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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7月1日到15日**

**行业新闻**

[**应该允许公司将氯化钾贴上“钾盐”的标签吗？**](http://www.foodnavigator-usa.com/Regulation/NuTek-seeks-to-label-potassium-chloride-as-potassium-salt)

食品制造商NuTek希望能对众所周知的盐替代物氯化钾进行形象提升。该公司称消费者对听起来像化学物质的原料不太信任，该公司请求美国食品和药品监督管理局（FDA）允许其在食品标签上使用“钾盐”来替代。据NuTek称，这一改变可能增加健康营养物质钾的食用量，并减少钠的食用量。尽管如此，一些营养学家对此还是有所质疑，纽约大学营养学教授马里恩·尼斯特尔（Marion Nestle）称：“FDA能否改变规定来帮助公司营销产品？我不这样认为。”–《食品导航杂志》

**国际新闻**

[**雀巢（Nestlé）继续与Chromocell进行成功的减盐合作**](http://www.foodnavigator.com/Market-Trends/Nestle-renews-successful-salt-reduction-collaboration-with-Chromocell)

国际食品巨头雀巢（Nestlé）在四年前初期投资了1500万美元之后，继续其与生命科学公司Chromocell的合作。Chromocell利用专利技术来寻找天然的替代性材料，包括盐的替代物。雀巢（Nestlé）将继续探索其它可提供更健康食品的途径，包括其内部的产品配方调整程序，并努力达到规定更严格的欧盟营养框架标准。拥有药学背景的乌尔夫·马克·施耐德（Ulf Mark Schneider）接替退休的CEO保罗·布尔克（Paul Bulcke），有些人将此举措视为该公司将致力于营养与健康的预兆。–《食品导航杂志》

[**新西兰人盐摄入量必须减少**](http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11670076)**30%**

此文章声明，糖可以靠边站，盐才是新的食品元凶。新西兰奥克兰大学的专家敦促人们减少30%的盐食用量，以减少如心脏病与中风等健康问题。专家称，如果食品公司在包装食品中减少36%的含盐量，而消费者在食物中削减40%的加盐量，总共将减少35%的盐摄入量。白面包、硬质奶酪与香肠都属于需要减盐的食品，而早餐谷物的含盐量可减少50%多。据新西兰食品与杂货委员会（The New Zealand Food and Grocery Council）首席执行董事凯瑟琳·里奇（Katherine Rich）表示，过去数十年来，该委员会一直致力于减钠，将面包中的含钠量从每100克面包中550毫克减至400毫克。– 《新西兰先驱报》

[**炸鸡中不含反式脂肪，但含钠量很高：调查**](http://www.thejakartapost.com/life/2016/07/10/fried-chicken-trans-fat-free-but-high-in-sodium-survey.html)

韩国消费者协会（Korea Consumer Agency）敦促韩国人们少吃炸鸡，因其含有大量的钠与脂肪。该机构研究了来自韩国前11位的炸鸡连锁店中的22种产品，并发现尽管反式脂肪含量普遍较低，但钠含量高的问题却悬而未决。例如，一份香辣炸鸡中的钠含量要高于世界卫生组织所建议的日均钠摄入量。该机构还发现，炸鸡连锁店并未向消费者提供其产品准确的营养含量，这令人堪忧。– 《雅加达邮报》

[**16种食品的含盐量高得惊人**](http://www.huffingtonpost.com.au/2016/07/11/16-foods-that-are-surprisingly-high-in-salt/)

大多数人知道咸味坚果、薯片与椒盐脆饼干中含钠量非常高。此文章表示，许多澳大利亚人并未意识到，在其它16种常见食品中也隐藏着很高的含盐量，其中包括早餐谷物、蔬菜罐头与面包。实际上，澳大利亚心脏基金会（Australian Heart Foundation）最近的一项调查发现，三分之二的受访者认为，人们的盐摄入量少于或正好等于适当的盐摄入量，调查结果还显示，人们无法准确辨别含盐量高的食品。– 《澳大利亚赫芬顿邮报》

[**盐对男性的影响比对女性的影响更大？**](https://www.tvnz.co.nz/one-news/new-zealand/salt-worse-men-versus-women)

