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《减盐资讯》汇总自上一期起最新的与钠摄入和减盐相关的新闻文章（或标题），大约每两周发布一次。内容包括：行业资讯、政府资讯、各州/地方资讯、国际资讯、新的调查和研究成果等等。目的是为了让公众对与钠相关的新闻话题有一个快速了解。

**2016年1月16日- 29日**

**政府新闻**

**参议院妥协 新规支持者以失败告终**

美国参议院农业委员会投票支持妥协计划，即保留《2010年健康无饥饿儿童法案》颁布后的主要校园营养标准。[《美国医学会小儿科期刊》（JAMA Pediatrics）的一项近期研究](http://media.jamanetwork.com/news-item/healthy-hunger-free-kids-act-linked-to-more-nutritious-lower-calorie-meals/)显示，校园餐食的营养价值增长了约30%，有了这些更加严格的标准，餐食就会更加健康。[美国疾控中心（CDC）在《发病率和死亡率周报》（Morbidity and Mortality Weekly Report）中发表的一篇分析文章](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6433a3.htm)也谈到了该增长情况。但是，校园营养协会（School Nutrition Association）称，多数食堂均因标准变得更加严格而出现资金损失，他们很难再吸引学生们来这里吃午饭，因此他们向国会游说，希望国会能放宽某些标准。如果国会能做出让步，例如将达到减钠目标的时间延长2年，这样，学校就能有更大的缓冲空间。——美国国家公共电台（NPR）

**国际新闻**

[**爱尔兰消费者摄入的盐、脂肪和糖含量**](http://www.irishtimes.com/news/health/irish-consumers-eating-less-fat-sugar-salt-report-finds-1.2512308)**下降**

据爱尔兰饮食协会（Food and Drink Industry Ireland，FDII）的一项最新报道称，目前，爱尔兰消费者购买的食品都采用了新配方，因此他们摄入的盐、糖和脂肪含量都在下降。2005年至2012年间，由于食品制造商减少了各自产品的含盐量，因此，成人每日钠摄入量平均至少降低了8%。同时，该报道还称，如果多数食品企业采用与14家FDII企业相同的方法对食品进行改良，那么民众的饮食状况就可能得到明显改善，例如：成人的钠摄入量可减少高达45%，儿童也可达到30%。

——《爱尔兰时报》（Irish Times）

[**韩国人愈加注重健康 国民钠摄入量下降**](http://english.chosun.com/site/data/html_dir/2016/01/18/2016011801246.html)

据韩国食品药品管理局（Korea Food and Drug Administration，KFDA）近期发布的一项报告显示，近些年，韩国国民每日的盐摄入量不断减少。韩国人平均每天的盐摄入量从2010年的4831毫克下降至2014年的3890毫克。减少加工食品中的钠含量是导致这一下降趋势的主要原因。同时，由于每日的盐摄入量减少，高血压患病率也得以降低。2012年，韩国的高血压患病率达到峰值（29%），2014年降至25.5%。KFDA某官员称：“2011年，我们发起了一项活动，旨在减少民众的盐摄入量，同时提高他们的健康风险意识，让他们知道钠摄入过量会影响身体健康。这项公益事业不仅提高了民众对健康饮食的重视程度，同时还吸引了众多餐饮企业参与其中。——《朝鲜日报》（Chosun Ilbo）

[**[儿童吃半罐](http://www.thesun.co.uk/sol/homepage/news/6870219/Half-a-can-of-beans-enough-to-take-kids-close-to-daily-salt-limit.html)****[英国焗豆即可接近每日盐摄入量限值](http://www.thesun.co.uk/sol/homepage/news/6870219/Half-a-can-of-beans-enough-to-take-kids-close-to-daily-salt-limit.html)**](http://www.thesun.co.uk/sol/homepage/news/6870219/Half-a-can-of-beans-enough-to-take-kids-close-to-daily-salt-limit.html)

