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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2日- 15日**

**行业资讯**

[**40年孤军奋战减盐事业终获成功**](http://www.bloomberg.com/news/articles/2016-01-07/one-man-s-40-year-war-on-salt-could-finally-succeed)

迈克·雅各布森 (Michael Jacobson) 用了近40年的时间致力于美国食品减盐事业。公众利益科学中心 (CSPI) 是一家关注营养与健康的非盈利性机构。作为该机构联合创始人的雅各布森称，减钠行动每年可以拯救数万名美国民众的生命。1978年，CSPI向美国食品药品管理局 (FDA) 提交请愿书，要求其限制加工食品中的盐含量。该团体于1983年提起诉讼，这一举动为将来在食品包装营养表中标注钠含量提供了条件。CSPI于2005年再次请愿，但直到2014，FDA似乎仍对是否公开自愿性指导原则一事犹豫不决，生怕减盐行动会得罪食品企业。鉴于FDA迟迟不采取任何行动，CSPI于2015年10月将其告上联邦法庭，以寻求自身长达10年的请愿结果。由于法院须在2月12日前针对CSPI诉讼案给出答复，因此，其发言人梅根·麦克斯文尼 (Megan McSeveney) 在电子邮件中写道：“本院正在起草各类食品的自愿减钠目标。” ——《彭博商业》 (Bloomberg Business)

**政府新闻**

[**美国疾控中心最新分析：美国民众的钠摄入过量**](http://www.npr.org/sections/thesalt/2016/01/07/462198458/we-eat-too-much-sodium-because-companies-keep-dumping-it-in-our-food)

美国疾控中心《发病率与死亡率周报》 (Morbidity and Mortality Weekly Report)近期发布的一篇分析称，2009年至2012年期间，89%的美国成年人每日钠摄入量超过建议的2300毫克摄入量。19-51岁男性平均每日摄入量为4400毫克，女性平均每日摄入量为3100毫克。51岁及以上成年人的摄入量则相对略低。约90%的美国儿童（所有年龄段）的摄入量也远超该年龄群体的每日建议摄入量。例如，9-13岁男童和女童的每日钠摄入量分别为3300毫克和3000毫克，高于2300毫克健康摄入量。该问题如此难以解决的根源在于，他们摄入的这些钠大多不是来自盐，而是加工食品和餐厅菜品。美国疾控中心主任汤姆·弗里登 (Tom Frieden) 称：“大家吃的每样食品中都含有很多钠，所以很难靠自己减少钠摄入。”——美国国家公共电台 (NPR)

**州/地方新闻**

[**法庭对高钠警告标识案的裁决或改变纽约市公众健康宣传目标**](http://www.capitalnewyork.com/article/city-hall/2016/01/8586524/court-ruling-sodium-warnings-could-redefine-citys-public-health-mi)

要求纽约市各连锁餐厅为高盐菜品添加警告，这一行为属于以保护公众健康为目的的合法工作还是过度管制？法院将尽快对此做出裁决。案件一方是公众健康官员，包括城市健康专员玛丽·巴塞特 (Mary Bassett)，她称，纽约人尤其是黑人和拉丁裔民众食钠过量，这会导致心脏病和中风，从而影响纽约市健康水平。案件另一方是全国餐饮协会 (National Restaurant Association)，他们认为，正常含钠量标准应由立法机构确定，另外，在餐厅存在异议的情况下强迫其公开信息，这一行为将违反美国第一修正案。该协会将该法令称为一个“叛变机构”的“荒谬计划”。纽约市近期就该诉讼案予以了[回应](http://www.capitalnewyork.com/article/city-hall/2016/01/8586946/city-responds-lawsuit-challenging-sodium-rule)。——《纽约政治报》 (Politico New York)

**国际新闻**

[**香港消费者监察委员会警示市民耗油含钠过量**](http://www.scmp.com/news/hong-kong/health-environment/article/1901127/too-salty-too-sweet-hong-kong-consumer-watchdog)

