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**2014年5月9日-2014年5月23日**

**政府新闻**

[**美国农业部推迟实施关于学校面食全麦比例的规定**](http://hosted.ap.org/dynamic/stories/U/US_HEALTHIER_SCHOOL_MEALS?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT)

学校营养官员和国会批评说，美国农业部规定的学校膳食中全麦成分比例的标准落实起来太过困难。针对这些批评，美国农业部今年将允许部分学校推迟实施这一规定。美国农业部说，如果学校能够证明他们在实施学校面食中全麦成分必须超过一半的要求时“确有困难”，那么他们就可以将这一要求的执行推迟两年。相关规定还对学校膳食中的钠、脂肪、热量和糖的含量做了限定。尽管很多学校已经落实了这些规定，但还有其它学校抱怨说，这些规定过于严格，实施成本昂贵。参议院拨款委员会中至少有一名的委员有望提交一份拨款修正案，以维持目前对于谷物食品的全麦含量的规定（50%的谷物食品需富含全麦成分），并在科学研究期间，暂时推迟原本即将实施的新的钠含量规定。

资讯来源：美联社(Associated Press)

[**美国人摄入的蔬菜中添加了过多的食盐和脂肪**](http://www.npr.org/blogs/thesalt/2014/05/21/311895781/the-vegetables-most-americans-eat-are-drowning-in-salt-and-fat)

根据美国农业部的一篇最新报告，美国人摄入水果和蔬菜的量没有达到健康膳食标准；而且即便有的美国人达到了标准，他们吃的也主要是马铃薯和西红柿，而且是以薯条和比萨饼的形式。超过一半美国人的蔬菜摄入来源于马铃薯和西红柿，而只有10%来源于菠菜、胡萝卜、红薯等深绿色或橙色蔬菜。马铃薯富含钾元素，但大多数美国人以薯条的形式吃马铃薯，而薯条中则添加了钠和脂肪。西红柿原本也是很健康的，但西红柿制成的番茄酱则含有高量的钠和糖分。根据美国农业部的报告，一杯量的生西红柿只含有大约9毫克的钠，而一杯量的番茄酱则含有超过1000毫克的钠。

资讯来源：美国国内公用无线电台(NPR)

**州/地方新闻**

[**北宾州学区的学校午餐将迎来更多变化**](http://www.timesherald.com/social-affairs/20140513/more-changes-to-come-to-school-lunches-in-the-north-penn-school-district)

从2014年9月开始，宾夕法尼亚州北宾州学区的学生们将会注意到，他们的学校午餐发生了变化。这些变化，是美国农业部《健康无饥饿儿童法案》实施的一个组成部分。北宾州学区的学校营养服务协调员帕姆.加拉格尔（Pam Gallagher）解释说，该法案规定的新标准已经逐渐推行。根据规定，在2014-2015学年内，每份学校午餐的钠含量将不得超过520毫克。为了满足这些要求，食品制造商们将不得不对其许多产品做出改变。另一项即将到来的变化是学校将推行“聪明点心”计划，该计划要求，每份点心中的钠含量不得超过240毫克。

资讯来源：时代先驱报(The Times Herald)

**国际新闻**

**[减钠活动人士说，应当像监管烟草一样监管食品](http://www.bbc.com/news/health-27446958)**

根据国际消费者组织和世界肥胖协会等国际组织的说法，食品工业应当像烟草工业那样受到严格监管，因为肥胖在全球范围内造成的健康风险已经超越了烟草。这种监管需要更加严格的规定，比如在食品包装上印上相关图片，展示肥胖造成的伤害，就像香烟盒上印有吸烟有害健康的图片一样。这些组织还说，各国政府应当针对食品和饮料行业实施一些强制性的规定，包括减少食品中的钠、饱和脂肪和糖的含量；提高医院和学校供应的食物的品质；采取更加严格的广告控制；通过教育手段提高公众对健康饮食的认知，等等。

资讯来源：英国广播公司新闻(BBC News)

[**“你需要摄入的盐比你想象的要少很多”**](http://www.thehindu.com/news/cities/chennai/chen-health/you-need-much-less-salt-than-you-think/article6023137.ece)

