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**2013年12月20日-2014年1月16日**

**行业新闻**

[**康尼格拉食品公司提前两年实现****降低食品中钠含量的目标**](http://www.nacsonline.com/News/Daily/Pages/ND0103144.aspx)

康尼格拉食品公司已成功将其产品的钠含量降低了20%，比原计划提前两年实现目标。2009年，康尼格拉食品公司宣布开始实施降低钠含量的计划，成为最早宣布计划降低产品钠含量的大公司之一。该公司旗下的数十个品牌都降低了各个产品系列中的钠含量，其中包括弗莱希曼牌（Fleischmann）人造奶油（35%）和奥维尔·雷登巴赫牌（Orville Redenbacher）爆米花（25%）。——资料源自：便利店和加油站零售业协会（NACS）网站

[**不同品牌食品的钠含量变化**](http://www.nutritionaction.com/daily/salt-in-food/brand-variations-in-sodium/?mqsc=E3711339)

近日，营养和卫生政策监督组织美国公共利益科学中心（CSPI）比较了不同品牌包装食品和餐厅食品中的钠含量。该报告记录了同类食物钠含量的范围分布。公共利益科学中心的执行主任迈克尔·雅各布森（Michael Jacobson）表示，报告显示“很多企业可以在不太牺牲口味的前提下，大幅降低其产品的钠含量。”在各类品牌的食品中，大多数食品的钠含量都不相同。常常会有一些品牌的钠含量比竞争对手品牌的要高出50%、100%，甚至更高。例如，汉堡王中份薯条所含的钠几乎为麦当劳同类产品的两倍（每100克的钠含量分别为453毫克与231毫克）；而亨特牌（Hunt）番茄酱的钠含量则比科塔蒂纳牌（Contadina）罗马风格的番茄酱高出五倍之多（每100克的钠含量分别为318毫克与61毫克）。——资料源自：营养行动网站（网址：http://www.nutritionaction.com）

[**降低冷冻食品中钠含量**](http://www.nutritionaction.com/daily/salt-in-food/look-for-less-sodium-in-frozen-entrees/?mqsc=E3720969)

美国公共利益科学中心（CSPI）的注册营养师杰恩·赫利（Jayne Hurley）认为“盐是冷冻主菜健康的最大障碍”。她写道，比较著名的冷冻食品品牌，如百特利（Bertolli）、玛丽·卡兰德牌（Marie Callender）和斯托弗牌（Stouffer），这些产品的钠含量通常在800毫克至1200毫克之间 —— 占了专家建议大多数成人的1500毫克摄入量的绝大部分。赫利建议，冷冻主菜的钠含量不能超过450毫克，其中包括精益（Lean Cuisine）旗下的地道美食（Honestly Good）系列产品。在该系列中，半数产品的钠含量控制在推荐量的范围内，另一半则超出了这个范围，但如果消费者能减少使用独立袋装的调味汁，那摄入的钠含量也是处在推荐范围内的。——资料源自：营养行动网站（网址：<http://www.nutritionaction.com>）

**政府新闻**

[**美国民众的钠摄入量仍然偏高**](http://www.huffingtonpost.com/2013/12/19/sodium-consumption-salt-too-much_n_4473040.html?utm_hp_ref=food&ir=Food)

美国疾病预防控制中心在《发病率和死亡率周报》（Morbidity and Mortality Weekly Report ， 简称MMWR）中发表的最新研究显示，在2003-2010年间，1至13岁的儿童钠摄入量略有下降，但青少年和成人的摄入量却没有下降。80%的学龄前儿童和90%的儿童及成人所摄入的膳食钠都太多，其中大部分来自加工食品和餐厅食品。在2007至2010年间，从美国医学科学院规定的“上限”标准来看，在3岁以下儿童中，有79.1%的人其钠摄入量超过了该上限标准，而在19至50岁年龄段的成人中，有95.4%的人超过了该上限标准。——资料源自：赫芬顿邮报（Huffington Post）

**州/地方新闻**

[**肖尼县（Shawnee County）开展“少吃盐”活动，降低钠摄入**](http://cjonline.com/news/2014-01-06/presentation-campaign-helped-shawnee-county-cut-salt)

肖尼县卫生署公共信息官员米斯蒂·克鲁格（Misty Kruger）表示，该县开展的“少吃盐”活动有效降低了居民的钠摄入量。2010年，通过“降低社区居民钠摄入量项目”，美国疾病预防控制中心向肖尼县拨款，以协助该县卫生署、中心地带健康社区组织（Heartland Healthy Neighborhoods）和堪萨斯州卫生和环境署在全县开展活动，营造更健康的食品环境，降低居民的钠摄入量。该项活动包括在托皮卡市动物园的小卖部里改善食品的营养结构，降低肖尼县监狱部门向犯人提供的饭菜中的钠含量，并在全县13个便利店中增加低钠食品的比率等。——资料源自：《托皮卡资本杂志》（Topeka Capital-Journal）

