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**2013年11月15日-12月5日**

**行业新闻**

[**减少加工肉类的钠含量—这可能吗？**](http://www.foodproductdesign.com/articles/2013/11/lower-sodium-processed-meat-is-it-possible.aspx)

美国疾病预防控制中心已经确定：冷切肉和熏肉、新鲜和加工家禽在美国人饮食中钠的前十类来源中占两个席位，美国人钠摄入量的百分之四十四来源于这十类食品。美国疾病预防控制中心估计，若将前十类钠来源的食物中的钠含量减少百分之二十五，平均每年可帮助美国防止大约二万八千人死亡。加工肉类的制造商正致力于开发低盐的替代产品。尽管开发与原产品风味、质地和保质效果一致的低盐替代品非常具有挑战性，但是制造商们正致力于选择替代作料和开发新的加工技术以达到减少钠含量的目的。- 食品设计（Food Product Design）

[**新的盐含量规定能促使制造商们做出改变**](http://www.foodnavigator-usa.com/Suppliers2/Univar-Cleaning-up-labels-tops-R-D-agendas-in-2014)

据原料供应商尤尼威尔（Univar）的技术开发专家查尔斯﹒珀塞尔（Charles Purcell）说，可以预期，钠含量的行业规范能使食品中的钠含量大大减少，当前孤立分散的减盐形势将有改观。珀塞尔说尽管一些公司选择不减少钠含量，也有一些公司并没有履行减少钠含量的承诺，值得注意的是减少学校午餐中钠含量的新规则最有可能激励更普遍的减盐努力。- 食品航海家（FoodNavigator-USA.com）

**政府新闻**

[**大型食品在等待食品及药物管理局出台新规则**](http://dyn.politico.com/printstory.cfm?uuid=E2818B4B-F857-46E7-BDE1-2AC973B56198)

随着食品及药物管理局禁止在美国人食物供应中添加反式脂肪酸规定的出台，美国人可以预期将发生三项重要改变：（1）食物供应中的钠含量会逐渐减少；（2）菜单上会有更全面的营养标签；（3）营养成分表会更新。尽管还不清楚食品及药物管理局会采取什么方法来减钠，一些专家指出，禁止反式脂肪酸的经验可以为食品及药物管理局使用类似的方法减少钠含量铺平道路。但是大多数专家提醒，减少钠含量要比禁止反式脂肪酸要复杂得多，因为饮食中的钠含量有一个安全标准，并且一定含量钠也是人们所必须的。-政治家新闻网（Politico）

**州/地方新闻**

[**菜单统计使人们比较各餐厅的营养信息 变得更容易**](http://www.npr.org/blogs/thesalt/2013/11/14/245231868/menu-site-makes-it-easy-to-compare-restaurant-fat-stats)

纽约市卫生与心理卫生局已经为那些想了解餐厅食物详细信息的顾客开发出一种新工具，叫作[菜单统计](http://menustat.org/)。菜单统计汇总了来自主要连锁餐饮店的超过三万五千个菜品的钠含量、热量、脂肪含量及其它营养信息。该工具也可以横向比较不同餐馆的菜品，和纵向了解菜品如何不断地在营养成分方面作出改变。– 国家公共广播电台（NPR）

**国际新闻**

[**减少钠含量比禁止吸烟还能拯救更多的生命**](http://sciencenordic.com/salt-worse-tobacco)

据近期在挪威首都奥斯陆举行的MeetEat会议上展示的研究表明，减少摄入盐比禁止吸烟还能拯救更多的生命。高级研究员乌拉﹒托夫特经研究发现：如果每人每日平均减少三克盐的摄入，丹麦每年就可减少四十万血压升高的病例，减少至少一千人死亡，节约数亿美元。托夫特的研究表明在丹麦减少百分之十五的盐摄入量所能防止的心血管疾病死亡人数是减少百分之二十吸烟量所能预防的死亡人数的三倍。--北欧科学（ScienceNordic）

 [**社区教育和补贴替代盐能减少钠摄入量**](http://www.medpagetoday.com/MeetingCoverage/AHA/43065)

