法是可能的，而且学界对推荐摄入量范围的最佳底线也存在合理的质疑，但大多数人从食品供应中获取的钠都存在超标问题，通常从一顿饭中摄入的钠就相当于一天的应摄入量，甚至更多。对此问题，最好的解决办法就是：减少加工食品的摄入，并更多地食用天然食物和家庭烹饪的饭菜。——《美国新闻和世界报道》 (U.S. News & World Report)

**[在家做饭如何避免用盐过量](http://www.wltx.com/story/life/recipes/2015/09/14/how-avoid-too-much-salt-your-food/72281222/)**

大多数人没有意识到他们每天摄入多少盐。大厨基斯·坎贝尔 (Keith Campbell)在哥伦比亚广播公司南卡罗来纳州哥伦比亚下属电视台的一档名为《朋友相约五点钟》 (Friends at 5) 的节目中讨论了哪些受欢迎的食品中有不为人知的过量盐这一话题。坎贝尔大厨还就如何阅读食品标签以避免买到不健康产品并找到更好的选择这一问题提供了一些建议。他还向观众演示了如何制作一款含钠量低于罐装或瓶装酱的意大利面酱。——哥伦比亚WLTX 19电视台 (WLTX 19 Columbia)

[**花点时间 慢慢喜欢上低盐的味道**](http://triblive.com/lifestyles/fooddrink/8894269-74/salt-exposure-foods#axzz3mNiupg00)

最新研究表明，改变人们的口味偏好，从而让他们喜欢上低盐食物的味道，这一点是可能的，只是可能需要一点耐心。小时候暴露于高盐食物的环境，就可能让一个人对咸味食物产生偏好。不过，不管是对儿童还是成人来说，通过反复接触，感官体验可以改变一个人对于不太喜欢的味道的味觉认知。实验研究表明，让幼儿接收一种新的食物或味道，需要6 – 15次的味觉接触；成人也可能需要很多次接触。因此，减少盐摄入量的策略应当包括重复接触低盐食品。尽管可能需要非常多次的接触，但让人开始喜欢上低盐食物的味道这一点是可能的。– Trib Live

请注意：

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。

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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.

**September 12–25, 2015**

Industry News.jpg

[**Just Say “No” to New York City Sodium Icon**](http://www.restaurantnutrition.com/Insights/JUST-SAY-NO-TO-NYC-SODIUM-ICON.aspx)

The New York City Board of Health recently passed a new sodium regulation slated to affect about 3,000 restaurant locations from hundreds of nationwide brands. Starting December 1, 2015, restaurants will be required to post a warning icon next to menu items that contain more than 2,300 milligrams of sodium. The article urges restaurants to avoid the need for the icon by making sure their menu items contain less than 2,300 milligrams of sodium. The article points out that the Healthy Dining study, which was funded by the National Institutes of Health, showed that almost every menu item for which sodium levels were reduced was rated at least as highly as the original version in terms of flavor. – RestaurantNutrition.com

Government News.jpg

[**Big Salt Takes Aim at School Lunch Rules**](http://thehill.com/blogs/blog-briefing-room/news/253634-big-salt-takes-aim-at-school-lunch-rules)

Health experts and industry groups are debating national sodium standards ahead of a fall congressional debate over the Healthy, Hunger-Free Kids Act, which is scheduled for reauthorization. The rules would reduce per-lunch maximum sodium levels from 1,230 milligrams in elementary school, 1,360 in middle school, and 1,420 in high school to 935, 1,035, and 1,080 milligrams, respectively, by 2017. Levels would be reduced further by 2022. Groups including the Salt Institute contend that the federal government is behind in its research on sodium consumption and that some studies have shown getting too little sodium could be more dangerous than getting too much. Lawrence Appel, a professor at Johns Hopkins University, dismissed the validity of the referenced studies: “There are a lot of fairly technical issues that make it hard to study sodium and subsequent disease,” he said, critiquing the methodology of the studies. Despite what people may think, Appel said, problems with hypertension begin early in life. According to CDC, 9 out of 10 U.S. children eat more sodium than is recommended. – The Hill

State-Local.jpg

[**New York’s New Sodium Labels Might Not Affect Burger Chains**](http://www.csmonitor.com/Business/The-Bite/2015/0914/New-York-s-new-sodium-labels-might-not-impact-burger-chains)

