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**2015年5月23日至6月5日**

**行业资讯**

[**雀巢冷冻披萨和其他小吃将变得更健康**](http://fortune.com/2015/06/02/nestle-salt-artificial-flavors-frozen-pizza-snacks/)

雀巢美国公司(Nestlé USA )最近宣布,到2015年底,该公司将在其冷冻披萨和零食品牌产品中弃用人工香料，并在2013年的基础上减少10%的食盐使用量。该计划将影响其冷冻比萨、DiGiorno, Tombstone, California Pizza Kitchen, Jack’s, Hot Pockets, and Lean Pockets等雀巢子品牌下的250多个产品。越来越多的消费者们表示，不希望食品公司使用某些食物配料。面对这种情况，众多包装食品纷纷采取行动。雀巢的这一计划，也是这类行动之一。现在，那些关注健康的消费者们不光要求食品公司减少食品中的脂肪和卡路里含量，还在追求更简单、“干净”的食品营养配料，所以他们要求食品公司把那些他们不理解的成分配料从食品中去除。——财富周刊（Fortune）

**政府资讯**

[**会不会世界上95%的人对食盐的认识是错误的?**](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/05/26/could-95-percent-of-the-worlds-people-be-wrong-about-salt/)

多年来,世界各地的卫生当局都在警告人们，吃太多的盐有害健康。但最近发表的一篇文章表明，人们对这种警告的普遍反应是充耳不闻：据估计，世界上95%的人在继续着那些卫生官员们认为是过量的食盐水平。在美国高血压学会（American Society of Hypertension）最近举办的一次会议上,一些发言的专家表示，全世界的人们都对盐有这样固执的喜好，这或许表明，人们天生就应该吃更多的盐，而不是像卫生当局推荐的那么少。这些发言专家指出，当局推荐的健康的食盐摄入量与世界各地的人们的实际消耗量之间存在巨大的差异。然而,支持政府减钠努力的科学家们却不认同人们天生就应该吃更多盐的观点。他们说，人们吃这么多的食盐，只是因为现代食品工业使得食盐在加工食品中太容易获取了，尤其是在面包中。——《华盛顿邮报》（Washington Post）

[**大学区抵制美国农业部(USDA)提供的学校午餐食谱**](http://www.washingtonexaminer.com/school-lunch-recipes-ripped-dont-meet-low-salt-sugar-rules/article/2565345)

发表在《儿童营养与管理杂志》(*Journal of Child Nutrition and Management)*上的一项针对学校营养专业人士的最新调查显示,旨在支持“健康、无饥饿儿童法案”的新的联邦学校食堂食谱不符合政府对于有色蔬菜摄入量以及低盐低糖食物的要求，不是“学生友好”型食物，所以遭到了广泛的抵制。该项调查显示，那些代表了54%的所有学生的较大学区批评许多食谱不符合“当今趋势”,并且与“文化多样性”的宗旨相冲突。调查结果中说,美国农业部(USDA)建议的食物配方与其发布的对于健康食物的要求不符，与米歇尔·奥巴马发起的“让我们动起来!”主题倡议的目标相违背，并且和“儿童健康菜谱”烹饪手册的目标不一致。不过，一些刚开始制作学校餐食的小的学区却表示他们喜欢农业部提供的众多食谱。——《华盛顿审查员》（Washington Examiner）

**各州、地方资讯**

[**Chipotle餐厅的墨西哥香肠味道很赞，不过要注意它的钠含量哦**](http://www.kansascity.com/living/liv-columns-blogs/chow-town/article22990926.html)

Chipotle墨西哥菜连锁餐厅选择了堪萨斯城作为其新推出的chorizo墨西哥风味香肠的测试市场。该香肠由鸡肉和猪肉混合制成，被制作成肉饼状，在店里烤好，然后与大米和豆子制作的卷饼混合，盛在碗里提供给顾客。尽管品尝了这款新产品的食物专栏作家非常喜欢其味道，但她注意到这款产品有点咸，于是跟踪了该公司的制作过程来计算该产品的钠含量：一份4盎司的香肠含有803毫克的钠。另外两种提供蛋白质的选项，barbacoa牛肉(530毫克)和sofritas(555毫克),含钠量分别排名第二和第三，仅次于chorizo墨西哥风味香肠。——《堪萨斯明星报》（Kansas City Star）

**国际资讯**

[**新西兰人每天摄入9克盐**](http://www.nzherald.co.nz/health/news/article.cfm?c_id=204&objectid=11456834)

一项有关2003-2013年间新西兰食品中盐含量变化的研究发现，一些食品类别中的盐含量下降了近28%。减少最多的是早餐燕麦（28%），罐装意面（15%）和面包（14%）。奶酪制品中的盐含量增加了2%，腌制牛肉制品增加了6%。--新西兰先驱报（New Zealand Herald）