根据2013年美国心脏协会科学会议提交的调查结果显示，在中国农村实施的旨在减少钠摄入量的社区教育和价格策略确实减少了人们的每日钠摄入量，增加了钾的摄入。与未参加干预活动的村民相比，参加社区健康教育的村民每日钠摄入量减少了13毫摩尔（大约300毫克），每日钾摄入量增加了7毫摩尔（大约270毫克）。参加替代盐补贴活动的村民也发生了类似的改变。--今日医学要闻（MedPage Today）

[**英国政府取消了对一些食品设立更为严格的减盐目标的计划**](http://www.thegrocer.co.uk/topics/dh-scraps-plans-for-tougher-salt-reduction-targets/351962.article)

英国卫生部接受了技术壁垒和不可接受的味道改变风险的行业主张，已经取消了对一些产品设立更为严格的减钠目标的计划。2013年1月，该机构推迟了减少钠含量的大检查，直到技术问题得到研究；对这些技术问题评估后，该机构决定保持原减盐目标不变—甚至在某些情况下还将从宽实施相关政策。例如：卫生部已建议不改变熏肉和火腿中的钠含量的最高限量要求，并且在2012年的标准上放宽对香肠的限制目标。--食品商（The Grocer）

**新研究/调研成果**

[**含钠药物增加中风、心脏病和死亡风险**](http://www.latimes.com/science/sciencenow/la-sci-sodium-medications-heart-20131126%2C0%2C983077.story#axzz2lrA9B8ch)

据发表在《英国医学杂志》（BMJ）上的一项新研究表明，世界各地成千上万的病人由于服用了泡腾类药物、粉末状药物或可溶性药物增加了心脏病发作和中风的风险，因为这类药品里含有大量的钠。研究人员发现服用这些含钠的药物的人和那些服用不含钠的此类药物的人相比，罹患非致命性的中风的风险提高了22%，全死因死亡率增加了28%。测试的这些药物是对乙酰氨基酚和阿司匹林的泡腾类或可溶性药以及钙和锌的补充剂。--洛杉矶时报（Los Angeles Times）

[**改变面包的质地能减少盐的含量**](http://www.upi.com/Health_News/2013/11/24/Changing-the-texture-of-bread-may-allow-for-less-salt/UPI-34841385274440/)

据发表在《农业和食品化学杂志》（Journal of Agricultural and Food Chemistry）上的一项新研究，仅把面包上的气孔和小洞做得更大就可以使其更具咸味。研究人员用不同的发酵时间，也就是面包师发胀面团的时间，来制作面包。经过更长发酵时间的面包更柔软，也有更大的气孔。该研究表明经过更长发酵时间的面包更蓬松，即使它含有更少的盐，品尝起来也明显更具咸味儿。--合众国际社（UPI）

[**印有营养标签的纸质菜单的顾客会选择更健康的食物**](http://www.drexel.edu/now/news-media/releases/archive/2013/November/Restaurant-Menu-Labeling/)

发表在《美国预防医学杂志》（the American Journal of Preventive Medicine）的一项最新现场研究显示，在全服务餐厅里，顾客可以使用菜单上的营养标签作出更健康的食物选择。在餐馆使用有营养标签菜单点菜的顾客和菜单上没有营养标签的顾客相比，所点的菜中的钠含量平均少224毫克。参与了此项研究的费城公共卫生局近日制定了新规定，要求有十五家以上分店的全国连锁全服务餐厅对所有菜品在纸质菜单上均标示出包含钠含量在内的一系列营养值。-- Drexel NOW

**其它信息**

[**超级辛辣的零食把孩子们推向急诊室**](http://abcnews.go.com/Health/super-spicy-snacks-send-kids-emergency-room/story?id=20899643)

儿科医师警告父母超级辛辣零食的危害性，如弗莱明热奇多和其它薯片，因为这些食物每年会导致很多孩子去急诊就医。医生们说太爱吃某些食物和饮料包括辛辣零食可能改变胃的酸碱平衡，使它更加呈酸性。有些学校已经下令禁止辛辣土豆条和其它一些零食，因为它们含有大量的钠和脂肪。--美国广播公司新闻 （ABC News）

