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**2014年1月17日-2014年1月30日**

**行业新闻**

**[美国通用磨坊食品公司申请减少面团中盐和脂肪含量的专利](http://www.bakeryandsnacks.com/R-D/General-Mills-files-patent-to-cut-salt-and-fat-in-dough)**

美国通用磨坊食品公司已就其一项能够在烘焙面团食品中经济有效地减少钠和替代脂肪的盐味脂肪颗粒技术提交了专利申请。该公司在其国际专利申请中表示，是消费者、监管机构和食品企业日益增长的需求促成了这一技术的发展。该项新技术是一种含有咸盐调味料的脂肪颗粒，可用于任何烘培面团制品。该种脂肪颗粒可以同其他减盐方法一起使用，其中所含盐份会随着脂肪颗粒在烘培过程中的融化散布到整个产品中。该脂肪颗粒产品可以使盐调味料的总体使用量降低一半左右。--《烘烤食品和点心》

**政府新闻**

[**餐厅如何降低你食物中的食盐含量**](http://www.cnn.com/2014/01/23/health/frieden-sodium-restaurants/)

在这篇文章中，美国疾病预防控制中心主任Tom Frieden强调了该中心近期出版的一份名为[《从菜单到嘴巴：减少餐厅食物中钠含量的机遇》](http://www.cdc.gov/pcd/issues/2014/13_0237.htm)的报告。该报告提出了可以减少餐厅食物中钠含量的一些策略。其中为餐厅推荐的策略包括购买时提供营养信息、创建团购组织以节省散装食品中的钠含量、以及通过卫生部门使餐厅获得营养师提供的营养支持。 --美国有线电视新闻网（CNN）

**国际新闻**

[**追踪脂肪、盐和糖：加拿大餐厅推出知情餐饮计划**](http://www.ctvnews.ca/health/tracking-fat-salt-and-sugar-informed-dining-program-rolls-out-at-canadian-restaurants-1.1654508)

加拿大一些省份的民众可能很快就能在一些大型餐厅里获得有关他们订购的食品中含有多少钠、脂肪和糖的信息，这些餐厅包括麦当劳、提姆·霍顿快餐店及乳品皇后等。迄今为止，已经有17家公司正在全国各地的网点实施这个自愿性质的知情餐饮项目，参与该项目的餐厅会列出菜单中每种食物的卡路里数和多达13种的主要营养素，包括钠。餐厅可依据标准格式在菜单、网站或小册子上列出营养信息。2013年开展的研究发现，加拿大92％的成年人认为，知道他们所吃的食物的营养信息非常重要；90％的人觉得如果餐馆只列了卡路里数的话，他们可能会缺失一些关键的营养信息。-- 加拿大电视台新闻

[**餐饮服务业消极应对减盐计划**](http://www.thegrocer.co.uk/topics/salt-reduction-plan-hampered-by-out-of-home-sector/353655.article)

英国卫生部已批评了食品服务业未能响应该部发出的自愿减少钠含量的呼吁。该部计划推出一系列减少钠含量的“基本目标”，希望所有食品服务企业都能够实现，但该计划却一直受到这些企业的消极应对，尤其是酒席承办服务商。--英国《便利店》杂志（The Grocer）

**新研究/调研成果**

[**降低高血压的最佳办法东西方有差异**](http://www.medscape.com/viewarticle/819392)

发表在《高血压》杂志的一份最新评论认为，改变生活方式是防治高血压的基础，但不是所有的改变都适用所有人群。研究员义弘小久保认为，由于基因、饮食和生活方式的不同，血压作为中风的一个诱因，其在西方人和东方人身上的作用是不同的。由于东亚民众一些特有的生活方式，包括消费高盐食物和先天就对盐有更高的敏感性，小久保认为这类人群需要得到更多关于盐摄入量的指导。在东亚地区，日本北部民众的盐摄入量最高，原因是他们非常喜欢吃泡菜、酱油和味噌汤。因此，这个人群就需要特殊的方法来控制盐摄入量 。--医景网

*注：可能需要订阅才能查看全文。*

**其它信息**

[**你应该摄入多少钠？**](http://www.foodandnutrition.org/Stone-Soup/January-2014/How-Much-Sodium-Should-You-Consume/)