5月17日是世界高血压日。设立世界高血压日，旨在提高公众对于高血压及其控制和预防办法的认识。“据估计，成人人口中约有35 ％的人患有高血压，”印度MIOT肾脏病研究所所长拉詹.拉维桑德拉（Rajan Ravichandran）说道。他还说，避免高血压最简单的办法，就是减少钠的摄入。最近，世界盐与健康行动组织在《英国医学杂志》上发表的研究报告证明了减少钠摄入会给英国人带来健康益处。2003年至2011年间，经过在全国范围内实施减钠计划之后，研究者们发现中风和心脏病的死亡率分别下降了42％和40％。该研究估算的数据表明，英国减钠行动每年为其节约了约15亿英镑的相关医疗支出。在印度推行减钠行动还有一些阻碍，比如在民众的观念中，热带国家的人需要摄入更多的钠；估算印度人饮食中钠含量的相关研究还比较缺乏；等等。

资讯来源：印度教徒报(The Hindu)

[**印度医生们呼吁在食品标签上加入钠含量信息**](http://timesofindia.indiatimes.com/city/chennai/Doctors-push-for-sodium-level-on-food-labels/articleshow/35283476.cms)

在5月17日世界高血压日当天，印度的医学专家警告说，加工食品中较高的钠含量可以引起高血压。公共卫生方面的非政府组织印度乔治国际健康研究所最近所作一项研究表明，在其研究的7000种食品中，有近73 ％的食品没有在营养标签上公布钠含量的数值。虽然在食品营养标签上公布钠含量的数值在印度并非是一个强制性的规定，但医学专家们说，这样做将有助于人们看清他们所消费的食品中的钠含量。临床营养师蒂帕.阿加瓦尔 (Deepa Agarwal) 也指出，消费者有权通过食品标签获取钠含量的数据，这样可以在购买如冷冻食品、袋装汤、面包、沙拉酱、调味料等食品时，对不同品牌的钠含量进行比较，并选择含钠较少的品牌。

资讯来源：印度时报(The Times of India)

**新研究/调研成果**

**[患有高血压的人往往更喜欢“咸口”](http://health.usnews.com/health-news/articles/2014/05/16/people-with-high-blood-pressure-often-have-a-salt-tooth)**

钠摄入量过高是高血压和中风的一个已知危险因素。美国高血压学会（ASH ）年会上发表的一项新研究发现，患有高血压的人往往偏好更咸的食物。该研究是一个小规模的初步试验，受到了专家们的广泛关注。美国高血压学会现任会长威廉.怀特（William White）介绍说，研究结果表明：血压高的人往往更爱“找盐”。不过怀特还说，该研究“通过往食物里加入无盐调味料”为爱吃盐的人提供了一款同样美味的替代食物。在该研究中，所有的健康受试者均表现出对“中盐”或“低盐”的面包更偏好；而相比之下，患有高血压的受试者，无论是年轻还是年长的，都更喜欢“高盐”的面包。在研究实验的第二阶段，所有的面包都加入了一种叫“牛至”的调味料。这一次，患有高血压的受试者选择了相比之前含盐等级要低的面包。

资讯来源：美国新闻与世界报道/健康日频道(U.S. News & World Report/HealthDay)

[**调查发现，消费者对食品健康性的考虑在增加**](http://www.meatpoultry.com/articles/news_home/Trends/2014/05/Consumers_considering_healthfu.aspx?ID=%7bC0EC78C8-566E-4674-8DBC-BEBD92132576%7d)

国际食品信息理事会基金2014年食品与健康调查的结果显示，尽管味道仍然是消费者选择食品的首要考虑因素，但越来越多的美国消费者开始更加重视食品和饮料的健康性。认为味道驱使他们做出购买决定的消费者人数超过了90%，这是该比例十年来首次超过这个数值。71%的受访者认为健康性是其购买行为的决定性因素之一，两种人群人数所占比例差距进一步缩小。在2012年，只有61%的消费者说，健康性是考虑的因素之一。这一比例在2013年攀升到了64%。近9成的消费者说，在过去一年中，他们在购买时，考虑过食品和饮料的配料因素。在配料因素中，70%的消费者说他们会在购买时考虑卡路里的高低，62%的消费者会考虑钠和全麦成分的含量，而2013年则有69%的消费者表示会考虑这些成分的含量。