在此视频中，公共健康营养学家海伦·埃尔斯（Helen Eyles）做客了新西兰实时新闻（New Zealand One News Now）的清晨节目“早餐”，来讨论在盐摄入量上是否存在性别差异的问题。男性的钠摄入量较高有一个简单的解释，埃尔斯（Eyles）称：“男性的食量更大，因此他们会摄入更多的盐，所以他们在较年轻时患心血管疾病的风险也较高。”但她也表示，男性与女性都应减少盐的摄入量，这一点很重要，因为女性患有心血管疾病的风险也很高。– 新西兰电视台（TVNZ）

**其它信息**

[**观点：理清关于盐的讨论**](http://montrealgazette.com/opinion/columnists/salthttp:/montrealgazette.com/opinion/columnists/salt)

数十年来，人们普遍认为，钠摄入量较高会引起严重的健康问题。但近些年来，一些研究对此观点提出了质疑。此专栏表示，最近一项《柳叶刀》杂志的研究显示，钠摄入量过低可能引起健康风险的观点存在两个方面的缺陷：钠摄入量较低的人群在研究中占总人数的比例很小，而且研究中测量的是尿液中的钠排泄量，而不是盐摄入量。作者进一步表示，随着关于钠的讨论继续进行，辩论双方总是易于对与其意见相左的研究不予考虑与接受。–《蒙特利尔公报》

[**钠含量高引起全球健康问题**](http://www.hcplive.com/medical-news/paul-whelton-from-tulane-university-high-sodium-levels-contributing-to-global-health-problems)

钠摄入量高的问题正成为日益严重的全球性问题，但这一问题在美国尤为严重。尽管大多数人不会在食物中加入过多的钠，但他们所食用的加工食品中的含钠量要远高于过去。在此视频中， 杜兰大学的保罗·K·威尔顿（Paul K. Whelton）在于芝加哥召开的美国心脏病学会（American College of Cardiology）的年会中讨论了这一日益严重的问题。– MD 杂志

[**两类盐的故事 ：精制食盐与粗粒盐在配方上的区别**](https://www.youtube.com/watch?v=XGCY9Cpia_A)

**美食心愿（**[**Food Wishes**](http://foodwishes.blogspot.com/)**）**的博主约翰（John）主厨最近发布了YouTube视频，来解释精制食盐与粗粒盐的区别。据约翰主厨表示，粗粒盐经常被推荐使用，因为厨师们几乎只使用粗粒盐，并写了许多人们在网上所常见的食谱。但由于盐类晶体大小的不同，会用精制食盐替代粗粒盐，特别是在腌泡汁与卤汁中这样做，这可能会导致在家常烹饪中无意地放入过量的盐。– YouTube视频网站

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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.

**July 1-15, 2016**

Industry News.jpg

[**Should Firms Be Allowed to Label Potassium Chloride as “Potassium Salt”?**](http://www.foodnavigator-usa.com/Regulation/NuTek-seeks-to-label-potassium-chloride-as-potassium-salt)

Food manufacturer NuTek is hoping to give potassium chloride, a well-known salt replacer, an image boost. Arguing that consumers distrust ingredients that sound like chemicals, the company has asked the U.S. Food and Drug Administration (FDA) to allow food labels to use the term “potassium salt” instead. According to NuTek, the change could increase consumption of potassium, a healthy nutrient, and decrease consumption of sodium. Some nutritionists are skeptical, though: “Is it the role of the FDA to change regulations in order to help companies market products? I don’t think so,” said Marion Nestle, a professor of nutrition at New York University. – Food Navigator

International News.jpg

[**Nestlé Renews Successful Salt Reduction Collaboration with Chromocell**](http://www.foodnavigator.com/Market-Trends/Nestle-renews-successful-salt-reduction-collaboration-with-Chromocell)

International food giant Nestlé has renewed its collaboration with life sciences firm Chromocell, following up an initial investment of $15 million 4 years ago. Chromocell uses proprietary technology to find natural alternative ingredients, including salt replacements. Nestlé continues to pursue additional avenues to provide healthier foods, including its in-house product reformulation program and efforts to achieve a strictly regulated European Union nutrition framework. Some also see the choice to replace retiring CEO Paul Bulcke with Ulf Mark Schneider, who has a pharmaceutical background, as a sign of the company’s commitment to nutrition and health. – Food Navigator

[**New Zealand Must Eat 30% Less Salt**](http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11670076)