**国际新闻**

[**全球人均钠摄入量超推荐量的两倍**](http://www.cambridge-news.co.uk/Cambridge/Global-salt-intake-double-recommended-amount-according-to-Cambridge-researcher-20131231121818.htm)

发表在《英国医学杂志·开放版》的最新研究显示，在2010年，研究人员发现全球平均钠摄入量为每人每天4000毫克，相当于世界卫生组织推荐的2000毫克的两倍。这些数字表明，在全球119个国家中，民众每日平均钠摄入量比推荐量高出1000毫克，这种现象在亚洲国家尤为普遍和严重。这项研究首次估算了全球每个国家的钠摄入量。——资料源自：《剑桥新闻 》（Cambridge News）

[**英国卫生部再次更改减钠计划**](http://www.thegrocer.co.uk/topics/dh-changes-tack-again-over-salt-reduction-strategy/353440.article)

由于受到行业和健康组织的反对，英国卫生部取消发布降低钠摄入量“基本目标”一览表的计划，依照该计划，英国所有的公司未来都必须达到这些基本目标。零售商声称，从现有降低钠摄入的技术瓶颈来看，这种做法无疑对他们提出了不切实际的目标；而一些非政府组织则担心该计划可能会使一些食品供应商想方设法规避这些硬性指标。不过，英国卫生部计划在修订这些基本目标后，继续推进减钠工作。在宣布这一决定前，英国卫生部在2013年10月针对该计划曾做出过修改。当时，卫生部取消了所有新产品必须达到规定钠含量的计划，理由是这样做监督起来很困难。——资料源自：英国《便利店》杂志（The Grocer）

[**科威特卫生部赞扬该国一家公司对降低面包中钠含量做出的努力**](http://www.kuna.net.kw/ArticleDetails.aspx?id=2355046&language=en)

近日，科威特面粉和烘焙公司（Kuwait Flour Mills and Bakeries Company）决定将其所生产面包产品的钠含量降低20%。科威特公共卫生部助理部长为卡伊斯·阿尔·杜瓦理（Qais Al-Duwairi）表示，科威特卫生部对此决定表示欢迎。世界卫生组织和科威特卫生部都倡导降低面包中的钠含量，这也是降低高血压和心脏疾病风险的战略组成部分。——资料源自：科威特新闻通讯社（Kuwait News Agency）

**新研究/调研成果**

[**餐馆****单人餐的钠含量超出推荐的每日摄入量**](http://www.huffingtonpost.com/2014/01/09/restaurant-nutrition-chains-meals-_n_4561747.html)

发表在《营养教育与行为杂志》（Journal of Nutrition Education and Behavior）的一项新研究显示，在全服务美式连锁餐厅里，一份成人单人餐（包括主菜、配菜和开胃菜）平均含有3512毫克钠，比2岁以上美国人的每日最高推荐量高出153%以上。如果再加上非酒精性饮料和甜点里的钠，那总的钠含量会升至3760毫克。研究人员还发现，所谓的“健康首选”主菜所含的热量往往比其他主菜更低，但其钠含量仍然经常超出推荐的量。——资料源自：赫芬顿邮报（Huffington Post）。

[**美国人零食中的钠含量与健康**](http://www.bakeryandsnacks.com/Markets/Uneasy-bedfellows-Salt-and-health-in-US-snacking/)

市场调研机构凯尔顿公司（Kelton）进行的一项全国性调查显示，85%的美国人认为很难吃到健康的零食。然而，许多受访者都表现出吃健康零食的意愿，其中42%的人说他们很想每天在饮食中增加一种健康的零食。市场调研机构包装事实公司（Packaged Facts）进行的另一项独立调查发现，5000万常吃零食的美国人更喜欢吃咸的零食，但在有这种偏好的人当中，大约28%的人表示只吃健康的零食，并且经常锻炼。该调研公司表示，生产商需要非常的“敏锐和迅速”，才能迎接来自如今那些爱吃咸味零食的人的挑战。——资料源自：烘焙和零食网站（网址：<http://www.bakeryandsnacks.com>）

**其它信息**

[**2014年盐可能成为“新胡椒粉”**](http://www.canadiangrocer.com/top-stories/cauliflower-set-to-be-the-new-kale-in-2014-36138)

行政总厨和全球美食趋势学家克里斯汀·考福里尔（Christine Couvelier）预言，调味盐可能将成为2014年最流行的食品。考福里尔说，从菜品展、餐厅和杂货店的趋势来看，“调味盐的种类仍保持继续增长的态势……正在赶上胡椒类调味料。” 考福里尔还说，盐的发展也表现出另一个趋势——个性化定制——这个趋势特别明显，可以“让顾客自己调整食物口味，不管是在餐馆、商店、或者是家里”。——资料源自：《加拿大便利店》杂志（Canadian Grocer）

[**儿童菜单的发展趋势**](http://www.foodbusinessnews.net/articles/news_home/Food-Service-Retail/2014/01/Childrens_menu_trends.aspx?ID=%7bA01DFD93-7AE2-40F6-AB3B-1136DB3D33AF%7d&e=bfy2@cdc.gov)

