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**2014年6月6日-2014年6月19日**

**行业新闻**

[**达美乐Smart Slice占领学校餐桌**](http://www.nytimes.com/2014/06/11/dining/the-dominos-smart-slice-goes-to-school.html)

像达美乐这样的公司正在制作更加健康的食物，以便向学校销售。这引发了人们对于食品公司利用学校午餐的机会推广其品牌影响力的担忧。新颁布的学校餐食指导意见要求降低食物钠含量，这让达美乐公司的一款命名为Smart Slice的披萨更为火爆，现在正在向38个州的3000多所学校的餐厅输送。而该产品在2010年仅在三个州销售。这种披萨所用调料的钠含量比正常的少三分之一，不过学校订购该披萨这一举动，无疑相当于在学生当中为达美乐的品牌影响力做了市场推广。其它食品公司也正在通过降低钠含量的方式打入学校午餐市场。营养学家和消费者权益保护者警告说，这样替食品公司打广告，会使放学后学生们走进达美乐门店消费的可能性提升。芝加哥公立学校已经拒绝向其四十万学生供应类似改良产品，他们认为这些食物品牌可能会让学校教育学生养成良好饮食习惯的努力付诸一炬。

资讯来源：纽约时报(New York Times)

[**到2018年调味料减钠行业市场规模将达十亿美元**](http://www.busbyway.com/2014/06/09/sodium-reduction-market-by-ingredients-worth-1-billion-by-2018-a-report-by-marketsandmarkets/)

根据市场研究公司MarketsandMarkets发布的一份最新报告，从2013年起，减钠行业市场规模的复合年增长率达到11%，到2018年预计将达10亿美元。2012年，北美是最大的市场，欧洲紧随其后。对加工食品需求的增加，再加上对于健康产品的重视意识的提升，显著地推动了食品行业的增长，而这些也相应的推动了调味品市场的增长。按照产品类型细分，矿物盐占据大部分市场，其次是酵母提取物。全球范围内来看，烘焙食品和甜品是最大的应用市场，紧随其后的是肉食品。

资讯来源：BusByway网站（<http://www.busbyway.com/>）

**政府新闻**

[**美国食品和药品管理局准备推出市场期待已久的减盐计划**](http://bigstory.ap.org/article/fda-prepping-long-awaited-plan-reduce-salt)

美国食品和药品管理局专员Margaret Hamburg说，该局正在准备一份自愿性的指导意见，以要求食品行业降低食物中的钠含量。最近在接受采访时她还指出，美国食品和药品管理局（FDA）对于减钠“非常感兴趣，也非常关注”。食品企业已经进行了一定程度的减钠，而且自从2010年医学研究所（IOM）发布报告指出食品企业没有在减钠方面取得足够的进展以来，各食品企业也做好了进一步减钠的准备。新的指导意见旨在通过逐渐的调整，使得消费者的味蕾可以慢慢适应，同时给予企业足够的时间开发低钠的食物。许多食品公司和零售商，包括沃尔玛、康尼格拉食品和赛百味餐馆，已经开始减少盐的使用。

资讯来源：美联社

该报道也出现在其它一些媒体上，包括华盛顿邮报、时代周刊、[Health Affairs Blog](http://healthaffairs.org/blog/2014/06/16/fda-should-pass-the-saltstandards/)*,* [HealthDay](http://consumer.healthday.com/health-technology-information-18/press-medical-and-health-reporting-news-552/health-highlights-june-13-2014-688919.html), [Food Navigator-USA.com](http://www.foodnavigator-usa.com/Regulation/Industry-to-FDA-Think-again-before-setting-sodium-reduction-targets), [Medical Xpress](http://medicalxpress.com/news/2014-06-fda-prepping-long-awaited-salt.html), [Medical Daily](http://www.medicaldaily.com/fda-plans-sodium-crackdown-restaurants-and-suppliers-which-foods-your-diet-are-saltiest-288548), [Inquisitr](http://www.inquisitr.com/1303798/salt-government-mandatory-limits-may-be-coming-soon/), and [The Blaze](http://www.theblaze.com/stories/2014/06/17/if-companies-dont-adopt-the-governments-upcoming-salt-recommendations-some-think-mandatory-limits-are-in-order/)。