超市营养师安妮·坎迪夫针对消费者应该如何控制他们饮食中的钠摄入量，提出了自己的建议。她的建议“非常简单，即吃天然低加工食物，就不需要担心了”。坎迪夫认为，美国人吃了过多的加工食品，不管是主食还是零食。在美国人摄入加工食品中钠的三大来源是面包、腌肉、和比萨饼。她建议用尽量低加工的食品取代这些食品，如天然农产品、瘦肉蛋白、以及全谷类食物，人们可以更自主地通过香草和香料来对这些食品调味。坎迪夫最后建议，消费者将加工食品的食用限制到每天一至两份，从而调节自己的钠摄入量。 --《食品与营养》杂志

[**如何选择健康美味的菜汤**](http://www.freep.com/article/20140116/FEATURES02/301160017/ask-the-test-kitchen-broths-stock-soup)

由于自己熬汤非常费时，因此很多人选择使用包装好的成品汤。本文针对如何选择钠含量相对较低的成品汤提出了一些建议，并建议每位消费者都成为“一名认真阅读食品标签的人”。该文章还对包装上钠的文字使用做了量化，包括钠含量有所减少/钠含量更低、低钠/极低钠等，文章还推荐了几款即健康又美味的汤。 --底特律自由新闻报

[**你已经减少了糖摄入，现在该轮到食盐了**](http://www.healthnewsdigest.com/news/Diet_190/You-ve-Cut-the-Sugar-Now-About-the-Salt.shtml)

虽然添加糖会对健康产生负面影响，如肥胖和糖尿病，但消费者过多关注它可能会让他们忽略来自钠的威胁。加工食品和餐厅食品占了美国人钠摄入量的75％以上。这表明人们应该更多的在家自己做饭。美国疾病预防控制中心列出的十大钠来源食物占了钠总摄入量的44％，这些食物应该适量食用。此外，一些特殊的营养计划，如通过饮食遏制高血压（DASH）饮食原则提供了一些有用的指导，可以减少民众的钠摄入量。文章最后总结了一些具体的小提示来减少钠摄入量，其中包括更多的在家做饭，选购包装食品时选择钠含量较少的品种，而不是只看卡路里。 -- 《健康新闻文摘》

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**January 17–30, 2014**

Industry News.jpg

[**General Mills Files Patent to Cut Salt and Fat in Dough**](http://www.bakeryandsnacks.com/R-D/General-Mills-files-patent-to-cut-salt-and-fat-in-dough)

General Mills has filed a patent for salt-flavored fat particles that enable cost-effective sodium reduction and fat replacement in baked dough products. Growing demand from consumers, regulators, and food companies to reduce sodium content in food prompted the development, the company said in its international patent filing. The new technology involves fat particles that incorporate salt flavoring and can be used in any baked dough product. The salt in the new product, which could be used in combination with other salt reduction methods, is distributed throughout the product when the fat particles melt during baking. The product may allow overall salt flavoring to be reduced by about half. – Bakery and Snacks

Government News.jpg

[**How Restaurants Can Reduce Salt in Your Food**](http://www.cnn.com/2014/01/23/health/frieden-sodium-restaurants/)

In this article, CDC Director Tom Frieden highlights a recently published CDC report that offers strategies to reduce sodium in restaurant food, titled “[From Menu to Mouth: Opportunities for Sodium Reduction in Restaurants](http://www.cdc.gov/pcd/issues/2014/13_0237.htm).” Recommendations to restaurants include providing nutritional information at the point of purchase, creating group purchasing organizations to save on lower sodium ingredients in bulk, and making dietitians available through health departments to assist restaurants with nutrition support. – CNN

International News.jpg

[**Tracking Fat, Salt, and Sugar: Informed Dining Program Rolls Out at Canadian Restaurants**](http://www.ctvnews.ca/health/tracking-fat-salt-and-sugar-informed-dining-program-rolls-out-at-canadian-restaurants-1.1654508)