[**改变你的食钠习惯**](http://www.foxnews.com/health/2013/12/04/shake-your-sodium-habit/)

本文介绍了食用钠的基础知识和食用过多钠的生物效应，指出美国人饮食中钠的主要来源，还对如何减少钠摄入量提出了建议。-福克斯新闻 （Fox News）

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**November 15–December 5, 2013**



[**Lower Sodium Processed Meat—Is It Possible?**](http://www.foodproductdesign.com/articles/2013/11/lower-sodium-processed-meat-is-it-possible.aspx)

CDC has identified cold cuts and cured meats as well as fresh and processed poultry as 2 of the top 10 sources of sodium in the American diet, responsible for 44% of U.S. sodium intake. CDC estimates that a 25% reduction in sodium for the top 10 sources could help prevent an estimated 28,000 deaths annually, and manufacturers of processed meat are working to develop alternatives. Although replicating the flavor, texture, and shelf life benefits that sodium provides is challenging, manufacturers are working to identify substitute ingredients and new processing technologies to achieve sodium reduction. – Food Product Design

[**New Sodium Regulations Could Drive Manufacturers to Make Changes**](http://www.foodnavigator-usa.com/Suppliers2/Univar-Cleaning-up-labels-tops-R-D-agendas-in-2014)

Expected industry regulations on sodium may drive significant sodium reduction, replacing more fragmented current trends, according to Charles Purcell, technical development specialist at ingredient supplier Univar. Although Purcell said that some companies have chosen not to do anything to reduce sodium and others have not followed through on pledges to cut sodium, he noted that the new regulations designed to reduce sodium in school lunches are the most likely to encourage more widespread efforts. – FoodNavigator-USA.com



[**Big Food Awaits New Rules in FDA Pipeline**](http://dyn.politico.com/printstory.cfm?uuid=E2818B4B-F857-46E7-BDE1-2AC973B56198)

Americans can expect three significant changes to occur in the wake of a decision by the Food and Drug Administration (FDA) to ban trans fats from the American food supply: (1) a gradual reduction of added sodium in the food supply, (2) more comprehensive menu labeling, and (3) updates to Nutrition Facts panels. Although it is not clear what approach the FDA will take toward sodium reduction, some experts say that the trans fats ban could pave the way for the agency to use a similar approach for sodium. But most experts caution that sodium is a much more complex issue than eliminating trans fats because a safe and even necessary level of dietary sodium clearly exists. – Politico



[**Menu Site Makes It Easy to Compare Restaurant Nutritional Information**](http://www.npr.org/blogs/thesalt/2013/11/14/245231868/menu-site-makes-it-easy-to-compare-restaurant-fat-stats)

New York City’s Department of Health and Mental Hygiene has developed a new tool, called [MenuStat](http://menustat.org/), for those interested in detailed information about restaurant foods. MenuStat aggregates information about the sodium, calories, fat, and other nutritional information in more than 35,000 menu items at major chain restaurants. The tool also allows users to compare items from different restaurants and see how they have changed, nutritionally, over time. – NPR



[**Sodium Reduction Can Save More Lives than Quitting Smoking**](http://sciencenordic.com/salt-worse-tobacco)

Consuming less salt can save more lives than quitting smoking, according to research presented at the recent MeetEat conference in Oslo, Norway. Senior researcher Ulla Toft calculated that Denmark would have 400,000 fewer cases of elevated blood pressure and at least 1,000 fewer deaths, saving hundreds of millions of dollars each year, if average daily salt consumption per capita were reduced by 3 grams. Toft’s research shows that a 15% cut in salt intake could prevent three times as many deaths from cardiovascular disease as a 20% cut in smoking would in Denmark. – ScienceNordic

[**Community Education and Subsidizing Salt Alternatives Can Cut Sodium Intake**](http://www.medpagetoday.com/MeetingCoverage/AHA/43065)