**国际新闻**

**[葡萄牙人每日实际消耗的盐是建议摄入量的两倍](http://www.theportugalnews.com/news/portuguese-consume-double-the-daily-recommended-salt-intake/31821)**

一位业内知名的葡萄牙高血压研究者警告说：经研究发现，葡萄牙人的每日钠摄入量是国际建议标准的两倍，而且父母给自己的孩子喂食了过多的钠。该研究发现，葡萄牙消费者平均每天消耗10.7克的盐，相当于超过4,100毫克的钠。被问及为何进行该研究这一话题时，葡萄牙高血压学会的领头人费尔南多·平托说：“有些孩子每天吃8克盐，而这个年龄段儿童每日最大摄盐量的推荐值是3克。”

资讯来源：葡萄牙时报（The Portugal News）

**[英国炸鱼薯条商店改用少孔的盐瓶](http://www.mirror.co.uk/news/uk-news/chippies-switching-salt-shakers-fewer-3694425)**

在英国，有些卖炸鱼薯条的商店已经改用少孔的盐瓶，试图以此来预防高血压和心脏疾病。参与的商户将17孔的盐瓶换为5孔的，以鼓励食客在他们的食物上撒上更少的调料。作为该项目的一部分，英国国家卫生系统有关部门提供盐瓶以及低钠盐。这些商户也被要求在商店中张贴海报来提醒食客。 海报上写着：“食盐过多不利于你的心脏。孔少、盐少、却更健康。”英国盐与健康行动小组声称每份炸鱼薯条在你不加任何盐进去之前的钠含量已经达到了约465毫克。

资讯来源：英国镜报（Mirror）

**[三种食盐被引入印度南部的开放市场](http://www.thehindu.com/news/national/tamil-nadu/now-comes-amma-salt/article6102093.ece)**

印度泰米尔纳德邦政府已经在市场中推出了阿玛盐。该盐由泰米尔纳德邦盐业总公司生产，以帮助社会经济地位较低的人以能够承受的价格获取优质的食盐。阿玛盐有三种子品牌可供选择：双强化碘盐、精制自由流动碘盐以及低钠盐。双强化碘盐有利于帮助那些患有贫血、甲状腺肿大的人。精制自由流动碘盐可以帮助那些甲状腺功能低下的人，而低钠盐则是特别针对那些患有高血压和心脏病的人。

资讯来源：印度教徒报（The Hindu）

**新研究/调研成果**

**[研究发现食物标签上的专业术语正在误导消费者](http://www.latimes.com/science/sciencenow/la-sci-sn-research-food-companies-misleading-consumers-with-health-halo-buzzwords-20140617-story.html)**

人们说他们想做出健康的选择，但是食品研究杂志的一篇新的研究文章的作者坦普尔诺瑟普却说：“食品市场营销人员正在利用消费者的这一想法，用具有欺骗性的标签来误导他们。诺瑟普拿柏亚迪厨师牛肉水饺举例，该产品包装外声称其含有丰富的蔬菜；虽然成分标签中列出了西红柿和胡萝卜，但是如果按照含量计算，胡萝卜则应当排在食盐之后。两个并排的营养标签仅能告诉该研究的参与者成分的类别信息，而不是而不是成品的实际来源。如果仅仅基于这些数字，33％的参与者人会认为罐头猪肉比三文鱼更健康，同时79％的人选择了不太健康的一种麦片。诺瑟普说，这样下去的话，消费者就会感到困惑，而且再没有人会在购物时愿意花很多的时间通过比较食品标签而选择更健康的食物了。

资讯来源：洛杉矶时报（Los Angeles Times）

**其它信息**

**[小贴士让你提高对钠的辨别力](http://www.theindependent.com/life/food/quick-tips-to-be-sodium-savvy/article_2d6f02ce-f292-11e3-bd5d-001a4bcf887a.html)**