香港消费者监察委员会提醒香港市民，由于实验发现耗油中的钠含量和糖含量普遍较高，因此不应过多使用。一茶勺富士（日本品牌）耗油含钠量相当于世界卫生组织 (WHO) 建议每日钠摄入量的一半。在15个耗油样品中，富士耗油的含钠量最高，该品牌每100克耗油中就含有5100毫克钠，几乎相当于每茶勺含钠306毫克。据食品安全中心 (Centre for Food Safety) 数据显示，香港市民每日盐摄入量一般为10克，是WHO建议的最高摄入量的五倍。监察委员会敦促消费者仔细阅读营养成分标签并使用草本、姜和大蒜等天然配料进行调味。——《南华早报》 (South China Morning Post)

**新研究/调研成果**

[**尝味设备可监测高血压患者钠摄入量**](http://phys.org/news/2016-01-device-sodium-intake-hypertension-patients.html)

为帮助失去味觉的人或无法监测自己进食物品的人，弗吉尼亚州立联邦大学的一组研究人员团队目前正在研究一种人工尝味感应系统。该设计将检测并管理用户的饮食，或许还能帮助用户改变进食行为。这种装在牙齿矫正器上的钠感应设备可测出进入口内的钠离子浓度，并将数据传送至智能手机或其它监测系统。一旦钠摄入超过每日限定量，该设备就会提醒用户。研究人员理查德·科斯坦索 (Richard Costanzo) 称：“[高血压]是一个严重的问题.……现在市场上还没有哪种设备可以从生理上监测和反馈血压情况或通过声音提示‘注意啦，不要再摄入钠了’”。他认为，这样的设备还可以让人们学会如何通过Fitbit这样的生理反馈应用软件改变自己的饮食行为。——Phys.org

**其它信息**

[**营养师给出意见并推翻新颁布的饮食指导原则**](http://www.sun-sentinel.com/features/south-florida-parenting/health/sfp-dietitians-give-tips-break-down-new-dietary-guidelines-20160112-story.html)

不要再想那些无穷无尽的科学研究和数据以及那些对饮食趋势的前沿观点和病态肥胖率，还是来看看最新发布的饮食指导原则带来的影响吧，这些指导原则就是对那些研究和数据的回应。据宾夕法尼亚州营养师朱莉娅·格洛奇 (Julia Grocki) 和琳戴尔·莱特 (Lyndell Wright) 称，保持健康饮食的关键就是注意饮食。莱特称：“虽然我们确实会从给食物加盐中摄入钠，但我们饮食中的大部分钠来自快餐和餐厅菜品，以及加工食品和方便食品。”莱特和格洛奇建议，在限制钠摄入量时，可以使用不含钠的草本、混合香料、大蒜和调味醋代替盐对食品进行调味；在杂货店购物时，购买放置在外围的新鲜食品；阅读食品标签上的钠含量并与其它品牌进行对比。——《太阳先驱报》 (Sun Sentinel)

[**摄盐过量的九种致命结果**](http://www.thehealthsite.com/diseases-conditions/ways-excess-salt-in-your-food-can-kill-you-d0116/)

不要为了提味而轻易向沙拉和汤里加盐。虽然盐越少，味道越淡，但是少盐对心脏、肺、肾等主要器官的健康有益。摄盐稍微过量也许不会造成严重伤害，但会对身体造成长期的明显影响。久而久之，体内过量的盐就可能导致血管硬化，继而使血压升高，并最终导致心脏衰竭。仅高血压这一种疾病就可以导致中风和其它心血管疾病。在发达国家，由高血压引起的中风率达62%，冠心病达49%。该文章还列出了摄入过量的钠对身体的其它害处，包括骨骼脆化、伤肾和加重糖尿病病情等。——健康网 (TheHealthSite)

[**先来碗低钠汤**](http://www.sanduskyregister.com/Cooking/2016/01/13/Warm-up-with-this-low-sodium-soup.html?ci=stream&lp=8&p=1)