据某大型超市对13个品牌的一项调查显示，英国某些品牌的焗豆含盐量比其它品牌高出两倍之多。最严重的情况是，部分英国儿童吃半罐焗豆就会接近每日建议摄入量。英国1-3岁儿童的每日建议盐摄入量为2克；4-6岁儿童为3克；成人为6克。该调查发现，最贵的焗豆品牌——Biona Organic反而含盐量最高，其产品中每100克焗豆就含有1.1克盐。而价格适中的品牌——Asda’s Chosen by You中，每100克焗豆只含有0.5克盐。——《太阳报》（The Sun）

[**健康零食：为什么“超级食品”可能不健康**](http://www.cbc.ca/news/health/marketplace-snack-attack-healthy-tips-1.3414186)

该文章探讨了在加拿大常见的几种零食标签，这些标签可能会使顾客误以为这样的产品很健康。注册营养师莱斯利·贝克（Leslie Beck）称：“关于这件事，我觉得最关键的就是，你不能因为包装上的名字或标语听着健康，或者图片看着健康，就认为这个食品是健康的。”虽然SuperEats Kale + Chia超级薯片的包装上会写着“超级食品”、“蛋白质”、“纤维”和“超级营养”这类词汇，但其实它的含钠量和某些品牌薯片的含钠量一样高。一包（13片薯片）含钠量高达370毫克。——哥伦比亚广播公司新闻频道（CBS News）

**其它信息**

[**三种简单改变减少钠摄入**](http://www.today.com/series/starttoday/salt-swaps-make-these-three-simple-changes-lower-your-sodium-t68786)

三种简单的替代物就可以保证盐摄入量不超标。众所周知，商场里卖的沙拉酱含盐量很高，普通沙拉酱和低热量沙拉酱都是如此。大部分沙拉酱产品中，每2茶勺就至少含有250毫克盐。文中视频建议消费者在乳状的田园沙拉酱或凯撒沙拉酱中加入低脂酪乳，或在醋油沙拉汁中加入香醋或红酒醋，这样就可以减少约45%的钠。同时，该视频还提供了制作低钠三明治的小窍门，并介绍了钠的一些替代物，例如：用粗盐和不含盐的混合调料代替精盐。——今日报（Today）

[**外出就餐：选对健康餐厅的12种方法**](http://www.huffingtonpost.ca/marc-davis-/12-smart-healthy-dining-choices_b_9092840.html)

现在，很多人在家吃饭时都很注意饮食健康，外出就餐时却选择不健康的食品，这是为什么呢？餐厅的饭菜量通常比家里的大，而且菜里的脂肪、钠和糖的含量也比家里的高很多。含钠量过高不仅会导致饮食过量，还会对需要控制高血压的人群造成危害。因此，该文章建议大家在选择餐厅和菜品前三思而后行，选择健康饮食，并在点菜前向服务员询问菜品的制作方式，且不要吃带有奶油汁或调味汁的食物。——《加拿大赫芬顿邮报》（Huffington Post Canada）

[**海盐是否比精盐更健康？**](http://www.recordonline.com/article/20160125/ENTERTAINMENTLIFE/160129630)

一位患有高血压的读者提出了这样一个问题：是否应用海盐代替精盐来减钠？但与大众观点相反的是，海盐和精盐的氯化钠含量相同，因此，用海盐代替精盐并不能控制高血压。往菜里加盐不是导致钠摄入过量的主要原因。美国普通饮食中的钠主要来自加工食品（77%）、天然原料（12%）、就餐时的添加物（6%）和烹饪时的添加物（5%）。少吃方便食品是最有效的减钠方式。在购买这些食品时，既要注意包装上的营养成分表，也要了解“减钠”这类词汇的含义。——《时代先驱纪事报》（Times-Herald Record）

[**关于盐的五个误区**](http://www.latinoshealth.com/articles/17522/20160128/5-salt-myths-debunked-see-facts-here.htm)

人们一直很关注盐的问题，有人认为吃含盐的食品会增加心脏病的患病几率。本文试图通过指正一些常见误区，来帮助人们做出更明智的饮食选择。其中一个误区是：不含盐的食品没味道。除了盐以外，食物还有其它的增味方式。Cleveland诊所就建议使用其它调料来增味。还有一个误区是：只有咸味食品中才有钠。不仅加工食品中含钠，我们每天吃的奶酪、面包和家禽肉中也含钠。——Latinos Health

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*Salt in the News* captures news articles (or headlines) related to sodium and sodium reduction that have been published since the last edition, about every 2 weeks. Content includes Industry News, Government News, State/Local News, International News, New Studies and Research, and more. The purpose is to provide a snapshot of sodium-related topics in the media.

**January 16–29, 2016**

Government News.jpg

[**Food Fight Fizzles as Senate Nears Compromise on School Nutrition Rules**](http://www.npr.org/sections/thesalt/2016/01/20/463618556/food-fight-fizzles-as-senate-nears-compromise-on-school-nutrition-rules)

The U.S. Senate Agriculture Committee has voted in support of a compromise plan that will preserve key school nutrition standards enacted after the passage of the Healthy, Hunger-Free Kids Act in 2010. These stricter standards have led to more healthful meals, according to [a recent study in *JAMA Pediatrics*](http://media.jamanetwork.com/news-item/healthy-hunger-free-kids-act-linked-to-more-nutritious-lower-calorie-meals/) concluding that the nutritional quality of school meals has increased by about 30%. A [CDC analysis in *Morbidity and Mortality Weekly Report*](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6433a3.htm) also documents improvements. However, the School Nutrition Association—which says that many cafeterias have lost money as stricter standards have made it challenging to keep paying students in the lunch line—has lobbied Congress to relax some standards. The compromise bill will give schools much of the flexibility that they have requested, including getting 2 additional years to meet new lower sodium targets. – NPR

International News.jpg

[**Irish Consumers Eating Less Salt, Fat, and Sugar**](http://www.irishtimes.com/news/health/irish-consumers-eating-less-fat-sugar-salt-report-finds-1.2512308)

Irish consumers are eating less salt, sugar, and fat thanks to reformulation of the products they consume, according to a new report by Food and Drink Industry Ireland (FDII). The average daily sodium intake of adults dropped at least 8% between 2005 and 2012, as manufacturers reduced the amount of salt in their products. The report also estimated the impact on people’s diets based on an assumption that the wider food industry reformulated products in the same manner as the 14 FDII companies. This produced far greater estimated reductions, including up to 45% reduced sodium among adults and 30% reduced sodium among children. – Irish Times

[**Sodium Intake Decreasing as Koreans Become More Health Conscious**](http://english.chosun.com/site/data/html_dir/2016/01/18/2016011801246.html)

Koreans’ daily intake of salt has dropped in recent years, according to a recent report by the Korea Food and Drug Administration (KFDA). Koreans’ average daily intake of salt fell from 4,831 milligrams in 2010 to 3,890 milligrams in 2014. A decrease in the sodium content of processed foods was the biggest reason for the reduction. The drop in daily salt intake has also contributed to a decline in the prevalence of hypertension. After peaking at 29% of the population in 2012, the proportion dropped to 25.5% in 2014. “In 2011, we launched a campaign to reduce salt consumption while raising awareness of health risks caused by excessive intake of sodium,” said a KFDA official. “That led to increased interest in healthy eating, and a number of catering businesses and restaurant chains have joined the cause.” – Chosun Ilbo

[**Half a Can of U.K. Beans Enough to Bring Kids Near Daily Salt Limit**](http://www.thesun.co.uk/sol/homepage/news/6870219/Half-a-can-of-beans-enough-to-take-kids-close-to-daily-salt-limit.html)

Some brands of baked beans in the United Kingdom contain up to twice as much salt as others, according to a supermarket survey of 13 brands. In the worst cases, half a can is enough to take some children close to their daily recommended salt intake. In the United Kingdom, for children aged 1–3, the recommended daily salt allowance is 2 grams; for those aged 4–6, it is 3 grams; and for adults, it is 6 grams. The survey found that the most expensive bean brand was the biggest offender: Biona Organic contained 1.1 grams of salt per 100 grams of beans. A much more affordable brand, Asda’s Chosen by You, contained only 0.5 grams of salt per 100-gram serving. – Sun

[**Healthy Snacking: Why “Superfoods” May Be a Myth**](http://www.cbc.ca/news/health/marketplace-snack-attack-healthy-tips-1.3414186)

This article looks at some popular Canadian snack food labels that may fool shoppers into thinking that they are buying healthy items. “I think the bottom line here is, you really can’t judge a food product by its healthy-sounding name or a few words on the box or even a healthy-looking picture, for that matter,” said registered dietitian Leslie Beck. Although a bag of SuperEats Kale + Chia Chips lists such words as “superfood,” “protein,” “fiber,” and “super nutritious,” the product is as high in sodium as some brands of potato chips; one serving, or 13 chips, contains 370 milligrams of sodium. – CBC News

Other.jpg

[**Make These Three Simple Changes to Reduce Sodium Intake**](http://www.today.com/series/starttoday/salt-swaps-make-these-three-simple-changes-lower-your-sodium-t68786)

Three easy substitutions can help keep salt intake in check. Commercial, store-bought salad dressing brands are notoriously high in salt, whether they are the regular versions or a brand’s lower calorie option. Most dressings contain at least 250 milligrams per 2-tablespoon serving. This video advises consumers to reduce the sodium by about 45% by mixing low fat buttermilk into creamy dressings like ranch and Caesar or mixing balsamic or red wine vinegar into vinaigrettes. The video also includes tips to make lower sodium sandwiches and sodium swaps, like switching table salt for coarse salt and using salt-free seasoning blends. – Today

[**Dining Out: 12 Ways to Make Smart and Healthy Restaurant Choices**](http://www.huffingtonpost.ca/marc-davis-/12-smart-healthy-dining-choices_b_9092840.html)

Many people are accustomed to trying to eat healthy when cooking at home. But why do people choose unhealthy options when dining out? Portions are often quite a bit larger than what is typically served at the dining room table, and these meals often contain far more fat, sodium, and sugar than home-cooked food. Not only do oversized quantities of sodium promote overeating, but they can be harmful for people trying to keep their blood pressure down. The article recommends that people think in advance about where and what they will eat to make healthier choices. The article also recommends that people ask questions before ordering to find out how their food is prepared and limit foods that are breaded or served with cream sauce or gravy. – Huffington Post Canada

[**Is Sea Salt Healthier than Table Salt?**](http://www.recordonline.com/article/20160125/ENTERTAINMENTLIFE/160129630)

A reader with high blood pressure asks whether to switch from regular salt to sea salt to reduce sodium. Contrary to popular belief, sea salt and table salt contain the same amount of sodium chloride, so switching will not help with high blood pressure. Use of the salt shaker is not the main cause of excessive sodium in people’s diets. The main sources of sodium in the average U.S. diet are processed foods (77%), natural sources (12%), addition while eating (6%), and addition while cooking (5%). Focusing on prepared and packaged foods is the most effective way to cut down on sodium. When buying these foods, read the Nutrition Facts panel and know what sodium terms like “reduced sodium” mean. – Times-Herald Record

[**Five Salt Myths Debunked**](http://www.latinoshealth.com/articles/17522/20160128/5-salt-myths-debunked-see-facts-here.htm)

Salt has received a lot of attention, with some people believing that eating food containing salt can increase one’s chances of developing heart disease. This article attempts to help people make better food choices by debunking some of the common myths. One such myth is that salt-free foods have no taste. There are other ways of putting flavor into food; for example, Cleveland Clinic recommends using other spices and herbs. Another myth is that sodium is found only in salty food. Sodium is found not only in processed foods but in everyday foods such as cheese, bread, and poultry. – Latinos Health

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