几乎所有的美国人消耗的钠都比他们需要的多，但是他们常常不知道他们实际消耗了多少，因为单独靠品尝可能无法辨别哪种食物是高钠食物。大部分钠来自于加工食品或即食食品，这些食品通常是罐装、瓶装、包装或盒装的。本文提供的建议将提高你对于钠的辨别力，包括阅读食物上的营养配置表来对比同类食物中的钠含量，选择更多的新鲜食物，少吃加工食品，以及对使用高钠原料的食谱进行修改等。

资讯来源：格兰德岛独立报（Grand Island Independent）

**[了解盐对高血压的影响](http://www.courier-journal.com/story/life/wellness/health/2014/06/12/salt-important-comes-high-blood-pressure/10369793/)**

高血压是一种复杂的疾病，也是造成心脏疾病和中风的主要危险因素。不幸的是，因为该疾病有许多诱因导致，因此很难有效治愈。本文介绍了一些血压的基本知识，包括钠的影响。食盐（氯化钠）中的钠吸收并保持水份。在血液中，多余的钠会使得水份析出并保持它在血液中的循环。在一般情况下，血液中的液体含量为50%，不过当有太多的钠元素存在的情况下，液体所占比重将会更多。较高的液体含量等同于较高的血压。针对高血压的第一个处方药物是利尿剂，它可以帮助身体析出更多的液体。然而，减少钠的摄入量则可能是一个替代方法。对于那些对盐较敏感的人来说，可以断定通过减少钠的摄入就能够显著地降低高血压。

资讯来源：路易斯维尔信使报（The Courier-Journal）

**[研究发现花椒叶可以有效延缓对于盐的渴望](http://www.sunriseseniorliving.com/blog/june-2014/oregano-can-stave-off-salt-cravings-study-finds.aspx)**

盐可以在各种菜肴中找到，而保持饮食中的低钠对于心脏健康非常重要，尤其是对老年人。美国高血压学会最近的一项研究发现，尽管大多数厨师会使用草药和香料以增加菜肴的口味，但同时某些香料或许对人体健康有长期的影响。研究发现，花椒叶对于人的感官刺激等同于食盐，可以为在退休社区生活的老年人提供更健康的食盐替代品。根据这项研究，患有高血压的人在食用了含有花椒叶配料的食物之后对于含盐食物的渴望降低了。

资讯来源：Sunrise Senior Living

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**June 6–19, 2014**

Industry News.jpg

[**The Domino’s Smart Slice Goes to School**](http://www.nytimes.com/2014/06/11/dining/the-dominos-smart-slice-goes-to-school.html)

Companies like Domino’s are making more healthful versions of their food to sell in schools, prompting concerns about the use of brands in the school lunch line. Driven by new school meal guidelines, Domino’s is delivering a pizza it calls the Smart Slice to more than 3,000 lunchrooms in 38 states, up from just 3 states in 2010. These pies contain one-third less sodium in the sauce, but they also give the students a hefty dose of marketing for the Domino’s brand, and many other companies are following the same path to the lunchroom. This raises the odds that when school lets out, students will head to a Domino’s shop, nutrition and consumer advocates warn. Chicago’s public schools already declined to serve reformulated products to their 400,000 students, saying the brands muddle efforts to teach better eating habits. – New York Times

[**Sodium Reduction Market by Ingredients Worth $1 Billion by 2018**](http://www.busbyway.com/2014/06/09/sodium-reduction-market-by-ingredients-worth-1-billion-by-2018-a-report-by-marketsandmarkets/)

The sodium reduction market is estimated to reach more than $1 billion by 2018, growing at a compound annual growth rate of 11% from 2013, according to a new report released by market research company MarketsandMarkets. In 2012, North America was the largest market, followed by Europe. Growing demand for processed foods, coupled with increasing awareness about health-conscious products, is significantly propelling growth in the food industry, which in turn is driving the market growth of these ingredients. In terms of the type segmentation, mineral salts dominate the market, followed by yeast extracts. Globally, bakery and confectionery is the largest application market, followed by meat products. – BusByway