New York City’s new labeling rule for high sodium foods may not have a significant impact on quick-service burger chains. Members of the New York City Department of Health and Mental Hygiene recently voted unanimously to require that restaurants add a warning label for menu items containing more than the 2,300-milligram recommended daily limit. No single burger at Burger King, McDonald’s, Wendy’s, In-N-Out Burger, or Sonic is above the sodium threshold; exceptions include Carl’s Jr.’s 1/2 pound Thickburger El Diablo (2,630 milligrams) and the 1/3 pound version (2,440 milligrams). However, those numbers pale in comparison with the sodium levels in burgers offered at some casual-dining chains. For example, Chili’s Big Mouth Bites contain 4,520 milligrams of sodium, and its Southern Smokestack Burger contains 4,470 milligrams. – Christian Science Monitor

[**Oregon Schools Look to Find a Balance at Lunch**](http://www.opb.org/news/article/a-food-fight-over-school-lunch-nutrition/)

The 187 Oregon school districts that participate in the National School Lunch Program (out of 197 districts in the state) are looking ahead at implementing the national requirements of the Healthy, Hunger-Free Kids Act. Local school officials have been trying to find creative ways to make tasty and healthy school lunches but say that meeting federal standards for sodium is challenging. Garrett Berdan, a chef, dietitian, and child nutrition specialist for the state, said that tighter sodium limits will make it harder to cook healthy food that kids will like. Gitta Grether-Sweeney, the director of Portland Public Schools’ nutrition services, said that although the current standard is “very doable,” the 2022 goal of 640 milligrams of sodium per elementary school meal does not leave much room for seasoning once milk and grains are included. She also noted that students come into school cafeterias with palates that are used to much more sodium, so if school lunches are not nearly as seasoned as the food that kids eat at home, it will be tough to both meet the guidelines and cook food that students will enjoy. – Oregon Public Broadcasting

International News.jpg

[**Beware of High Sodium Seasonings, Hong Kong Consumer Watchdog Warns**](http://www.ejinsight.com/20150915-beware-of-high-sodium-seasonings-consumer-watchdog-warns/)

Many condiments and sauces sold in Hong Kong contain excessive amounts of sodium, the Hong Kong Consumer Council recently warned. The consumer watchdog said it tested 65 samples of commonly used seasonings, such as chicken powder, chicken stock, fish powder, fish sauce, and soy sauce. Chicken powder samples were found to contain the most sodium. The belief that dark soy sauce is less salty than light soy sauce was undercut in the tests, as dark soy sauce samples contained twice as much sodium as light soy sauce did. The Consumer Council advised people to reduce the use of seasonings gradually or replace seasonings with natural ingredients or herbs. Ginger, green onion, black pepper, thyme, and even sesame oil, vinegar, and wine are all good choices with low sodium content. – Hong Kong Economic Journal

[**Ban Cheap Junk Food Across Europe**](http://www.birminghammail.co.uk/news/midlands-news/ban-cheap-junk-food-says-10052298)

After conducting 30 years of research into the diets of populations around the world, Francesco Cappuccio, a professor at the University of Warwick’s medical school, is calling on the U.K. government to stop food manufacturers and distributors from producing and selling unhealthy, cheap, and salty junk food. His latest study indicates that across Europe, people of low socioeconomic status consume more salt than those with higher incomes do, which can contribute to lower life expectancy. “We now have convincing evidence in Britain and across Europe that more regulatory actions and mandatory enforcements are needed to deliver a reduced-salt environment for all to benefit from,” he said. – Birmingham Mail

[**Bolivia Wants to Ban Salt from Restaurants**](http://timesofindia.indiatimes.com/world/rest-of-world/Bolivia-wants-to-ban-salt-from-restaurants/articleshow/49083520.cms)

Bolivia has a novel idea to cut down the salt intake of its people: Banish salt from restaurant tables. About a third of Bolivia’s population suffers from high blood pressure, and the government blames salt for it. “We must remove table salt,” announced Guillermo Mendoza, vice minister of consumer rights, upon taking office. Mendoza also wants restaurants to indicate to diners how much salt and sugar is in their meals. – Times of India

New Studies-Research.jpg

[**A Few Words Go a Long Way in Cutting Kids’ Salt Use**](http://www.medpagetoday.com/PracticeManagement/PracticeManagement/53646)

New CDC research in the *American Journal of Preventive Medicine* shows that adults who reported receiving sodium-related medical advice were more likely to take steps to limit their intake. The circle of influence on children’s sodium intake begins with their health care team educating parents and caregivers, who then make decisions that directly affect the food the family eats, according to Sarah de Ferranti, director of preventive cardiology at Boston Children’s Hospital. “Whether you are at a large medical center or a small private practice,” she said, “I believe we can all better train and utilize our office colleagues’ skills and talents.” Dr. de Ferranti also recommends using electronic health records or other health technology tools to track patients’ progress and sharing those results with patients at every visit; providing easy-to-use, accessible resources to empower lifestyle changes, such as the Million Hearts® Healthy Eating & Lifestyle Resource Center; and rewarding and recognizing the entire team for the impact they make. – Medpage Today

[**Over a Third of U.S. Children and Adolescents Eat Fast Food Daily**](http://www.reuters.com/article/2015/09/16/us-usa-fastfood-calories-idUSKCN0RG2S820150916?)