[**尼日利亚：专家提醒民众注意盐摄入**](http://allafrica.com/stories/201505281487.html)

尼日利亚的医学专家建议，食盐的适度摄入和定期测量血压有助于降低患高血压及相关疾病的风险。在今年世界高血压日的主题演讲中，拉各斯大学的医学教授阿玛穆·马克温姆（Amam Mbakwem）指出，黑人患高血压的人数要高于白人。部分原因是黑人吃盐的方式不太一样。她还补充道：白人和黑人存在基因上的差异，这会影响到患高血压的速度。--泛非报（All Africa）

[**南非大刀阔斧的减盐行动出师不利**](http://mg.co.za/article/2015-06-02-sas-bold-move-on-salt-gets-off-to-a-shaky-start)

南非是全球率先发起减盐运动的先驱之一，2012年，南非颁布法令，对加工食品的盐含量做出强制限制。但实施此政策的三年后，离成为正式法律差一年时，南非仍未设立监测法令实施状况的项目。按道理，测量全国食盐摄入水平的基线研究应该已经结束，这样，等法令实施后，后续研究就可以有证据证明它的有效性。全球只有少数国家颁布了强制减盐政策，包括葡萄牙，比利时，芬兰，希腊，阿根廷和巴拉圭。 – 邮政卫报（Mail & Guardian）

[**“灰色阿根廷”广告公司与****法****瓦洛罗基金会（Fundacion Favaloro）分发装有彩色盐的瓶子，让阿根廷国民更好地认识盐摄入量**](http://www.adweek.com/agencyspy/grey-argentina-sends-colorful-message-in-a-bottle-about-countrys-salt-intake/87649)

阿根廷人均每日食盐摄入量是12克，是世界卫生组织推荐量的两倍多。一家名为灰色阿根廷的广告公司最近与瓦洛罗基金会（Fundación Favaloro）合作开展一项名为“你能看到的盐”倡议活动。两家机构合作在三月的世界食盐意识周里开发并分发装有有色盐的瓶子，让阿根廷人更容易理解他们的盐摄入量。这项活动得到了足球明星梅西和阿根廷最大的食盐公司的关注和支持。活动已收集了1600多万个赞，还有100多位名人在Instagram上用salfie这个标签发布了盐瓶的图片。 –广告周刊（Adweek）

**最新研究**

[**少吃盐，更长寿**](http://wuis.org/post/little-should-go-long-way-when-it-comes-salt)

伊利诺大学香槟分校（University of Illinois at Urbana–Champaign）的食品科学家Youngsoo Lee正在研究如何去除加工食品中不必要的盐来同时又能保留其味道的方法。他提出假定，改变加工食品空隙的大小，可以帮助维持相同的咸味口感，而食品的实际用盐量则减少。他发现，加工食品在咀嚼过程中会有最多可达95%的盐分不会得到释放，吃的人最多能感受到30%的盐。他表示，改变食品内部结构中的空隙大小并不需要复杂的化学反应。科学家可以通过各种物理手段改变食品内部的孔隙度,比如改变均化压力或改变食物的质地。易碎的食物,如羊乳酪,因为有更多的表面积暴露，所以与味蕾充分接触,因而具有更强的味道。改变蛋白质与脂肪的比率是另一个改变孔隙大小的方法。——WUIS.org(伊利诺斯州NPR)

**其他资讯**

[**媒体对盐的报道呈一边倒趋势：93%以上的报道无视相反的观点**](http://newsbusters.org/blogs/joseph-rossell/2015/06/01/nets-slam-salt-ignore-contrary-views-more-93-percent-stories)

MRC商务公司回顾了2010至2015年期间从营养学角度对钠和食盐进行讨论的新闻报道后，发现对于食品的媒体报道已经变得难以解释。胆固醇、食用色素、盐和其他添加剂占据了各大媒体的头条,尽管新闻报道往往都无法确认这些成分对消费者是好还是坏。例如,尽管联邦政府一直在通过“美国人饮食指南”（*Dietary Guidelines for Americans*）报告告诉公众应当减少食盐摄入，而且美国广播公司（ABC）、哥伦比亚广播公司(CBS),和美国全国广播公司（NBC）经常不加思索地重复这个建议，可是最近的证据还是表明，盐可能比人们此前认为的更加安全,而且一些健康专家和医生也已经对联邦政府的建议提出了质疑。——非凡新闻（NewsBusters）

**[意面酱里的钠：各品牌排名](http://www.huffingtonpost.ca/2015/06/01/healthy-pasta-sauce_n_7472786.html)**

消费者在购买意面酱时一定要注意糖和盐的含量。一些瓶装酱料可以含高达每半份600毫克的盐。人们可以用洋葱，香草，大蒜，番茄块和辣椒自制意面酱。如果没时间自制的话，选择某些品牌的酱料会更好点。文章列出了一些最佳和最差的品牌，并且提供了自制加瓶装酱料混合的配方：25%的瓶装酱再加些番茄酱。– 赫芬顿邮报（Huffington Post）