Government News.jpg

[**FDA Prepping Long-Awaited Plan to Reduce Salt**](http://bigstory.ap.org/article/fda-prepping-long-awaited-plan-reduce-salt)

The Food and Drug Administration (FDA) is preparing voluntary guidelines asking the food industry to lower sodium levels, said FDA Commissioner Margaret Hamburg, who noted in a recent interview that sodium is “of huge interest and concern” to the agency. The food industry already has made some reductions, and it has prepared for government action since a 2010 Institute of Medicine report said companies had not made enough progress. The idea is to encourage gradual change so that consumers’ taste buds can adjust and to give companies time to develop lower sodium foods. Many food companies and retailers, including Wal-Mart, ConAgra Foods, and Subway restaurants, already have pushed to reduce salt. – Associated Press

This story was covered in several other outlets, including the [Washington Post](http://www.washingtonpost.com/posttv/lifestyle/travel/fda-to-reduce-sodium-in-food/2014/06/17/0e265a1f-5ef3-40b7-82c9-698261765072_video.html), [TIME](http://time.com/#2895763/fda-wants-to-limit-your-salt-intake-is-that-a-good-thing/), [Health Affairs Blog](http://healthaffairs.org/blog/2014/06/16/fda-should-pass-the-saltstandards/)*,* [HealthDay](http://consumer.healthday.com/health-technology-information-18/press-medical-and-health-reporting-news-552/health-highlights-june-13-2014-688919.html), [Food Navigator-USA.com](http://www.foodnavigator-usa.com/Regulation/Industry-to-FDA-Think-again-before-setting-sodium-reduction-targets), [Medical Xpress](http://medicalxpress.com/news/2014-06-fda-prepping-long-awaited-salt.html), [Medical Daily](http://www.medicaldaily.com/fda-plans-sodium-crackdown-restaurants-and-suppliers-which-foods-your-diet-are-saltiest-288548), [Inquisitr](http://www.inquisitr.com/1303798/salt-government-mandatory-limits-may-be-coming-soon/), and [The Blaze](http://www.theblaze.com/stories/2014/06/17/if-companies-dont-adopt-the-governments-upcoming-salt-recommendations-some-think-mandatory-limits-are-in-order/).

International News.jpg

[**Portuguese Consume Double the Daily Recommended Salt Intake**](http://www.theportugalnews.com/news/portuguese-consume-double-the-daily-recommended-salt-intake/31821)

A leading Portuguese blood pressure spokesperson has warned that parents are feeding their children too much sodium after a study found that Portuguese people consume twice the internationally recommended daily sodium intake. The study found that the average Portuguese consumer takes in 10.7 grams of salt per day—the equivalent of more than 4,100 milligrams of sodium. Speaking at the study’s launch, Fernando Pinto, head of the Portuguese Society for Hypertension, said, “There are children eating 8 grams of salt a day, when the maximum recommended amount for this age group is 3 grams.” – The Portugal News

[**Some U.K. Fish-and-Chip Shops Switching to Salt Shakers with Fewer Holes**](http://www.mirror.co.uk/news/uk-news/chippies-switching-salt-shakers-fewer-3694425)

Some fish-and-chip shops in the United Kingdom are switching to salt shakers with far fewer holes in a bid to prevent high blood pressure and heart disease. Participating shops have swapped 17-hole shakers for 5-hole ones to encourage customers to sprinkle less seasoning on their meals. The National Health Service is providing the shakers and low sodium salt as part of the project. The shops also are being asked to display posters that tell diners, “Too much salt is bad for your heart. Fewer holes, less salt, healthier you.” The British group Consensus Action on Salt and Health claims each serving of fish and chips contains about 465 milligrams of sodium before any salt is added at the table. – Mirror

[**Three Varieties of Salt Introduced on Open Market in South India**](http://www.thehindu.com/news/national/tamil-nadu/now-comes-amma-salt/article6102093.ece)