Community education and price strategies targeting sodium intake in Chinese villages reduced daily sodium intake and increased daily potassium intake, according to findings presented at the American Heart Association’s Scientific Sessions 2013. Compared with villagers not involved in the intervention, individuals who participated in community health education reduced daily sodium intake by 13 millimoles (about 300 milligrams) and increased daily potassium intake by 7 millimoles (about 270 milligrams). Similar changes were seen among villagers who also had access to salt substitutes at a reduced price. – MedPage Today

[**U.K. Government Scraps Plans for Tougher Salt Reduction Targets for Many Products**](http://www.thegrocer.co.uk/topics/dh-scraps-plans-for-tougher-salt-reduction-targets/351962.article)The U.K. Department of Health has cancelled plans for more restrictive sodium reduction targets for several products, accepting industry claims of technical barriers and the risks of unacceptable changes in taste. In January 2013, the agency postponed an overhaul of sodium reduction targets until technical issues had been investigated; after reviewing these issues, the agency decided to leave targets unchanged—or even relax them in some cases. For example, the Department of Health has proposed not changing the maximum sodium levels for bacon and ham and relaxing the targets for sausage from 2012 levels. – The Grocer



[**Sodium-Packed Medications Raise Stroke, Heart, and Death Risks**](http://www.latimes.com/science/sciencenow/la-sci-sodium-medications-heart-20131126%2C0%2C983077.story#axzz2lrA9B8ch)

Millions of patients worldwide taking effervescent, powdered, or soluble medicines have an increased risk of heart attacks and strokes because of the high sodium content of such drugs, according to new research published in the journal *BMJ*. Researchers found that people who take those medications are 22% more likely to suffer a nonfatal stroke and 28% more likely to die of any cause than people taking versions of the same medications that did not include sodium. Among the drugs tested were effervescent or soluble versions of acetaminophen and aspirin as well as calcium and zinc supplements. – Los Angeles Times

[**Changing the Texture of Bread May Allow for Less Salt**](http://www.upi.com/Health_News/2013/11/24/Changing-the-texture-of-bread-may-allow-for-less-salt/UPI-34841385274440/)

Simply making the pores, or holes, in bread larger can make people perceive it as having a saltier taste, according to new research published in the *Journal of Agricultural and Food Chemistry*. The researchers baked bread using different proofing times—the period that a baker lets the dough rise. Longer proofing times led to softer breads with larger pores. The study subjects rated the fluffier bread, which had the longest proofing time, as tasting noticeably saltier, even though it contained less salt. – UPI

[**Customers Use Nutritional Labeling on Printed Menus to Make Healthier Food Choices**](http://www.drexel.edu/now/news-media/releases/archive/2013/November/Restaurant-Menu-Labeling/)A new field-based study published in the *American Journal of Preventive Medicine* demonstrates that full-service restaurant customers use nutritional labeling on menus to make healthier food choices. Customers at restaurants with menu labels purchased food with an average of 224 fewer milligrams of sodium than did customers at restaurants without menu labels. The Philadelphia Department of Public Health, which was involved in the study, recently instituted a new law that requires full-service chain restaurants with more than 15 locations nationwide to list values for a number of nutritional categories, including sodium, for each item on all printed menus. – Drexel NOW



[**Super Spicy Snacks Send Kids to Emergency Room**](http://abcnews.go.com/Health/super-spicy-snacks-send-kids-emergency-room/story?id=20899643)

Pediatricians are warning parents of the dangers of extremely spicy snacks, such as Flamin’ Hot Cheetos and other chips, explaining that these foods are sending numerous children to the emergency room each year. Doctors say that overindulging in certain foods and drinks, including spicy processed snacks, can change the stomach’s pH balance, making it more acidic. Some schools have already banned spicy chips and other snacks due to their high sodium and fat levels. – ABC News

[**Shake Your Sodium Habit**](http://www.foxnews.com/health/2013/12/04/shake-your-sodium-habit/)

This article covers the basics of dietary sodium and the biological effects of consuming too much sodium, identifies where most of the sodium in the American diets comes from, and provides some tips on how to consume less sodium. – Fox News

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