Move over sugar; salt is the new food culprit, this article declares. Experts at Auckland University in New Zealand are urging a 30% reduction in salt consumption to decrease health problems, such as heart disease and stroke. The experts suggest that if food companies reduce salt in packaged foods by 36% and consumers cut back by 40% when adding salt to food, it will reduce total salt intake by 35%. White bread, hard cheese, and sausages are among the foods that need salt reduction, and breakfast cereals could use more than a 50% reduction. The New Zealand Food and Grocery Council has been working to reduce sodium over the past few decades, according to chief executive Katherine Rich, achieving a reduction in bread from 550 milligrams to 400 milligrams of sodium per 100 grams of bread. – New Zealand Herald

[**Fried Chicken Is Trans Fat-Free, But High in Sodium: Survey**](http://www.thejakartapost.com/life/2016/07/10/fried-chicken-trans-fat-free-but-high-in-sodium-survey.html)

The Korea Consumer Agency has urged Koreans to eat less fried chicken, citing high levels of sodium and fat. The organization studied 22 products from the top 11 Korean fried chicken franchises and found that, although trans fat was generally low, sodium levels were problematic. For example, one spicy flavored chicken contained more sodium than the daily average recommended by the World Health Organization. The agency also found it troubling that chicken franchises do not offer consumers accurate nutritional facts about their products. – Jakarta Post

[**16 Foods That Are Surprisingly High in Salt**](http://www.huffingtonpost.com.au/2016/07/11/16-foods-that-are-surprisingly-high-in-salt/)

Most people know that salted nuts, chips, and pretzels pack a sodium punch. This article notes that many Australians do not realize that salt is hiding in 16 other common foods, including breakfast cereal, canned vegetables, and bread. In fact, a recent Australian Heart Foundation survey found that two-thirds of those interviewed thought people eat less than or the right amount of salt, and the results also showed that people were not able to correctly identify high salt foods. – Huffington Post Australia

[**Is Salt Worse for Men than for Women?**](https://www.tvnz.co.nz/one-news/new-zealand/salt-worse-men-versus-women)

In this video, public health nutritionist Helen Eyles stopped by New Zealand One News Now’s morning show, “Breakfast,” to discuss the question of whether there are sex differences in salt intake. Higher sodium intake in men has a simple explanation, Eyles said: “Men tend to eat more, so they then consume more salt, and then they also have a high risk of cardiovascular disease from a younger age.” But she noted that it is important for both sexes to reduce their salt intake because women are also at high risk for cardiovascular disease. – TVNZ

Other.jpg

[**Opinion: Making Sense of the Salt Debate**](http://montrealgazette.com/opinion/columnists/salthttp:/montrealgazette.com/opinion/columnists/salt)

For decades, the prevailing wisdom has been that high sodium intake can cause serious health problems, but in recent years some research has challenged that notion. This column argues that a recent [*Lancet* study](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30467-6/abstract) indicating the health risks of too little sodium was flawed in two ways: The low sodium group was only a tiny percentage of the total population studied, and the study measured urinary sodium excretion, not salt intake. The author goes on to note that, as the sodium debate continues, opponents are too readily dismissing research that does not align with their point of view. – Montréal Gazette

[**High Sodium Levels Contribute to Global Health Problems**](http://www.hcplive.com/medical-news/paul-whelton-from-tulane-university-high-sodium-levels-contributing-to-global-health-problems)

Sodium intake is becoming a bigger problem across the world, but especially in the United States. Although most people are not adding much sodium to their food, the processed foods they eat contain more sodium than they did in the past. In this video, Paul K. Whelton from Tulane University discusses this growing problem during the American College of Cardiology's annual meeting in Chicago. – MD Magazine

[**A Tale of Two Salts: Difference between Table Salt and Kosher Salt in Recipes**](https://www.youtube.com/watch?v=XGCY9Cpia_A)

Chef John, author of the blog [Food Wishes](http://foodwishes.blogspot.com/), recently posted this YouTube video to explain the difference between table salt and kosher salt. Kosher salt tends to be recommended more often because chefs use kosher salt almost exclusively and write many of the recipes that people see online, according to Chef John. But differences in the size of the crystals mean that replacing kosher salt with table salt, particularly in marinades and brines, can lead home cooks to inadvertently oversalt their recipes. – YouTube

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