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《减盐电子周刊》在内容上只基于新闻价值和读者的潜在兴趣进行选择。美国疾病预防控制中心对所提供文章的真实准确性不承担任何责任。文章的选择、省略或文章内容并不意味着美国疾病预防控制中心对其内容有支持或其它观点。《减盐电子周刊》中原作者的观点或者引用，完全是其个人观点，绝不代表美国疾病预防控制中心的官方立场。所提及的产品、商业名称、出版物、新闻来源以及网站等，仅作参考之用，并不意味着美国疾病预防控制中心的认可。

**May 23–June 5, 2015**

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[**Nestlé Frozen Pizzas and Snacks Are About to Get Healthier**](http://fortune.com/2015/06/02/nestle-salt-artificial-flavors-frozen-pizza-snacks/)

Nestlé USA recently announced that, by the end of 2015, it will remove artificial flavors and cut salt in its frozen pizza and snack brands by 10% from 2013 levels. The initiative will affect more than 250 products across Nestlé’s DiGiorno, Tombstone, California Pizza Kitchen, Jack’s, Hot Pockets, and Lean Pockets brands. The move is the latest in a string of announcements from packaged-food companies that plan to reduce ingredients that consumers increasingly say they do not want. While cutting fat and calories once addressed concerns from consumers focused on wellness, shoppers are now demanding that companies cut ingredients that they do not understand as they push for simpler and “clean” labels. – Fortune

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[**Could 95% of the World’s People Be Wrong About Salt?**](http://www.washingtonpost.com/blogs/wonkblog/wp/2015/05/26/could-95-percent-of-the-worlds-people-be-wrong-about-salt/)

For years, health authorities around the world have warned people that they are eating too much salt. But the response to these warnings, according to the article, has been a widespread show of dietary disobedience: An estimated 95% of the world’s people continue consuming salt at levels officials deem excessive. At a recent conference of the American Society of Hypertension, some presenters suggested that the persistent global appetite for salt might be a sign that people are geared for more salt than health authorities recommend. The presenters pointed to the vast gap between what the authorities say is a healthy amount of salt and the amounts that people around the world are actually consuming. However, scientists who support government efforts to reduce sodium consumption dispute the idea of a natural appetite for high levels of salt, saying that people are eating so much salt because the modern diet makes it all too available in processed foods, especially bread. – Washington Post

[**Big School Districts Reject USDA School Lunch Recipes**](http://www.washingtonexaminer.com/school-lunch-recipes-ripped-dont-meet-low-salt-sugar-rules/article/2565345)

New federal school cafeteria recipes designed to support the Healthy, Hunger-Free Kids Act of 2010 do not meet the government’s requirements for colorful veggies as well as low salt and low sugar foods and are being widely rejected because they are not “student friendly,” according to a new survey of school nutrition professionals published in the *Journal of Child Nutrition and Management*. The survey found that larger school systems, representing 54% of all students, criticized many of the recipes for not meeting “the trends of today” and clashing with “cultural diversity.” The survey said the U.S. Department of Agriculture’s suggested recipes did not meet the department’s own demand for healthier foods, the goals of Michelle Obama’s *Let’s Move!*initiative, and the intent of the *Recipes for Healthy Kids* cookbook. However, smaller school districts that cook items from scratch liked many of the recipes. – Washington Examiner

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[**Thumbs Up for Chipotle’s Chorizo on Taste, But Watch for the Sodium**](http://www.kansascity.com/living/liv-columns-blogs/chow-town/article22990926.html)

Chipotle has chosen Kansas City as the test market for chorizo sausage, the chain’s newest menu item. The chicken and pork sausage blend is fashioned into a patty that is grilled in-store then crumbled for mixing with the standard rice and bean base and served in a bowl, burrito, or taco. Although the food columnist who reviewed the new product enjoyed it, she noticed how salty it was and followed up with the company for a sodium count: A 4-ounce serving of chorizo contains 803 milligrams of sodium. Other protein options, including barbacoa beef (530 milligrams) and sofritas (555 milligrams), were the next highest in sodium after chorizo. – Kansas City Star

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[**New Zealanders Consume 9 Grams of Salt per Day**](http://www.nzherald.co.nz/health/news/article.cfm?c_id=204&objectid=11456834)

New research on the changing sodium levels in food products from 2003 to 2013, in New Zealand, found sodium levels were cut within some food groups by up to 28%. The largest reductions were in breakfast cereals (28%), canned spaghetti (15%), and bread (14%). Sodium increased by 2% in cheese products and 6% in corned beef products. – New Zealand Herald

[**Nigeria: Experts Express Caution on Salt Intake**](http://allafrica.com/stories/201505281487.html)

Medical experts in Nigeria have advised that moderate intake of salt and regular blood pressure checks would help reduce the risk for high blood pressure and related diseases. Speaking to the theme of this year’s World Hypertension Day, “Know Your Numbers,” AmamMbakwem, associate professor of medicine at the University of Lagos, noted that more black people than whites have hypertension, in part because blacks process salt somewhat differently. She added that there are also genetic differences between whites and blacks that affect the rate at which hypertension develops. – All Africa

[**South Africa’s Bold Move on Salt Gets Off to a Shaky Start**](http://mg.co.za/article/2015-06-02-sas-bold-move-on-salt-gets-off-to-a-shaky-start)

South Africa has been a trailblazer in the global battle to reduce salt intake. In 2012, South Africa developed legislation that sets mandatory limits on the levels of salt in processed foods. But 3 years after this bold policy was first introduced—and less than a year until it finally becomes law—the country has still not set up programs to monitor how effective the legislation will be. Ideally, baseline studies measuring salt intake across the country should already be completed, so that when the legislation goes into effect a follow-up study can produce evidence to justify it. Only a few countries in the rest of the world have opted for mandatory legislation, including Portugal, Belgium, Finland, Greece, Argentina, and Paraguay. – Mail & Guardian

[**Grey Argentina  andFundaciónFavaloro Send Colorful Message in a Bottle About Country’s Salt Intake**](http://www.adweek.com/agencyspy/grey-argentina-sends-colorful-message-in-a-bottle-about-countrys-salt-intake/87649)

Argentina’s average daily per capita salt intake, 12 grams a day, is more than double the World Health Organization’s recommendations, and 30% of Argentinians suffer from high blood pressure. Advertising firm Grey Argentina recently partnered with scientific institution FundaciónFavaloro to create the campaign “The Salt You Can See” (#LaSalQueSeVe). The two groups collaborated in creating and distributing bottles of colored salt during World Salt Awareness Week in March to make it easier for Argentinians to see how much they are consuming. The campaign drew attention and support from soccer superstar Lionel Messi and Argentina’s largest salt company. The campaign has garnered more than 16 million impressions, and more than 100 celebrities posing with the salt shakers on Instagram used the hashtag #salfie. – Adweek

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[**A Little Should Go a Long Way When It Comes to Salt**](http://wuis.org/post/little-should-go-long-way-when-it-comes-salt)

Youngsoo Lee, a food scientist at the University of Illinois at Urbana–Champaign, is researching ways to remove unnecessary salt from processed foods while leaving the flavor intact. Lee hypothesizes that altering the size of pores in processed foods can help maintain a similar perception of saltiness while reducing the actual volume of salt in food. He discovered that as much as 95% of the salt in processed foods is not released during chewing; at best, 30% is tasted. Lee says that altering pore size does not involve complicated chemistry. Scientists can alter porosity through a variety of physical means, including changing the pressure of homogenization or altering foods’ texture. Foods that crumble easily, such as feta cheese, expose more of their surface area to the taste buds and consequently have a stronger flavor. Altering the ratio of protein to fat is another means of changing pore size. – WUIS.org (NPR Illinois)

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[**Networks Slam Salt, Ignore Contrary Views in More than 93% of Stories**](http://newsbusters.org/blogs/joseph-rossell/2015/06/01/nets-slam-salt-ignore-contrary-views-more-93-percent-stories)

Media coverage of food has become difficult to interpret, according to a review of news stories mentioning sodium or salt in the context of nutrition from 2010–2015, conducted by MRC Business. Cholesterol, food dyes, salt, and other additives dominate headlines, even though news stories often cannot decide whether those ingredients are good or bad for consumers. For example, while the federal government has used the *Dietary Guidelines for Americans* report to tell the public to consume less salt—and ABC, CBS, and NBC often repeat this suggestion uncritically—recent evidence suggests that salt might be far safer than previously thought, and some health experts and doctors have called the recommendation into question. – NewsBusters

[**Sodium in Pasta Sauce, Ranked**](http://www.huffingtonpost.ca/2015/06/01/healthy-pasta-sauce_n_7472786.html)

When buying bottled pasta sauce, be sure to watch out for both the sugar and sodium content. Some bottled sauces can contain up to 600 milligrams of sodium per half-cup serving. People can make their own pasta sauce by mixing onions, garlic, chopped tomatoes, basil, and spices. When there’s no time to make pasta sauce from scratch, some brands are better than others; the article lists some of the best and worst options. The article also suggests a homemade-packaged hybrid in a pinch: using 25% store-bought sauce and adding tomato puree. – Huffington Post

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