资讯来源：[MeatPoultry.com](http://meatpoultry.com/)网站([MeatPoultry.com](http://meatpoultry.com/))

[**你知道吃盐可以减压吗？**](http://www.jsonline.com/sponsoredarticles/hot-topics/did-you-know-salt-reduces-stress8084350212-259332071.html#axzz31njZaBJ4)

人们往往会求助于食物以缓解压力，这是有科学道理的：咸味零食的确能够帮助你的身体降低应激激素皮质醇的水平，从而降低压力。发表在《食欲》杂志上的一项新研究已经证实，人的压力和盐之间存在关联。研究人员发现，盐的摄入量与​​抑郁症以及压力大小呈负相关的关系，对女性来说尤为如此。在本质上来说，身体通过自我调节，让人们渴望摄入更多的盐，从而防止压力和抑郁感的产生。研究人员还发现，19岁以下的年轻人更倾向于选择含盐量较高的食物。这表明他们的身体有一种自然反馈机制，驱使他们去摄入高盐分的食物，让他们更加强健。

资讯来源：威斯康星州密尔沃基《哨兵日报》(Milwaukee-Wisconsin Journal Sentinel)

**其它信息**

[**特别报道：限盐是一件显而易见而不用思考的事情吗？**](http://www.medscape.com/viewcollection/33132?src=wnl_edit_specol&uac=179490SJ)

在不久前举行的世界心脏病学大会上发布的一项纯钠分析表明，大多数人并不需要削减他们的钠摄入量，而且过低水平的钠摄入量可能有害健康。这一言论让学术界围绕钠的问题展开了新一轮争论。本篇医景网的特别报道就这一争论提出了几个观点和新的例证。这些观点来自以下学者：格雷厄姆.麦格雷戈（Dr. Graham MacGregor）博士，他曾是英国全国限钠计划的倡导者；世界高血压联盟主席当选人丹.拉克兰德（Dr. Dan Lackland）博士，他的主要研究领域为食品行业中的钠；还有劳伦斯·阿佩尔博士，他研究话题是与钠相关的健康风险，以及每天1500毫克的钠摄入量是否太低。

资讯来源：医景网(Medscape) 注：查看本文可能需要订阅。

[**饮食和血压：不仅仅是盐的事儿**](http://www.usatoday.com/story/news/nation/2014/05/18/diet-blood-pressure-salt/8801467/)

根据美国心脏协会（AHA ），在降低血压、降低一个人患中风、心脏病、肾损伤等疾病可能的风险方面，起关键作用的是整个饮食，而不单是某种具奇迹功效的食物或是钠摄入的降低。正确的饮食还有可能有助于高血压患者免服降压药物，或是降低用药剂量。约翰斯·霍普金斯大学韦尔奇预防医学、流行病学和临床研究中心主任劳伦斯·阿佩尔不无惋惜地说，上述消息淹没在了学界对于美国人钠的理想摄入量的争论之中。研究表明，饮食习惯，包括钠的摄入量，对血压的变化有显著作用。根据美国心脏协会的说法，最好的饮食是那种针对关键饮食人群强调特定目标的饮食，比如治疗高血压的饮食疗法（DASH）。在研究中，按照高血压饮食疗法摄食的人比起那些吃典型美国饮食的人，在没有减少钠摄入的情况下，血压就得以降低。那些将高血压饮食疗法和降低钠摄入量至每天2300毫克两种办法结合使用的人，血压降低更为明显；而那些既坚持高血压饮食疗法，又将每日钠摄入量降低到1500毫克的人，血压控制的最好。

资讯来源：《今日美国》(USA Today)

[**聪明地控制血压**](http://www.eatingwell.com/nutrition_health/blood_pressure/blood_pressure_smarts)

通过健康饮食来帮助血压保持在健康水平，这并不仅仅意味着降低钠的摄入量。本文提供了一些实用的建议，以帮助人们通过自然手段降低血压。建议包括：努力摄入两倍于钠摄入量的钾，以抵消钠对血压的提升作用；食用低脂或脱脂奶制品；保持体重，让其尽可能接近理想体重。

资讯来源：美国EatingWell网站(EatingWell)

