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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13日到8月26日**

**行业新闻**

[**联合利华与美国公共利益科学中心（CSPI）支持“钾盐”申请，但盐业协会呼吁食品药品监督管理局（FDA）驳回该申请**](http://www.foodnavigator-usa.com/Regulation/Unilever-CSPI-support-NuTek-potassium-salt-petition)

国际食品公司联合利华与消费者组织公共利益科学中心（CSPI）都发声支持公民向美国食品药品监督管理局（FDA）申请准许“钾盐”作为氯化钾的别称出现在食品标签上，然而美国盐业协会却敦促当局“以严厉措辞”驳回该申请。申请者NuTek食品科学公司（NuTek Food Science）拥有中和氯化钾苦味的专利技术，“钾盐”是一种受欢迎的盐替代产品。该公司称使用“钾盐”会向消费者说明原料，并有利于促进行业达到联邦政府减钠和提高钾摄入量的目标。NuTek总裁Brian Boor表示，“调查数据显示消费者认为‘钾盐’相较于‘听起来像化学品的’氯化钾而言，更能促进食欲，经加工处理更少，食用更安全，而且更健康。”然而，代表了盐生产商利益的美国盐业协会却表示，同意更改氯化钠的名称会为许多拥有“听起来像化学品”名称的其它原料“带来大麻烦”。——《食品导航杂志》

**国际新闻**

[**食品包装将贴上茶匙图片标签说明盐与糖的含量**](http://www.telegraph.co.uk/news/2016/08/18/food-packaging-to-be-labelled-with-pictures-of-teaspoons-of-salt/)

英国卫生部长最近表示，英国食品包装很快将使用“直观标签”显示产品中添加了多少茶匙的糖和盐。目前的“红绿灯体系”是根据食品中含有脂肪、饱和脂肪、糖与盐的比例，在食品包装上标注绿色、琥珀色或红色的圆圈，而人们关注这一体系是否易于消费者理解。有了这个新方案，食品包装上茶匙的图案会说明该食品健康或不健康的程度，消费者会一目了然。——《每日电讯报》

[**澳大利亚超市儿童膳食的就含有每日每餐的盐摄入量**](http://www.smh.com.au/business/consumer-affairs/supermarket-meals-for-toddlers-contain-daily-salt-intake-in-single-serve-study-20160819-gqwum0.html)

根据名为家长心声（Parent Voice）的团体对八家超市预先包装餐食的考察，澳大利亚儿童仅在一餐中盐的摄入量就达到了建议的日摄入量。该调查着重于澳大利亚产品，包括Only牌有机蔬菜奶酪通心粉，Annabel Karmel牌芝士鸡肉南瓜调味饭，与Heinz牌儿童肉酱意大利饺——这些产品都在一份中就含有200多毫克的盐。专家建议1至3岁的澳大利亚儿童每日盐摄入量不超过200至400毫克。家长心声的活动经理Alice Pryor表示，她很担心部分产品会在包装正面自豪地宣称“钠含量低”。——《悉尼先驱晨报》

**新研究/调研成果**

[**摄入更多的盐是否会缓解剧烈头痛与偏头痛？**](https://www.newscientist.com/article/2101015-does-eating-more-salt-prevent-migraines-and-severe-headaches/)

《头痛》杂志中一项新研究分析了《美国国家健康和营养调查》收集的8819名成人的数据，根据这项新研究显示，饮食中钠含量最高的人群中，患有剧烈头痛及偏头痛的人最少。然而，据合著者Michael Harrington称，摄入钠含量过高也有相应的风险，包括其与心脏病及中风之间的联系。Harrington指出，在他研究中调查过的人中，几乎每个人都有典型的美国饮食习惯，钠摄入量本身就很高，在进一步了解研究这其中的关系之前，对患有偏头痛的人群来说，最好的建议是规律健康的饮食。——《新科学家》