冬天是最适宜喝汤的季节。法国洋葱汤就是一款广受家庭喜爱的经典汤品。制做这款汤的最简单的方法就是用煲锅慢炖。一定要用低钠牛肉高汤进行炖煮，以减少钠含量。 ——Sandusky Register

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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 2–15, 2016**



[**One Man’s 40-Year War on Salt Could Finally Succeed**](http://www.bloomberg.com/news/articles/2016-01-07/one-man-s-40-year-war-on-salt-could-finally-succeed)

Michael Jacobson has spent almost 40 years trying to make America’s food less salty. A co-founder of the Center for Science in the Public Interest (CSPI), a nonprofit with a focus on nutrition and health, Jacobson says cutting sodium could save tens of thousands of U.S. lives a year. In 1978, CSPI filed a petition with the U.S. Food and Drug Administration (FDA) asking it to cap salt in processed foods. A 1983 lawsuit brought by the group helped pave the way for nutrition labels on packaging disclosing the sodium content of foods. CSPI revived its petition in 2005, and by 2014, the FDA seemed poised to publish voluntary guidelines as a way to prod food companies to lower salt. But after nothing happened, CSPI sued the FDA in October 2015 in federal court, seeking a response to its 10-year-old petition. The agency, which faces a February 12 deadline to respond to the CSPI suit, “is developing draft voluntary targets for sodium reduction in various foods,” FDA spokeswoman Megan McSeveney wrote in an e-mail. – Bloomberg Business



[**New CDC Analysis: Americans Are Consuming Too Much Sodium**](http://www.npr.org/sections/thesalt/2016/01/07/462198458/we-eat-too-much-sodium-because-companies-keep-dumping-it-in-our-food)

An analysis that appeared recently in CDC’s *Morbidity and Mortality Weekly Report* revealed that 89% of U.S. adults were consuming more than the recommended 2,300 milligrams of sodium a day in the years 2009–2012. On average, men aged 19–51 years consumed about 4,400 milligrams a day, while women were consumed about 3,100 milligrams per day. The numbers were slightly lower for adults aged 51 years or older. Some 90% of U.S. children of all ages also far exceeded the recommended daily amounts for their age groups. For example, boys and girls aged 9–13 years consumed about 3,300 and 3,000 milligrams, respectively, well above the 2,300 milligrams a day deemed healthful for them. What makes this problem so stubborn is that most of this sodium is not coming from the salt shaker. The vast majority of the sodium Americans consume comes from processed foods they buy and meals they eat in restaurants. “It’s very difficult for individuals to lower consumption on their own because there’s so much sodium in everything they eat,” said CDC Director Tom Frieden. – NPR



[**Court Ruling on Sodium Warnings Could Redefine New York City’s Public Health Mission**](http://www.capitalnewyork.com/article/city-hall/2016/01/8586524/court-ruling-sodium-warnings-could-redefine-citys-public-health-mi)

A judge will soon begin considering whether New York City’s requirement that chain restaurants post warnings on salty foods is a legitimate effort to protect public health or a regulatory overreach. On one side are public health officials, including city health commissioner Mary Bassett, who say New Yorkers, particularly blacks and Latinos, are consuming too much sodium, leading to heart attacks and strokes and increasing health inequity in the city. On the other side is the National Restaurant Association, which believes the board, by deciding where that line is drawn, is acting in a role reserved for legislators and forcing restaurants to publish information they disagree with, thus infringing on their First Amendment rights. The association’s brief calls the rule a “nonsensical scheme” from a “renegade board.” The city [recently responded](http://www.capitalnewyork.com/article/city-hall/2016/01/8586946/city-responds-lawsuit-challenging-sodium-rule) to the lawsuit. – Politico New York



[**Hong Kong Consumer Watchdog Warns of Excessive Sodium in Oyster Sauce**](http://www.scmp.com/news/hong-kong/health-environment/article/1901127/too-salty-too-sweet-hong-kong-consumer-watchdog)