[**营养师说，无论是海盐还是普通食盐，为了健康都不能多吃**](http://www.sciencedaily.com/releases/2014/05/140513142028.htm)

市场上新的盐类产品可能来自外国，价格较高，经常可以在高档商场的货架上看到，但它们其实和普通食盐一样，摄入过多也会损害健康。“人们通常选择天然的食材，而避免加工过的食材，以期能够避免钠等防腐剂。但在盐的问题上，所有的盐都是钠，” 临床营养师阿什利.班瑞特 （Ashley Barrient）如是说。“海盐和食盐具有同等的钠含量，尽管大家认为海盐没有像食盐那样经过加工......从健康的角度来看，海盐和食盐的摄入都应该被受到克制，应该被最小化，”班瑞特说。她还指出，许多包装和调理食品含有大量的钠，“我们应当在家做饭，使用新鲜的芳草和调料，而不是使用加工好的食材，并在农贸市场购买新鲜的食材。这样做的越多，我们的整个饮食中的钠摄入就会越低。

资讯来源：美国《每日科学》网站(ScienceDaily)

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[**USDA Delays Whole Grains Rule for School Pastas**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fhosted.ap.org%2fdynamic%2fstories%2fU%2fUS_HEALTHIER_SCHOOL_MEALS%3fSITE%3dAP%26SECTION%3dHOME%26TEMPLATE%3dDEFAULT)

The U.S. Department of Agriculture (USDA) will allow some schools to delay adding more whole grains to meals this year, responding to criticism from school nutrition officials and Congress that the standards are too difficult to put in place. USDA said schools can postpone for 2 years a requirement that all pastas in schools be more than half whole grain if they can demonstrate that they have had “significant challenges.” The rules also set sodium, fat, calorie, and sugar limits on foods served in schools. Although many schools have had success putting the rules in place, others have said the rules are too restrictive and costly. At least one member of the Senate Appropriations Committee is expected to offer an appropriations amendment to maintain the current requirement that only 50% of grain products be whole-grain rich and delay upcoming sodium requirements pending scientific research. – Associated Press

[**The Vegetables Most Americans Eat Are Drowning in Salt and Fat**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.npr.org%2fblogs%2fthesalt%2f2014%2f05%2f21%2f311895781%2fthe-vegetables-most-americans-eat-are-drowning-in-salt-and-fat)

Americans do not eat as many fruits and vegetables as they should; when they do, they are mainly potatoes and tomatoes—in the forms of French fries and pizza—according to a new report from the USDA. More than half of Americans’ vegetable intake comes from potatoes and tomatoes, whereas only 10% comes from dark green and orange veggies like spinach, carrots, and sweet potatoes. Potatoes are a good source of potassium, but most Americans eat them with added sodium and fat in the form of chips. Tomatoes start out healthy as well, but tomato sauce can contain high amounts of sodium and sugar: Although a cup of raw tomato has about 9 milligrams of sodium, canned tomato sauce can contain more than 1,000 milligrams of sodium per cup, according to the USDA. – NPR



[**More Changes to Come to School Lunches in the North Penn School District**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.timesherald.com%2fsocial-affairs%2f20140513%2fmore-changes-to-come-to-school-lunches-in-the-north-penn-school-district)

Starting in September 2014, students in Pennsylvania’s North Penn School District (NPSD) will notice some changes to their school lunches as part of the USDA’s Healthy, Hunger-Free Kids Act. The new standards have been rolled out gradually, explained Pam Gallagher, NPSD coordinator of school nutrition services. Effective for the 2014–2015 school year, each school lunch can contain no more than 520 milligrams of sodium. To meet those guidelines, manufacturers will have to change many of their products. Another upcoming change is the Smart Snacks in School program, which requires each snack to contain no more than 240 milligrams of sodium. – The Times Herald



[**Food Should Be Regulated Like Tobacco, Say Campaigners**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.bbc.com%2fnews%2fhealth-27446958)

The food industry should be regulated like the tobacco industry because obesity poses a greater global health risk than cigarettes, according to international groups Consumers International and the World Obesity Federation. These more stringent rules could include pictures on food packaging of damage caused by obesity, similar to those on cigarette packets. These groups say governments around the world should impose compulsory rules for the food and drink industry, which could include reducing the levels of sodium, saturated fat, and sugar in food; improving food served in hospitals and schools; imposing stricter advertising controls; and educating the public about healthy eating. – BBC News