[**钠摄入量较高可能会降低尿酸水平，但整体来说遵照DASH饮食是更健康的选择**](http://www.foodnavigator-usa.com/R-D/Higher-sodium-intake-could-ease-gout-but-DASH-Diet-is-healthier-option)

《关节炎与风湿病学》杂志中的新研究显示，接近于美国人饮食中平均钠食用量的较高的钠摄入量，可能会降低尿酸水平，而较高的尿酸水平可能会导致痛风，也是会导致心脏病的潜在风险因素或介质。研究人员承认，钠摄入量与尿酸水平之间的关系仍存在争议，而导致二者之间存在关系的原因仍然不为人知。研究人员奉劝人们不要为了控制痛风，而摄入过量或是美国人平均食用量的钠。该研究中的另一部分研究主要跟踪采用降血压膳食疗法（DASH）来控制痛风的影响，其结果显示，连续30天采用DASH饮食人群的尿酸水平比拥有典型美国饮食习惯的参与者更低。 ——《食品导航杂志》

**芳香能够改善低脂、低糖、低盐食品的味道**

法国科学家在初步试验中分离出几种自然的芳香分子，可以用来让人类的大脑以为，甜品及其它食物中脂肪、糖或盐的含量比实际的更多。在一个实验中，研究人员让受试者品尝果馅饼，一种多层蛋奶糕，含有不同含量的火腿香气与盐。研究人员发现，尽管火腿香中不含盐，但却提升了果馅饼的咸味，部分受试者感觉仅用火腿香制成的果馅饼的味道和多加40%盐分的传统做法尝起来是一样的。 ——《每日科学报》

**其它信息**

**盐类战争**

本文回顾了与人类生存必不可少的宝贵矿物质——与盐类有关的科学技术、历史及政治活动。以前盐类被视为罕有之物，因此在历史长河中，盐类一直是建立帝国与发动革命背后的推动力，这一点不足为奇。现今，盐类战争中又开始了新的战役，对战的双方是认为盐摄入过多有害健康，以及认为摄入过多盐分并无不妥的人。——《大西洋月刊》

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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 13–26, 2016**

Industry News.jpg

[**Unilever and CSPI Support “Potassium Salt” Petition, but the Salt Institute Urges FDA to Reject It**](http://www.foodnavigator-usa.com/Regulation/Unilever-CSPI-support-NuTek-potassium-salt-petition)

International food company Unilever and consumer advocacy group Center for Science in the Public Interest (CSPI) have both voiced their support for a citizen’s petition asking the U.S. Food and Drug Administration (FDA) to permit “potassium salt” as an alternate name for potassium chloride on food labels, while the Salt Institute has urged the agency to reject it “in the strongest possible terms”. Petitioner NuTek Food Science, which has patented technology to neutralize the bitter taste of potassium chloride, a popular salt replacement product, argues that use of “potassium salt” would “demystify” the ingredient for consumers and help the industry achieve the federal government’s stated goals of reducing sodium and increasing potassium intakes. “Survey data show that consumers believe ‘potassium salt’ to be more appetizing, less processed, safer to consume, and healthier than the ‘chemical-sounding’ potassium chloride”, said NuTek president Brian Boor. However, the Salt Institute, which represents the interests of salt producers, said that agreeing to potassium chloride’s name change would “open up a can of worms” for other ingredients, given that many have “chemical-sounding” names. – Food Navigator

International News.jpg

[**Food Packaging to Be Labeled with Pictures of Teaspoons of Salt and Sugar**](http://www.telegraph.co.uk/news/2016/08/18/food-packaging-to-be-labelled-with-pictures-of-teaspoons-of-salt/)

U.K. food packaging will soon use “visual labeling” to show how many teaspoons of sugar and salt are being added to products, the U.K. Department of Health recently said. There are concerns about how difficult it is for consumers to understand the current “traffic light system,” which assigns a green, amber, or red circle to food packaging according to the percentage of fat, saturated fat, sugar, and salt the food contains. Under the new plans, consumers would simply see images of teaspoons on packaging to denote how healthy or unhealthy a product is. – Telegraph