The government of the Indian state of Tamil Nadu has released Amma Salt, an affordably priced quality common salt made by the Tamil Nadu Salt Corporation to help people of lower socioeconomic status. Three varieties will be available under the Amma Salt brand—double-fortified salt, refined free-flow iodized salt, and low sodium salt. The double-fortified variety helps those with anemic and goiter disorders, the refined free-flow salt helps those with hypothyroidism, and the low sodium salt is beneficial for those with high blood pressure and cardiac conditions. – The Hindu

New Studies-Research.jpg

[**Health Buzzwords on Food Labels Are Misleading Consumers, Study Finds**](http://www.latimes.com/science/sciencenow/la-sci-sn-research-food-companies-misleading-consumers-with-health-halo-buzzwords-20140617-story.html)

People say they want to make healthful choices, but “food marketers are taking advantage of them by misleading those consumers with deceptive labeling,” said Temple Northup, author of a new study published in the journal *Food Studies.* For example, Northup notes that the Chef Boyardee beef ravioli container claims to contain a full serving of vegetables; however, although the ingredient label lists tomatoes and carrots, the carrots rank behind salt in volume. Looking at two side-by-side nutrition panels, the participants were told the category but not the name of the product. Based just on those numbers, 33% of participants chose Spam as more healthful than salmon, and 79% chose the less healthful cereal in a pair. Consumers are confused, and no one wants to spend much time doing arithmetic to compare labels while they shop, Northup said. – Los Angeles Times

Other.jpg

[**Quick Tips to Be Sodium Savvy**](http://www.theindependent.com/life/food/quick-tips-to-be-sodium-savvy/article_2d6f02ce-f292-11e3-bd5d-001a4bcf887a.html)

Nearly all Americans consume more sodium than they need, and often they do not know how much sodium they are consuming because taste alone may not make clear which foods are high in sodium. Most sodium comes from processed and ready-to-eat foods, which usually come in cans, jars, packages, and boxes. This article offers tips to become more sodium savvy, including reading Nutrition Facts panels to compare the sodium content for similar foods, serving more fresh foods and fewer processed foods, and modifying recipes that use high sodium ingredients. – Grand Island Independent

[**Understanding High Blood Pressure and Salt’s Impact**](http://www.courier-journal.com/story/life/wellness/health/2014/06/12/salt-important-comes-high-blood-pressure/10369793/)

High blood pressure is a complicated disease and a major risk factor for heart disease and stroke. Unfortunately, it is difficult to treat high blood pressure effectively because the disease has many causes. This article describes some of the blood pressure basics, including the impact of sodium. The sodium in table salt (sodium chloride) attracts water and holds on to it. In the bloodstream, excess sodium pulls water in and keeps it circulating in the blood. In general, blood is about 50% fluid, but the fluid volume can go much higher if there is too much sodium present. Higher fluid volume equates to higher pressure. One of the first medications prescribed for high blood pressure is a diuretic, which helps the body excrete more fluid. However, reducing sodium intake could be an alternative route. Some people’s salt sensitivity can be pronounced, and reducing salt intake can have a significant effect on lowering blood pressure. – The Courier-Journal

[**Oregano Can Stave Off Salt Cravings, Study Finds**](http://www.sunriseseniorliving.com/blog/june-2014/oregano-can-stave-off-salt-cravings-study-finds.aspx)

Salt can be found in a variety of dishes, but maintaining a diet that is low in sodium is crucial for heart health, especially for seniors. Although most chefs use herbs and spices to add flavor to dishes, a recent study from the American Society of Hypertension found that certain spices may have long-lasting effects on health. The study found that oregano may be able to stimulate the same senses as salt, providing a much healthier alternative for seniors in retirement communities. According to the study, individuals with high blood pressure experienced fewer cravings for salty foods after eating foods seasoned with oregano. – Sunrise Senior Living

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*For questions or comments, or to be added to or removed from this communication, contact Jessica Levings at* [*jlevings@cdc.gov*](mailto:jlevings@cdc.gov).