[**“You Need Much Less Salt than You Think”**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.thehindu.com%2fnews%2fcities%2fchennai%2fchen-health%2fyou-need-much-less-salt-than-you-think%2farticle6023137.ece)

May 17 was World Hypertension Day, designated for raising awareness about hypertension and ways to manage and prevent it. “An estimated 35% of the adult population has high blood pressure,” said Rajan Ravichandran, director of MIOT Institute of Nephrology in Chennai, India. The easiest remedy to avoid high blood pressure is reducing sodium intake, Ravichandran said. A recent study from World Action on Salt and Health, published in *BMJ*, documented the benefit of sodium reduction in the British population. Between 2003 and 2011, after a nationwide sodium reduction program, researchers saw a decrease in the death rates from stroke by 42% and heart attack by 40%, respectively. Based on study estimates, sodium reduction in Britain has saved more than £1.5 billion (about $2.5 million) per year. Obstacles in India include the myth that people in tropical countries require more sodium and the lack of studies that estimate the sodium content in Indians’ diets. – The Hindu

[**Doctors Push for Sodium Level on Food Labels in India**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2ftimesofindia.indiatimes.com%2fcity%2fchennai%2fDoctors-push-for-sodium-level-on-food-labels%2farticleshow%2f35283476.cms)

On May 17, World Hypertension Day, medical experts in India warned that high levels of sodium in processed food can trigger high blood pressure. A recent study by the George Institute for Global Health, India, a public health nongovernmental organization, found that of 7,000 products studied, nearly 73% did not publish sodium content on the nutrition label. Although it is not mandatory for manufacturers in India to publish the sodium content of a product, doctors say it would help people watch the amount of sodium they consume. Clinical nutritionist Deepa Agarwal also noted that individuals should be able to check the label and compare sodium in different brands of food like frozen meals, packaged soups, breads, dressings, and sauces, and choose those with less sodium. – The Times of India



[**People with High Blood Pressure Often Have a “Salt Tooth”**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fhealth.usnews.com%2fhealth-news%2farticles%2f2014%2f05%2f16%2fpeople-with-high-blood-pressure-often-have-a-salt-tooth)

High sodium intake is a known risk factor for high blood pressure and stroke, so experts are concerned that a new study presented at the annual meeting of the American Society of Hypertension (ASH) found people with high blood pressure tended to prefer saltier foods. The findings from this small, preliminary trial suggest that people with elevated blood pressure are often “salt-seeking,” according to William White, current president of ASH. But the study offers a tasty alternative “by adding non-salt spices to food,” White said. In the study, all of the healthy participants showed a preference for “medium salty” or “lightly salted” bread options; by contrast, people with high blood pressure—both younger and older—favored the highly salted bread option. During a second phase of the trial, in which all breads also had oregano seasoning, people with high blood pressure chose breads that were less salty than their previous choices. – U.S. News & World Report/HealthDay

[**Consumers Considering Healthfulness, Survey Finds**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.meatpoultry.com%2farticles%2fnews_home%2fTrends%2f2014%2f05%2fConsumers_considering_healthfu.aspx%3fID%3d%257bC0EC78C8-566E-4674-8DBC-BEBD92132576%257d)

Although taste still trumps all other considerations, the number of American consumers who are putting more emphasis on the healthfulness of food and beverages is on the upswing, according to findings from the International Food Information Council Foundation’s 2014 Food & Health Survey. For the first time in at least a decade, the number of consumers who said taste drives their purchasing decisions topped 90%. Healthfulness, at 71%, narrowed the gap: In 2012, 61% of consumers said healthfulness was a factor, a figure that climbed to 64% in 2013. Nearly 9 out of 10 consumers said they have given some thought to the ingredients in their foods and beverages in the past year. When they do think about ingredients, 70% of consumers said they consider calories when making a purchase, and 62% consider sodium and whole grains, compared with 69% of consumers who considered these food components in 2013. – MeatPoultry.com

[**Did You Know Salt Reduces Stress?**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.jsonline.com%2fsponsoredarticles%2fhot-topics%2fdid-you-know-salt-reduces-stress8084350212-259332071.html%23axzz31njZaBJ4)

