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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1月30日- 2月12日**

**行业新闻**

[**减盐是否利于商家**](http://www.forbes.com/sites/brucelee/2016/02/02/is-lowering-salt-good-for-business/#4a31d534748f)

随着人们对隐性含盐量存在潜在危害意识的逐渐提高，食品商家可能会就此采取调整措施。但商家应该如何应对人们对食品含盐量的日渐担忧呢？2015年12月，美国社会出现了两种截然不同的做法。纽约市开始要求大型连锁餐厅在超过日均建议用盐量的菜品旁标注警示标签，此后不久，美国国家餐饮协会（National Restaurant Association）就对该城市提起了诉讼。但通用磨坊公司（General Mills）声明称，公司十类产品中有七类已在过去五年至少成功减钠20%。大家很容易想到哪种方法更利于健康，但究竟哪种方式更利于商家呢？——《福布斯》（Forbes）

**州/地方新闻**

[**通过减钠保证心脏健康的十种替换产品**](http://www.nola.com/healthy-eating/2016/02/slash_the_sodium_10_brand-name.html)

目前，虽然美国农业部（USDA）颁布的饮食指导政策建议美国民众将自己的每日钠摄入量控制在2300毫克以内，但实际上，美国民众的平均钠摄入量则接近3400毫克。文章指出，新奥尔良市市民的钠摄入量“在平均水平以上”。减少盐摄入量并不意味着人们不能再吃自己喜欢的食物。如果突然换成其它品牌的食品，那么每份用量通常可减少几百毫克的钠。该文章还建议大家将Tony Chachere牌克里奥原味调料换成Chef Paul Prudhomme牌神奇混合调料，这样，每茶匙用量可减少超过1000毫克钠。用山羊奶酪代替羊乳酪可减钠约50%；换用Tabasco（目前含钠量最低的一种辣椒酱）每茶匙只能减少35毫克钠。——《皮卡尤恩时报》官网（NOLA.com）

**国际新闻**

[**土耳其餐厅鉴于健康问题计划实行限盐令**](http://www.dailysabah.com/nation/2016/02/12/turkish-restaurants-preparing-for-salt-ban-amid-health-concerns)

由于土耳其试图减少每日用盐量，上千家餐厅可能将计划移除餐桌上的调味品。一位业内人士称，伊斯坦布尔餐厅与供应商协会（All Restaurants and Suppliers’ Association）计划在二月末举行的执行会议上讨论该事宜。该协会由230家土耳其公司组成，他们也在计划与土耳其卫生部（Health Ministry）进行合作。尽管世界卫生组织（World Health Organization）建议的每日用盐量不超过5克，但土耳其人每日用盐量通常为18克。据伊斯坦布尔肾脏基金会（Kidney Foundation）主席帖木尔·埃尔克（TimurErk）称，土耳其东南部居民的每日用盐量可能高达25克。近期，土耳其政府已修改奶酪和面包等食品相关法规。土耳其食品部（Turkish Food Ministry）颁布的法规已于2016年1月1日起生效，该法规使不同奶酪中的含盐量减少了35%到61%。——《沙巴日报》（Daily Sabah）

**[科学家认为鱼露可用作低钠增味剂](http://www.upi.com/Science_News/2016/02/02/Scientists-look-to-fish-sauces-as-low-sodium-flavor-enhancer/3901454446813/)**

《食品科学杂志》（Journal of Food Science）发布了马来西亚专家的一项新研究，该研究表示，鱼露可用作一种有效的低钠增味剂。鱼露是东南亚饮食中一种常见的调味品和烹饪原料。它是用海盐和黑色凤尾鱼经数月发酵而制成。制成的液体因其刺激的鲜味而备受青睐。马来西亚泰莱大学（Taylor’s University）的研究人员在鸡汤、番茄酱和椰汁咖喱等诸多酱汁配置品中加入了越南鱼露后发现，厨师使用鱼露后，既能使菜品保留原有的味道，又能减少钠含量。味道测试员们也表示，用鱼露代替一部分盐制成的咖喱、肉汤和番茄酱比用低钠的方法制出的味道更鲜美。——《合众国际社》（UPI）

**新研究/调研成果**

[**老龄化或可加剧高盐饮食的负面影响**](http://medicalxpress.com/news/2016-02-aging-worsen-effects-high-salt-diet.html)

各种导致身体机能下降的变化都与老龄化相关，例如身体对水和钠摄入程度的控制过程。研究显示，人类和动物随着年龄增长，会逐渐失去保留钠和水的能力以及控制尿液浓度的能力，他们会比年轻群体更容易感到口渴。《美国生理学学刊：管理、综合和比较》（American Journal of Physiology*—*Regulatory, Integrative and Comparative Physiology）最近的一篇文章中指出，若老鼠食用了高盐饮食，那么随着老龄化，老鼠改掉钠摄入过量的习惯会越来越难。这一调查结果可能意味着老龄群体用盐过量将产生此类结果，也就是说，老龄群体在饮食中因用盐过量而导致不良结果的风险可能更大。——《医学快报》（Medical Xpress）

[**科学家发现第二种咸味感知器官**](http://indiatoday.intoday.in/story/now-reduce-your-dietary-sodium-via-a-new-salt-replacer-says-study-health/1/594293.html)

发表在《神经科学杂志》（Journal of Neuroscience）上的研究对舌部咸味味觉细胞的特性和功能进行了新的阐述，从而使盐类替代品或增味剂出现了跨越性的发展。研究指出，由于科学家尚未充分了解人类和其它哺乳动物探测咸味的方式，因此，为保证公众健康而采取的饮食减盐措施受到了阻碍。虽然科学家已充分了解哺乳动物探测氯化钠的初步过程，也知道人类还具有第二个咸味感知器官，但该感知器官的特性等详细情况却始终无从得知。研究人员在目前的研究中确定了这种第二机制中的味觉细胞的特性，并了解了这些细胞具体的作用方式。——《今日印度》（India Today）

[**分析发现超市半成品中的钠、脂肪和糖含量通常较高**](http://komonews.com/news/consumer/analysis-finds-prepared-foods-at-supermarket-often-loaded-with-sodium-fat-sugar)

人们为节省做饭时间而选择在超市购买半成品，而这一行为可每年为超市带来290亿美元的收入。但是，《消费者报告》（Consumer Reports）警示称：那些食品无需标示营养成分，因此，人们摄入的脂肪、热量和钠可能会比他们想象的要高。《消费者报告》从六家大型超市秘密购买了几十种受欢迎的半成品，并对这些产品的钠、热量、脂肪和饱和脂肪含量进行了分析。分析结果表明，受试产品含钠量较高。例如，一块6盎司的火鸡肉糕平均含有891毫克钠；一杯薏米沙拉平均含有938毫克钠。该研究还表明，消费者愿意花钱买方便，比如分析结果中的某些食品价格是家庭烹饪成本的两倍。——ABC电视台西雅图KOMO 4频道（KOMO ABC 4 Seattle）

**其它信息**

[**麦当劳甘蓝沙拉热量、脂肪和盐含量超过巨无霸**](http://www.nydailynews.com/life-style/eats/mcdonald-kale-salad-packs-calories-fat-big-mac-article-1.2519994)

麦当劳最新推出的天然叶菜沙拉——甘蓝沙拉的热量、脂肪和钠含量均超过一个巨无霸。田园乳酪脆皮鸡肉沙拉（Premium Southwest Salad with Buttermilk Crispy Chicken）中的小菠菜和小甘蓝本身既营养又低热量，而一旦加上乳酪鸡块、切达干酪、杰克干酪、酸辣玉米条、黑豆和玉米粒，以及配上一份含大量奶油的Newman牌田园沙拉酱后，这样一碗沙拉的热量就会达到710卡、脂肪43克、钠1530毫克。曼哈顿营养学家塔尼亚·查克布洛特（Tanya Zuckerbrot）建议，将田园乳酪脆皮鸡肉沙拉中的脆皮鸡块换成烤鸡块，并去掉沙拉酱、干酪和玉米条，这样一碗沙拉的热量就能降至更合理的230卡、脂肪5克、钠740毫克。——《纽约每日新闻》（New York Daily News）

[**罗伊森博士与奥兹博士对新膳食指导政策提出建议**](http://www.idahostatesman.com/living/health-fitness/article58797723.html)

对于美国农业部（USDA）最新出台的国家官方健康饮食计划，即美国民众膳食指导政策，目前众说纷纭，从美国癌症协会（American Cancer Society）和美国医药医师责任委员会（Physicians Committee for Responsible Medicine）到顶级营养专家，甚至肉类和糖类问题的说客，都加入了这场论战。电视名人和健康问题作家迈克尔·罗伊森（Michael Roizen）和穆罕默德·奥兹（Mehmet Oz）对美国人应如何做到最健康的饮食这一问题发表了自己的观点。美国农业部称，人们应将钠摄入量控制在每日2300毫克或更少。但罗伊森和奥兹称，“更明智的饮食标准”的重点应该是多吃新鲜蔬果、100%全麦、低脂或脱脂乳品、优质脂肪和瘦肉蛋白质，而不是计算钠含量。罗伊森和奥兹还认为，高血压人群才应该关注钠摄入量，另外，全社会有60%的人患有糖尿病、心脏病或肾病，这些人也应该将他们的钠摄入量控制在每天1500毫克。大家只要食用新鲜健康的食品，钠摄入量自然就会减少。——《爱达荷政治家报》（Idaho Statesmen）

[**通过爆炒保留味道和减钠**](http://www.freep.com/story/life/food/recipes/2016/01/30/sesame-chicken-healthy-table/79487184/)

2500多年前，酱油最早在中国被酿造而成。人们认为酱油是世界上最古老的调味品之一，并且是亚洲烹饪中一种最重要的原料。尽管多数超市提供的酱油种类屈指可数，一般为生抽、老抽和低盐酱油，但配方则有上百种。低盐酱油是制作芝麻鸡的主要原料，每份含有460毫克钠，通常比普通酱油钠含量低30%至40%。然而，低盐酱油含钠量仍较高，每勺约为550毫克。——《底特律自由新闻报》（Detroit Free Press）

[**观看超级杯时选择低钠零食**](http://video.foxnews.com/v/4734686209001/low-sodium-snack-swaps-for-the-super-bowl/?#sp=show-clips)

政府最新出台的指导政策建议美国民众将每日盐摄入量减少至约一茶匙。那么，如何在边看超级杯边吃零食时达到食盐不过量呢？在这段视频中，Bravo电视台的《顶级大厨》（Top Chef）节目评委盖尔·赛门斯（Gail Simmons）向大家介绍了她在观看超级杯时最喜欢吃的几种低盐美食的食谱，还提供了一些小技巧，例如，如何查看薯片包装上的营养成分表，用香料给酱汁提味，以及如何选择更健康的超级杯零食等。——福克斯新闻网（Fox News）

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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.

**January 30–February 12, 2016**

Industry News.jpg

[**Is Lowering Salt Good for Business?**](http://www.forbes.com/sites/brucelee/2016/02/02/is-lowering-salt-good-for-business/#4a31d534748f)

With growing awareness of the potential harmful effects of hidden salt, food businesses may want to adapt. But how should a business handle growing concerns about salt in the food it provides? In December 2015, Americans witnessed two very different reactions. Shortly after New York City began requiring that larger chain restaurants put warning labels next to menu items that exceed daily salt recommendations, the National Restaurant Association filed a lawsuit against the city. But General Mills announced that it had successfully reduced the sodium content in 7 of 10 product categories by at least 20% over 5 years. While it is easy to guess which approach is better for health, which one is better for business? – Forbes

State-Local.jpg

[**Ten Product Swaps to Slash Sodium for a Healthier Heart**](http://www.nola.com/healthy-eating/2016/02/slash_the_sodium_10_brand-name.html)

Although the current U.S. Department of Agriculture (USDA) Dietary Guidelines recommend that Americans limit their daily sodium intake to 2,300 milligrams, the average American’s daily sodium intake is closer to 3,400 milligrams; in New Orleans, the article notes, “Let’s just say we’re above average.” Scaling back on salt intake does not mean people have to forego eating their favorite foods. Simply switching to another brand can often shave off hundreds of milligrams of sodium per serving. Among the sodium swaps that the article recommends are switching from Tony Chachere’s Original Creole Seasoning to Chef Paul Prudhomme’s Magic Seasoning Blends, for a savings of more than 1,000 milligrams of sodium per teaspoon; using goat cheese instead of feta, for about 50% less sodium; and using Tabasco, one of the lowest sodium hot pepper sauces available, with just 35 milligrams of sodium per teaspoon. – NOLA.com