[**Australian Supermarket Meals for Toddlers Contain Daily Salt Intake in Single Serving**](http://www.smh.com.au/business/consumer-affairs/supermarket-meals-for-toddlers-contain-daily-salt-intake-in-single-serve-study-20160819-gqwum0.html)

Australian toddlers are consuming their recommended daily salt intake in just one meal, according to a review of eight supermarket prepackaged meals conducted by advocacy group Parents’ Voice. The investigation highlighted Australian products, including Only Organic Vegetable Macaroni Cheese, Annabel Karmel Cheesy Chicken & Pumpkin Risotto, and Heinz Little Kids Ravioli Bolognaise—all of which have more than 200 milligrams of salt in one serving. Australian children ages 1 to 3 are advised to have no more than 200 milligrams to 400 milligrams of salt per day. Alice Pryor, campaign manager for Parents’ Voice, said she was concerned that some of these products “proudly proclaim ‘low in sodium’ on the front of the pack.” – Sydney Morning Herald

New Studies-Research.jpg

[**Does Eating More Salt Reduce Severe Headaches and Migraines?**](https://www.newscientist.com/article/2101015-does-eating-more-salt-prevent-migraines-and-severe-headaches/)

People with the highest levels of sodium in their diets reported the fewest severe headaches and migraines, according to a new study in the journal *Headache* that analyzed the U.S. National Health and Nutrition Examination Survey (NHANES) data from 8,819 adults. However, sodium has its own risks, according to co-author Michael Harrington, including how it has been linked to heart disease and stroke. Harrington points out that almost all of the people surveyed in his study were on typical U.S. diets, which are already high in sodium, and that until this relationship is better understood, the best advice for people with migraines is to eat well and regularly. – New Scientist

[**Higher Sodium Intake May Decrease Uric Acid Levels, but Following the DASH Diet Is a Healthier Option Overall**](http://www.foodnavigator-usa.com/R-D/Higher-sodium-intake-could-ease-gout-but-DASH-Diet-is-healthier-option)

New research in the journal *Arthritis & Rheumatology* suggests that higher sodium intake, nearly equal to the average sodium consumption in the American diet, could be related to decreased uric acid levels, which is a pathway for gout and a potential risk factor or mediator for heart disease outcomes. The researchers acknowledge that the relationship between sodium intake and uric acid is controversial, and the cause of the association remains unclear. The researchers also discouraged consumption of excessive or even typical U.S. levels of sodium as a way to manage gout. Findings from another part of the same study, which tracked the impact of adopting the Dietary Approaches to Stop Hypertension (DASH) diet to manage gout, reported that those who followed the DASH diet for 30 days had lower uric acid levels than participants who consumed a typical U.S. diet. – Food Navigator

[**Aroma Could Help Improve Taste of Foods Low in Fat, Sugar, and Salt**](https://www.sciencedaily.com/releases/2016/08/160822083242.htm)

Scientists in France have isolated several natural aromatic molecules in preliminary tests that could be used to trick people’s brains into believing that desserts and other foods contain more fat, sugar, or salt than they actually do. In one experiment, the researchers asked subjects to taste flan, a type of custard, made in layers that contained varying amounts of ham aroma and salt. The researchers found that the ham aroma, even though it contained no salt, increased the perception of saltiness of the flan, with some participants perceiving one variation of the flan made with ham aroma to taste the same as a flan made in the traditional way with 40% more salt.  – Science Daily

Other.jpg

[**The Salt Wars**](http://www.theatlantic.com/science/archive/2016/08/the-magic-of-salt/497003)

This article takes a look at the science, history, and politics of salt—the precious, tasty mineral that humans need to survive. Salt was considered rare until quite recently, so it is hardly surprising that, throughout history, salt has been the engine behind empires and revolutions. Today, there is a new battle in the salt wars, between those who think that people eat too much salt and it is harmful, and those who think most people are just fine. – The Atlantic

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