People will often turn to food to help relieve stress, and there is a scientific reason: Salty snacks actually help your body reduce stress levels by reducing levels of the stress hormone cortisol. New research published in the journal *Appetite* has confirmed the relationship between salt and stress in humans. Researchers found an inverse correlation between salt consumption and levels of depression and stress, especially in women. In essence, the body self-regulates to prevent stress and depression by making people crave salt. The researchers also found that young people, up to the age of 19, selectively choose foods that are higher in salt, indicating a natural feedback mechanism driving them to consume higher salt foods and rewarding them with more vigorous growth. – Milwaukee-Wisconsin Journal Sentinel



[**Special Report: Salt Restriction No-Brainer?**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.medscape.com%2fviewcollection%2f33132%3fsrc%3dwnl_edit_specol%26uac%3d179490SJ)

At the recent World Cardiology Congress, the PURE-SODIUM analysis reignited the sodium debate by suggesting that most people do not need to cut their sodium intake and that low levels could be harmful. This *Medscape Special Report* presents several viewpoints and news stories related to that discussion. The viewpoints feature Dr. Graham MacGregor, who pioneered a national sodium restriction program in the United Kingdom; World Hypertension League President-Elect Dr. Dan Lackland on sodium in the food industry; and Dr. Lawrence Appel about the health risks associated with sodium and whether 1,500 milligrams a day is too low. – Medscape

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

[**Diet and Blood Pressure: It’s Not All About the Salt**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.usatoday.com%2fstory%2fnews%2fnation%2f2014%2f05%2f18%2fdiet-blood-pressure-salt%2f8801467%2f)

The whole diet, not any miracle food or sodium reduction alone, is the key to reducing blood pressure and potentially lowering a person’s risk for stroke, heart attack, kidney damage, and other diseases, according to the American Heart Association (AHA). The right diet also might help avoid the need for high blood pressure medication or mean a lower dosage. That message has been lost amid scientific arguments about the ideal amount of sodium for Americans to eat, says Lawrence Appel, director of the Welch Center for Prevention, Epidemiology, and Clinical Research at Johns Hopkins. Studies show that dietary habits, including sodium intake, have a significant effect on blood pressure. According to AHA, the best diets are those that emphasize specific targets for key food groups, such as Dietary Approaches to Stop Hypertension (DASH). In studies, people who ate the DASH diet without cutting sodium achieved lower blood pressures than those who ate typical American diets. Those who combined DASH with reducing sodium to 2,300 milligrams per day did even better; those who cut sodium to 1,500 milligrams per day did best. – USA Today

[**Blood Pressure Smarts**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.eatingwell.com%2fnutrition_health%2fblood_pressure%2fblood_pressure_smarts)

Eating well to help keep blood pressure in a healthy range is not just about reducing sodium. This article suggests tips to help bring blood pressure down naturally, including aiming for consuming twice as much potassium as sodium to blunt the effect of sodium on blood pressure, consuming low-fat or fat-free dairy, and staying as close to ideal body weight as possible. – EatingWell

[**Sea or Table, Shake the Salt Habit for Better Health, Says Dietitian**](https://mail.cn.cdc.gov/owa/redir.aspx?C=nTN1C6j3y0ugqY-4_bhH__NIcvuXT9EIDzIXmZJtCKhGtp5dZ7NUxkCnVwSH9WGtKOY0hamsuS4.&URL=http%3a%2f%2fwww.sciencedaily.com%2freleases%2f2014%2f05%2f140513142028.htm)

New salt products on the market may be exotic, cost more, and frequent the shelves of high-end stores, but they are just as harmful as common table salt. “Typically people opt for natural vs. processed to avoid preservatives such as sodium, but in this case, all salt is sodium,” said clinical dietitian Ashley Barrient. “Sea salt and table salt have an equivalent sodium content, despite sea salt being deemed less processed than table salt… From a health standpoint, sea salt and table salt should both be minimized and reserved for small indulgences here and there,” Barrient said. She also noted that many packaged and prepared foods have a large amount of sodium: “The more we cook at home, use fresh herbs and spices as opposed to processed, and visit farmers’ markets to buy fresh ingredients, the lower our sodium intake will be as a whole.” – ScienceDaily

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