Canadians in several provinces may soon be able to get information on how much sodium, fat, and sugar is in the food they order at major restaurants, including McDonald’s, Tim Hortons, and Dairy Queen. The voluntary Informed Dining program, which so far 17 companies are implementing in outlets across the country, lists the calorie count and up to 13 core nutrients, including sodium, for each menu item. Restaurants can put the nutritional information in a standard format on the menu, on a website, or in a brochure. Research carried out in 2013 showed that 92% of Canadian adults reported believing that it is important to know the nutrition breakdown of the foods they eat; 90% reported feeling like they might be missing pertinent information if restaurants only listed calories. – CTV News

[**Salt Reduction Plan “Hampered” by Food Service Sector**](http://www.thegrocer.co.uk/topics/salt-reduction-plan-hampered-by-out-of-home-sector/353655.article)

The U.K. Department of Health has criticized the food service industry for failing to respond to its calls for voluntary action to reduce sodium levels. The Department plans to launch a list of “essential targets” for sodium reduction that all food service companies would be expected to reach, but the plan has been hindered by a lack of response from these companies, especially caterers. – The Grocer

New Studies-Research.jpg

[**Best Ways to Cut Hypertension Differ for Westerners, East Asians**](http://www.medscape.com/viewarticle/819392)

Lifestyle modifications are the cornerstone of hypertension prevention, but not all changes work for all populations, suggests a new review published in the journal *Hypertension.* Because of differences in genes, diet, and lifestyle, the way that blood pressure acts as a contributing factor in stroke risk is different for Westerners and East Asians, according to researcher Yoshihiro Kokubo. Due to certain factors particular to East Asian lifestyles, including a high consumption of salty foods and a genetically higher salt sensitivity, Kokubo said that this population needs to have more counseling about salt consumption. Salt intake by the Northern Japanese is among the highest in East Asia due to high consumption of pickled vegetables, soy sauce, and miso soup, so special approaches should be tailored to this population. – Medscape

*Note: Viewing this article may require a subscription.*

Other.jpg

[**How Much Sodium Should You Consume?**](http://www.foodandnutrition.org/Stone-Soup/January-2014/How-Much-Sodium-Should-You-Consume/)

Supermarket dietitian Anne Cundiff provides her recommendations on how consumers should control sodium in their diets. Her recommendation is “one simple thing: Eat real food and don’t worry about it.” According to Cundiff, Americans consume too much processed food at major meals and for snacks, with breads, cured meats, and pizza as the top three processed food sources of sodium in Americans’ diets. Cundiff recommends replacing these items with minimally processed food, such as produce, lean proteins, and whole grains, which offer more freedom to add flavor with herbs and spices. Cundiff concludes by recommending that consumers use moderation by limiting consumption of processed foods to one to two servings a day. – Food & Nutrition

[**How to Choose Healthy, Tasty Stocks and Broths**](http://www.freep.com/article/20140116/FEATURES02/301160017/ask-the-test-kitchen-broths-stock-soup)

Because making stocks or broths for soups from scratch can be time consuming, many people opt for using packaged versions. This article offers suggestions on choosing packaged products that have relatively low levels of sodium and recommends that every consumer be “an avid label reader.” The article also quantifies sodium language used on packaging—including reduced/less sodium, light/lower sodium, low sodium, and very low sodium—and recommends several healthy broth and stock products that are still tasty. – Detroit Free Press

[**You’ve Cut the Sugar; Now, About the Salt**](http://www.healthnewsdigest.com/news/Diet_190/You-ve-Cut-the-Sugar-Now-About-the-Salt.shtml)

Although added sugar can contribute to negative health outcomes such as obesity and diabetes, consumers’ preoccupation with it may be distracting them from the threat of sodium. Processed and restaurant foods are responsible for more than 75% of Americans’ sodium intake, suggesting that people should make more efforts to eat at home and cook from scratch. Foods included in CDC’s top 10 sources of sodium account for 44% of total sodium intake and should be consumed in moderation. In addition, specific nutrition regimens, such as the Dietary Approaches to Stop Hypertension (DASH) diet, can offer helpful guidelines to reduce sodium intake. The article concludes with specific tips to cut back on sodium, including cooking at home more often and choosing items with fewer milligrams of sodium than calories when shopping for packaged foods. – Health News Digest

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*For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov).