

11月20日

本周的美国疾控中心(CDC)《合理用盐电子报》（Salt e-Update）的更新内容包括：校园减盐成功的新案例。

**校园减盐成功案例**

近期有媒体发布新闻称，爱达荷州爱达荷福尔斯市博纳维尔(Bonneville)联合校区采取的减盐措施获得成功。这则题为《爱达荷州进一步推动校园减盐措施》重点介绍了该校区与学校厨师共同解决校园餐食问题，制定含钠量合理的菜谱并寻找更多减盐方法。学校工作人员通过研究菜单和生产记录找出了造成含钠量高的问题所在，并就此对学校的菜单进行了修改。具体修改内容包括：

* 不加腌黄瓜条（每份1盎司黄瓜条含320毫克钠）
* 汉堡中不加奶酪（每片奶酪含145毫克钠）
* 使用美国农业部素食豆类制成的烘豆（每份较之前减少400毫克钠）

点击下方链接可详细阅读该成功案例：

<http://www.cdc.gov/salt/pdfs/successstory_bonneville_id.pdf>.

感谢您对减少钠摄入长期以来的关注和支持！

请注意：

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Hello –

This week’s CDC Salt e-Update includes a new success story related to sodium reduction in schools.

**Successful Sodium Reduction in Schools**A new success story related to sodium reduction in the Bonneville Joint School District in Idaho Falls, Idaho, was recently published. The story entitled “Idaho School Steps Up to Drive Sodium Down” highlights activities between the school district and the schools’ chef to figure out the average sodium content of school meals and identify opportunities for sodium reduction. Using menu and production records, staff identified higher sodium items and modified the schools’ menu. Changes made include:

* Removing pickle spears (saved 320 mg of sodium per 1-ounce serving)
* Serving burgers without cheese (saved 145 mg of sodium per slice)
* Preparing baked beans using USDA vegetarian beans (saved 400 mg of sodium per serving)

The success story may be found here: <http://www.cdc.gov/salt/pdfs/successstory_bonneville_id.pdf>.

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov)*.*

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