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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9月10日至9月23日**

**行业新闻**

[**合味道减少其产品的盐**](http://translate.google.com/translate?hl=zh-CN&prev=_t&sl=en&tl=zh-CN&u=http://www.wsj.com/articles/cup-noodles-dials-down-the-salt-1473973453)**含量**

合味道（Cup Noodles），45年前把方便面引入了美国，目前已在其产品中新增了成分，如辣椒粉和青柠，大大降低了钠含量，且还在其拉面中去除了人工香料。其总公司日清食品株式会社（Nissin Foods）称，这些变化是应消费者的要求，在不影响味道或提高价格的前提下，其进行了大量的研究和开发工作，以设想出新的食谱。去年，Nissin生产了规格更大且可微波的产品，且开始加快推出更健康的杯面，通过在线广告活动，鼓励人们在拉面中添加速冻蔬菜、鸡肉和虾。-华尔街日报

**国际新闻**

[**爱尔兰政府大规模整顿高糖高盐高脂肪产品**](http://translate.google.com/translate?hl=zh-CN&prev=_t&sl=en&tl=zh-CN&u=http://www.thejournal.ie/obesity-plan-2991868-Sep2016/)

爱尔兰卫生部最近出台了一项肥胖政策行动计划，以帮助爱尔兰人民作出更健康的选择。 该计划包括，承诺制订方案，对含糖饮料进行征税以及对高脂肪、高盐和高糖产品的财政措施的有效性进行审查。-TheJournal.ie

**新研究/调研成果**

[**如何在连锁餐厅吃得更健康**](http://translate.google.com/translate?hl=zh-CN&prev=_t&sl=en&tl=zh-CN&u=http://www.consumerreports.org/diet-nutrition/how-to-eat-healthier-at-restaurant-chains/)

最近对五家流行餐厅连锁店的菜单分析显示，食客可能会受到欺骗而作出不健康的选择。该分析鉴定了令重视健康的食客乐于订购的膳食。从理想的角度来看，这些菜肴的营养量约占一天营养摄入量的三分之一：等于或低于670卡路里，22克脂肪，7克饱和脂肪和770毫克钠。“清淡的菜肴”听起来健康，但其含钠量往往惊人- 消费者报告

**其它信息**

[**盐藏在哪里 - 为什么你需要找到它**](http://translate.google.com/translate?hl=zh-CN&prev=_t&sl=en&tl=zh-CN&u=http://blogs.webmd.com/heart-disease/2016/09/where-salt-is-hiding-and-why-you-need-to-find-it.html)

有人告诉过你需要减少钠的摄入量吗？ 医生经常给出这个建议，特别是对有高血压的人，但减少钠的摄入量可能非常困难。作者经常从患者口中听到的事情之一是他们“从不在他们的食物中加盐”。不幸的是，这并不意味着他们正在吃低钠食物，因为超过75％美国人所摄入的钠来自餐厅，预包装和加工食品。- WebMD

[**为什么盐可能导致人们吃更多**](http://translate.google.com/translate?hl=zh-CN&prev=_t&sl=en&tl=zh-CN&u=http://www.courier-journal.com/story/life/wellness/food/2016/09/15/why-salt-may-cause-you-eat-more-food/88915158/)

在美国关于饮食脂肪和糖之争论在第二次世界大战后开始，当时这篇报道假设了美国人因结束定额配给食物而能够大肆庆祝。 但盐已经成为一个新的敌人，会促成不健康的饮食。 盐长期以来一直被视为一种饮食恶棍，但这种声誉与其保水性能有关，该性能促使血容量增加，导致血压更高。 然而，发表在 *营养学杂志*上的澳大利亚的新研究表明，食盐甚至通过引起人们吃更多的食物并消耗更多热量的方式危害健康。-信使日报

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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.

**September 10–September 23, 2016**

[**Cup Noodles Dials Down the Salt**](http://www.wsj.com/articles/cup-noodles-dials-down-the-salt-1473973453)

Cup Noodles, who brought instant ramen noodles to the United States 45 years ago, has added ingredients like paprika and lime to drastically reduce sodium content and remove artificial flavors from its ramen noodle cups.  The parent company, Nissin Foods said that these changes were asked for by consumers and it took “extensive research and development to come up with new recipes without hurting the taste or raising the price.” Nissin’s push to create a heathier Cup Noodles started last year when it made their cups larger and microwavable, encouraging people through an online ad campaign to add frozen vegetables, chicken and shrimp to their ramen. – Wall Street Journal

[**Irish Government to Target Sugar, Salt, Fat, and Big Portion Sizes**](http://www.thejournal.ie/obesity-plan-2991868-Sep2016/)

The Ireland Department of Health recently launched an obesity policy action plan to help empower Irish people to make healthier choices. The plan includes a commitment to developing proposals that would tax sugar-sweetened drinks and a review of the effectiveness of fiscal measures on products high in fat, salt, and sugar. – TheJournal.ie

[**How to Eat Healthier at Restaurant Chains**](http://www.consumerreports.org/diet-nutrition/how-to-eat-healthier-at-restaurant-chains/)

A recent menu analysis of five popular restaurant chains reveals ways that diners may get fooled into making unhealthy choices. The analysis identifies meals that a health-conscious diner could feel comfortable ordering. Ideally, those are dishes with about a third of a day’s nutrition intake: at or below 670 calories, 22 grams of fat, 7 grams of saturated fat, and 770 milligrams of sodium. “Lighter” dishes may sound healthier but often contain a surprising amount of sodium. – Consumer Reports



[**Where Salt Is Hiding—and Why You Need to Find It**](http://blogs.webmd.com/heart-disease/2016/09/where-salt-is-hiding-and-why-you-need-to-find-it.html)

Have you been told you need to cut back on sodium? Doctors frequently give this advice, especially to people with high blood pressure, but cutting back on sodium can be very difficult. One of the most common things the author hears from her patients is that they “never add salt to their food”. Unfortunately, that does not mean that they are eating a low sodium diet because more than 75% of the sodium Americans eat comes from restaurant, prepackaged, and processed foods. – WebMD

[**Why Salt May Cause People to Eat More**](http://www.courier-journal.com/story/life/wellness/food/2016/09/15/why-salt-may-cause-you-eat-more-food/88915158/)

The United States’ war on dietary fat and sugar began after World War II, when this article postulates that Americans may have felt entitled to celebrate the end of rationing. But salt has emerged as a newer foe that also contributes to an unhealthy diet. Salt has long been seen as a dietary villain, but that reputation is linked to its effects on water retention, which increases blood volume, leading to higher blood pressure. However, new research from Australia published in the *Journal of Nutrition* suggests that salt does even more harm by causing people to eat more food and consume more calories. – Courier-Journal

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