International News.jpg

[**Turkish Restaurants Preparing for Salt Ban Amid Health Concerns**](http://www.dailysabah.com/nation/2016/02/12/turkish-restaurants-preparing-for-salt-ban-amid-health-concerns)

As Turkey tries to reduce daily salt consumption, thousands of restaurants could be preparing to remove the condiment from their tables. The Istanbul-based All Restaurants and Suppliers’ Association is planning to discuss this issue during an executive meeting at the end of February, an industry source said. The association, which represents 230 firms across Turkey, is also planning to come together with the country’s Health Ministry. On average, Turks consume 18 grams of salt per day, although the World Health Organization recommends a daily maximum of 5 grams. In southeastern Turkey, daily consumption may be as high as 25 grams, according to Timur Erk, chairman of the Istanbul-based Kidney Foundation. The Turkish government has recently revised food regulations, including those on cheese and bread; a Turkish Food Ministry regulation that went into effect January 1, 2016, reduces salt in cheese by between 35% and 61%, depending on the kind of cheese. – Daily Sabah

[**Scientists Look to Fish Sauces as Low Sodium Flavor Enhancer**](http://www.upi.com/Science_News/2016/02/02/Scientists-look-to-fish-sauces-as-low-sodium-flavor-enhancer/3901454446813/)

New Malaysian research published in the *Journal of Food Science* suggests that fish sauce can be an effective low sodium flavor booster. Fish sauce, a common condiment and ingredient in southeast Asian cooking, is made by fermenting sea salt and black anchovies for several months. The resulting liquid is prized for its pungent umami flavor. Researchers from Taylor’s University in Malaysia used Vietnamese fish sauce in a number of sauce preparations, including chicken broth, tomato sauce, and coconut curry. They found that the fish sauce allowed chefs to reduce sodium levels without sacrificing flavor. Taste testers confirmed that curry, broth, and tomato sauce made using fish sauce as a partial salt substitute were more flavorful than low sodium versions. – UPI

New Studies-Research.jpg

[**Aging May Worsen the Effects of a High Salt Diet**](http://medicalxpress.com/news/2016-02-aging-worsen-effects-high-salt-diet.html)

Aging is associated with a number of changes that cause the body to function less efficiently, including how the body controls water and sodium levels. Research has shown that as humans and animals age, they are less able to regulate sodium and water retention, urine concentration, and thirst than their younger counterparts are. A new article in the *American Journal of Physiology—Regulatory, Integrative and Comparative Physiology* found that age significantly impaired rats’ ability to get rid of excess sodium when exposed to a high salt diet. These findings could have implications for salt consumption in the elderly, suggesting that older people could be at greater risk for the negative consequences of consuming a high salt diet. – Medical Xpress

[**Scientists Discover a Second Salt-Sensing Receptor**](http://indiatoday.intoday.in/story/now-reduce-your-dietary-sodium-via-a-new-salt-replacer-says-study-health/1/594293.html)

In a major step toward the development of salt replacements or enhancers, research published in the *Journal of Neuroscience* sheds new light on the identity and function of salt-responding taste cells on the tongue. Public health efforts to reduce dietary sodium have been hindered by an incomplete understanding of how humans and other mammals detect salty flavors, the study pointed out. Although the primary process by which mammals detect sodium chloride is well understood, scientists know that there is a second salt-sensing receptor, but much about this receptor, including its identity, has been a mystery. In the current study, the researchers identified the taste cells involved in this second mechanism and learned more about how the cells function. – India Today

[**Analysis Finds Prepared Foods at Supermarket Often Loaded with Sodium, Fat, and Sugar**](http://komonews.com/news/consumer/analysis-finds-prepared-foods-at-supermarket-often-loaded-with-sodium-fat-sugar)