On any given day in the United States, 1 out of 3 children and adolescents receives a significant portion of their daily nutrition from fast food restaurants, according to a recent data brief from CDC’s National Center for Health Statistics. More than 12% of the children and adolescents surveyed got more than 40% of their calories from fast food. The average daily percentage of calories from fast food was twice as high among adolescents ages 12–19 years as among younger children; overall, there was no significant difference in how many calories children and teens of different sexes, poverty status, or weight status consumed. The group with the lowest daily consumption of fast food was non-Hispanic Asian children, at 8%. Non-Hispanic black children consumed the highest proportion, at 13.9%. – Reuters

[**High Dietary Sodium and Potassium May Worsen Chronic Kidney Disease**](http://www.sciencedaily.com/releases/2015/09/150918080614.htm)

High dietary intake of sodium and potassium may speed the progression of kidney disease, according to a new study in the *Journal of the American Society of Nephrology*. Researchers found that high urinary excretion levels of both sodium and potassium were linked with faster progression of chronic kidney disease. The researchers noted that patients with chronic kidney disease tend to consume sodium above the recommended daily limit. The study's participants consumed an average of 3,700 milligrams of sodium per day, significantly above than the recommended 2,300-milligram daily limit. – Science Daily

Other.jpg

[**Healthier Comfort Foods for Fall**](http://www.freep.com/story/life/food/recipes/2015/09/11/healthier-comfort-foods-fall/72016524/)

Food cravings can really settle in during fall, meaning extra calories, fat, and sodium. But there are ways to indulge without overindulging and yet satisfy those comfort food cravings. “When you add herbs at the beginning and the end of cooking, it brightens up the dish,” said cooking instructor Mary Spencer. “What you’re trying to do is eliminate the salt and some of the fat, but keep the flavor.” Reading labels and understanding what they mean is also important. Use canned beans and vegetables like tomatoes (including tomato sauce and paste) that have labels stating “no salt added.”  With many brands, the “no salt added” versions contain half the sodium of their regular counterparts. Shoppers should also watch out for products labeled “low” anything: “Low sugar is usually higher in salt and low fat is higher in sugar,” said registered dietitian Christa Byrd. – Detroit Free Press

[**Peppering Salt: New Questions for an Old Condiment**](http://health.usnews.com/health-news/blogs/eat-run/2015/09/14/peppering-salt-new-questions-for-an-old-condiment)

There are many questions about salt these days. How much is too much? Is it possible to have too little? Is it really “generally recognized as safe,” and should the Food and Drug Administration (FDA) regulate it as such? Or should the FDA be obligated to acknowledge salt’s potential perils? The article discusses the history of sodium and the salt debate, reviewing findings from some major sodium studies. It concludes that although it is possible to consume too little sodium, and there are legitimate doubts about the optimal low end for the recommended intake range, most people consume far too much from a food supply that routinely contains a day’s worth of sodium or more in a single meal. Shifting to a less processed diet and relying more on foods direct from nature and on home-cooked meals are the best responses. – U.S. News & World Report

[**How to Avoid Too Much Salt When Cooking at Home**](http://www.wltx.com/story/life/recipes/2015/09/14/how-avoid-too-much-salt-your-food/72281222/)

Most people do not realize just how much salt they consume each day. Chef Keith Campbell discussed the hidden salt in some popular foods on “Friends at 5,” a local television show on CBS’ affiliate station in Columbia, South Carolina. Campbell provides tips on reading labels to avoid unhealthy products and to identify better options. He also showed how to make a pasta dish that is much lower in sodium than one made with any jarred or bottled sauce. – WLTX 19 Columbia

[**Acquiring a Taste for Less Salt—with Time**](http://triblive.com/lifestyles/fooddrink/8894269-74/salt-exposure-foods#axzz3mNiupg00)

Recent research indicates that it is possible to change people’s taste preferences so that they prefer foods with less salt, although it may take some patience. Even at an early age, exposure to salt may influence taste preferences for salty foods. However, sensory experiences can change the taste perception of less favorable flavors, for both children and adults, through repeated exposure. Experimental studies have showed that young children required 6–15 taste exposures before they would accept a new food or flavor; adults too may need multiple exposures. Strategies for reducing salt intake should include repeat exposures to lower salt food items. Although it may take numerous exposures, it is possible to start preferring the taste of lower salt foods. – Trib Live

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