Consumer Council, Hong Kong’s consumer watchdog, cautioned Hongkongers against using excessive amounts of oyster sauce, which was found to contain “generally high” levels of sodium and sugar. One teaspoon of Fuji oyster sauce, a Japanese brand, contains the equivalent of half the sodium intake per meal recommended by the World Health Organization (WHO). The Fuji oyster sauce topped the charts among 15 samples of oyster sauce, with 5,100 milligrams of sodium per 100 grams—roughly equivalent to 306 milligrams of sodium for every teaspoon. Hongkongers have a daily intake of 10 grams of salt, five times WHO’s maximum recommended limit, according to the Centre for Food Safety. The council urged consumers to read nutrition labels carefully and consider using natural ingredients such as herbs, ginger, and garlic for seasoning. – South China Morning Post



[**Tasting Device Monitors Sodium Intake in Hypertension Patients**](http://phys.org/news/2016-01-device-sodium-intake-hypertension-patients.html)

To help people who have lost their sense of taste or have difficulty monitoring what they eat, a team of researchers at Virginia Commonwealth University is working on an artificial taste-sensing system. The design will both monitor and manage the user’s diet and also potentially help modify eating behaviors. A sodium-sensing device, mounted on an orthodontic retainer, measures the concentration of sodium ions coming in through the mouth and transmits the data to a smartphone or other monitoring system. Once the sodium threshold is reached for the day, the user is alerted. “[Hypertension] is a serious problem … and right now there are no devices out there that are bionically monitoring this information, feeding back this information, or beeping and saying, ‘Hey, you've had enough,’” said researcher Richard Costanzo. He believes it could also teach people to modify their eating behavior in the way that other biofeedback apps do, like Fitbit. – Phys.org



[**Dietitians Give Tips and Break Down New Dietary Guidelines**](http://www.sun-sentinel.com/features/south-florida-parenting/health/sfp-dietitians-give-tips-break-down-new-dietary-guidelines-20160112-story.html)

Forget the extensive scientific research, massive amount of statistics, and cutting-edge look at eating trends and morbid obesity rates. Look beyond the newly released set of dietary guidelines that were created in response to all those pieces of data. The key to healthy eating, according to Pennsylvania dietitians Julia Grocki and Lyndell Wright, comes down to mindful eating. “While we do obtain sodium from salting our foods, much of the sodium in our diet comes from fast food and restaurant meals, as well as reliance on processed and convenience foods,” said Wright. Some tips suggested by Wright and Grocki to curb sodium intake include seasoning foods with sodium free herb and spice blends, garlic, and flavored vinegars rather than salt; shopping the perimeter of the grocery store where fresh foods are located; and reading food labels for sodium content and comparing brands. – Sun Sentinel

[**Nine Ways Extra Salt Can Kill You**](http://www.thehealthsite.com/diseases-conditions/ways-excess-salt-in-your-food-can-kill-you-d0116/)

Think twice before adding table salt to salads and soups to enhance taste. Less salt often means less taste, but it spells good health for the heart, lungs, kidneys, and other major organs. A little extra salt may not do any harm overnight, but it can have measurable effects on the body in the long term. Over time, excess salt in the body may cause blood vessels to stiffen, leading to increased blood pressure and setting the stage for heart failure. High blood pressure alone is a major risk factor for stroke and other cardiovascular diseases, responsible for 62% of strokes and 49% of coronary diseases in developed countries. The article lists other ways excessive sodium can harm the body, including weakening the bones, damaging the kidneys, and worsening diabetes. – TheHealthSite

[**Warm Up with This Low Sodium Soup**](http://www.sanduskyregister.com/Cooking/2016/01/13/Warm-up-with-this-low-sodium-soup.html?ci=stream&lp=8&p=1)

Winter is a perfect time to make soup, and French onion soup is a classic one that is a favorite in many families. A slow cooker recipe is one of the easiest ways to make it. Be sure to use a low sodium beef broth to reduce sodium. – Sandusky Register

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