People trying to save time making dinner have turned supermarket prepared foods into a $29 billion per year business. But *Consumer Reports* says to be wary: Those foods are not required to have nutrition labels, and people might be consuming more fat, calories, and sodium than they realize. *Consumer Reports*’ secret shoppers purchased dozens of popular prepared products from six major supermarkets and had them analyzed for sodium, calories, fat, and saturated fat. The items that were tested turned out to contain high levels of sodium. For example, a 6-ounce mini turkey meatloaf contained an average of 891 milligrams of sodium, and one cup of an orzo salad averaged 938 milligrams. The research also showed that consumers pay a price for convenience, with some of the foods that *Consumer Reports* analyzed costing twice as much as making them at home. – KOMO ABC 4 Seattle

Other.jpg

[**McDonald’s Kale Salad Packs More Calories, Fat, and Salt than a Big Mac**](http://www.nydailynews.com/life-style/eats/mcdonald-kale-salad-packs-calories-fat-big-mac-article-1.2519994)

One of McDonald’s new salads with kale, the leafy superfood, has more calories, fat, and sodium than a Big Mac. The Premium Southwest Salad with Buttermilk Crispy Chicken starts with a nutritious, low-calorie base of baby spinach and baby kale. But once the buttermilk-battered chicken, cheddar and jack cheeses, chili-lime tortilla strips, black beans, and corn are added—accompanied by a serving of Newman’s Own creamy ranch dressing—the salad bowl ends up at 710 calories, 43 grams of fat, and 1,330 milligrams of sodium. The Premium Bacon Ranch Salad contains 690 calories, 45 grams of fat, and 1,530 milligrams of sodium. Manhattan dietitian Tanya Zuckerbrot suggests swapping out the crispy chicken in the Premium Southwest Salad for grilled chicken, and holding the creamy dressing, cheese, and tortilla strips to make the dish a more reasonable 230 calories, 5 grams of fat, and 740 milligrams of sodium. – New York Daily News

[**New Dietary Guidelines? Drs. Roizen and Oz Offer Their Suggestions**](http://www.idahostatesman.com/living/health-fitness/article58797723.html)

Everybody has something to say about the USDA’s new Dietary Guidelines for Americans, the nation’s official healthy eating blueprint. Critics range from the American Cancer Society and Physicians Committee for Responsible Medicine to other top nutrition experts and even meat and sugar lobbyists. Television personalities and wellness authors Michael Roizen and Mehmet Oz weigh in on what Americans should put on their plates for optimal health. The USDA says to limit sodium to 2,300 milligrams per day or less, but Roizen and Oz say the “smarter food rule” is to focus on filling up on fresh fruit and vegetables, 100% whole grains, low- or no-fat dairy, good fats, and lean protein, instead of counting sodium milligrams. Roizen and Oz say that the sodium issue pertains to people with high blood pressure and that the 60% of people who have diabetes, heart disease, or kidney problems should limit themselves to 1,500 milligrams per day. For everyone, eating fresh and healthy foods will automatically reduce sodium intake. – Idaho Statesmen

[**Keep the Flavor, Cut the Sodium in Stir-Fries**](http://www.freep.com/story/life/food/recipes/2016/01/30/sesame-chicken-healthy-table/79487184/)

First brewed in China more than 2,500 years ago, soy sauce is thought to be one of the world’s oldest condiments and is a key ingredient in Asian cooking. Although most supermarkets offer only a handful of choices, typically including light, dark, and reduced sodium soy sauce, there are hundreds of varieties. Reduced sodium soy sauce, as featured in a recipe for sesame chicken that contains 460 milligrams of sodium per serving, typically contains 30% to 40% less sodium than regular soy sauce does. But reduced sodium or “lite” soy sauce still provides a hefty dose of sodium, at around 550 milligrams per tablespoon. – Detroit Free Press

[**Low Sodium Snack Swaps for the Super Bowl**](http://video.foxnews.com/v/4734686209001/low-sodium-snack-swaps-for-the-super-bowl/?#sp=show-clips)

New government guidelines suggest Americans cut their daily intake of salt to about one teaspoon. How can people enjoy Super Bowl snacks without going over the limit? In this video, Bravo’s Top Chef judge Gail Simmons shares some of her favorite low salt recipes for the big game, offering tips that include reading labels on packaged chips, using spices to boost flavor in sauces and dips, and substituting healthier versions of the usual Super Bowl snacks. – Fox News

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