

2016年3月25日

本周的美国疾控中心（CDC）《减盐电子周刊》内容包括：减钠与健康饮食新资源。

**美国食品药品管理局与儿童教育机构联合启动“零食小屋”计划向青少年提供在线营养资讯**

近期，为庆祝美国营养月，美国食品药品管理局（FDA）与在线教育网站Whyville联合启动了[零食小屋](http://links.govdelivery.com/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTYwMzE1LjU2NTI4NDIxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDMxNS41NjUyODQyMSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE3MjgzMzc4JmVtYWlsaWQ9c2FrMkBjZGMuZ292JnVzZXJpZD1zYWsyQGNkYy5nb3YmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&101&&&http://snackshack.whyville.com/?source=govdelivery&utm_medium=email&utm_source=govdelivery)计划。孩子们可以在零食小屋页面，通过成分表连连看（Label Lingo）和零食分类（Snack Sort）这两个游戏学习关于营养成分表的知识并学会加以利用。孩子们可以通过游戏比较零食含钠量等方面的异同，学会选择健康的食品，并养成健康的长期生活习惯。

Whyville是为8至15岁儿童建立的虚拟世界。详细资讯请参见：<http://www.whyville.net/smmk/top/gates/flax?source=govdelivery&utm_medium=email&utm_source=govdelivery>（用户须在进入网页前进行注册）

**美国疾控中心更新减钠资源**

近日，美国疾控中心（CDC）按照今年年初颁布的《2015-2020美国膳食指南》（2015 – 2020 Dietary Guidelines for Americans），更新了其网站上的减钠资源。美国疾控中心合理用盐资讯网内容包括：为消费者和健康专家提供的简报、各场所减钠指南、信息图表，以及企业减钠成功案例。详细资讯请参见：[www.cdc.gov/salt](http://www.cdc.gov/salt)。

感谢您一直以来对减盐活动的支持。

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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Hello –

This week’s CDC Salt e-Update includes new resources for sodium reduction and healthful eating.

**FDA's New Whyville "Snack Shack" Offers Online Nutrition Information for Youth**To help celebrate National Nutrition Month, the U.S. Food and Drug Administration (FDA) recently launched the [*Snack Shack*](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTYwMzE1LjU2NTI4NDIxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDMxNS41NjUyODQyMSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE3MjgzMzc4JmVtYWlsaWQ9c2FrMkBjZGMuZ292JnVzZXJpZD1zYWsyQGNkYy5nb3YmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&101&&&http://snackshack.whyville.com/?source=govdelivery&utm_medium=email&utm_source=govdelivery), a new destination in the online Whyville community. While visiting the *Snack Shack,* kids learn about understanding and using the Nutrition Facts Label through two interactive games, Label Lingo and Snack Sort. While playing these games the users can compare snacks including sodium content, choose healthful foods, and create healthful lifelong habits.

Whyville hosts a virtual world for kids ages 8 to 15. More information may be found here: <http://www.whyville.net/smmk/top/gates/flax?source=govdelivery&utm_medium=email&utm_source=govdelivery> (users must register before entering the site).

**Updated Sodium Reduction Resources from CDC**  
CDC recently updated its sodium reduction resources for consistency with the 2015 – 2020 *Dietary Guidelines for Americans* that were released earlier this year. CDC’s salt website contains fact sheets for consumers and health professionals, guides for sodium reduction in different venues, infographics, and sodium reduction/business case success stories. More information may be found here: [www.cdc.gov/salt](http://www.cdc.gov/salt).

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov)*.*

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