近期市场调研表明，儿童的健康菜单可能是2014年食品和饮料销售的主要驱动力。产业动态追踪组织NPD集团表示，在2013年间，近三分之一的餐厅消费都包括儿童。英敏特国际咨询公司的一项研究发现，在2013年儿童有26%的时间选择在餐厅就餐。随着美国农业部调整“校园营养计划”，学校也做出相应调整，农业部的计划包括为校餐设定的新营养标准要求大幅降低食品的钠含量。例如，JTM食品集团向义务教育校餐服务市场推出了一种牛肉饼，其中包含70%的牛肉和30%的蘑菇，而且钠含量比普通汉堡要低。——资料源自：食品商业新闻网（网址：http://www.foodbusinessnews.net/）

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**December 20, 2013–January 16, 2014**

Industry News.jpg

[**ConAgra Reaches Sodium Reduction Goal Two Years Ahead of Schedule**](http://www.nacsonline.com/News/Daily/Pages/ND0103144.aspx)

ConAgra Foods has reached its goal of scaling back the sodium in its products by 20%, ahead of schedule by 2 years. ConAgra, which announced its sodium-lowering initiative in 2009, was one of the first major companies to announce plans to cut sodium. Dozens of the company’s brands have reduced sodium content among their product lines, including Fleischmann’s margarine (35%) and Orville Redenbacher’s popcorn (25%). – NACS

[**Brand Variations in Sodium**](http://www.nutritionaction.com/daily/salt-in-food/brand-variations-in-sodium/?mqsc=E3711339)

The Center for Science in the Public Interest (CSPI), a nutrition and health policy watchdog group, recently compared the sodium content of packaged and restaurant food products from different brands. The report documented wide ranges in the sodium content of similar foods, suggesting that “many companies could lower the sodium content of their products sharply without seriously sacrificing flavor,” according to CSPI’s Executive Director Michael Jacobson. Most categories showed wide variations in sodium content among brands, and it was not uncommon for some brands to have 50%, 100%, or even more sodium than a competing brand. For example, a medium order of French fries from Burger King had almost twice as much sodium as a similar order from McDonald’s (453 vs. 231 milligrams per 100 grams), and Hunt’s Tomato Paste had more than five times as much sodium as Contadina Roma Style Tomato Paste (318 vs. 61 milligrams per 100 grams). – NutritionAction.com

[**Look for Less Sodium in Frozen Meals**](http://www.nutritionaction.com/daily/salt-in-food/look-for-less-sodium-in-frozen-entrees/?mqsc=E3720969)

“The biggest barrier to finding healthy frozen entrees is salt,” according to Jayne Hurley, a registered dietitian at CSPI. She writes that more popular brands of frozen meals, such as Bertolli, Marie Callender’s, and Stouffer’s, frequently contain 800 to 1,200 milligrams of sodium—a significant contribution to the 1,500-milligram daily limit that experts recommend for most adults. Hurley recommends frozen entrees that have no more than 450 milligrams of sodium, including Lean Cuisine’s Honestly Good line; half of the line’s entrees meet this recommendation, and the other half can do so if the consumer uses less of the separately pouched sauce. – NutritionAction.com

Government News.jpg

[**Sodium Consumption in U.S. Is Still Too High**](http://www.huffingtonpost.com/2013/12/19/sodium-consumption-salt-too-much_n_4473040.html?utm_hp_ref=food&ir=Food)

Sodium intake declined slightly during 2003–2010 in children ages 1 to 13 years, but not in adolescents or adults, according to a new CDC study published in *Morbidity and Mortality Weekly Report.* Eight in 10 preschoolers and 9 in 10 children and adults consume too much dietary sodium, much of it from processed and restaurant foods. During 2007–2010, the prevalence of sodium consumption above the “upper intake” level determined by the Institute of Medicine ranged from 79.1% for children younger than 3 years old to 95.4% for adults 19 to 50 years old. – Huffington Post

State-Local.jpg

[**Campaign Helped Shawnee County Cut the Sodium**](http://cjonline.com/news/2014-01-06/presentation-campaign-helped-shawnee-county-cut-salt)

Shawnee County’s “Cut the Salt” campaign has made a positive impact in how much sodium area residents are consuming, according to Misty Kruger, public information officer for the Shawnee County Health Agency. In 2010, CDC awarded Shawnee County a grant through its Sodium Reduction in Communities Program, which enabled the Shawnee County Health Agency, Heartland Healthy Neighborhoods, and the Kansas Department of Health and Environment to implement a countywide campaign to create healthier food environments and cut sodium intake. The initiative’s efforts included a nutritional makeover at the Topeka Zoo’s concessions stand, sodium reductions to inmate meals at the Shawnee County Department of Corrections, and increasing the availability of low sodium items at 13 local convenience stores. – Topeka Capital-Journal

International News.jpg

[**Global Sodium Intake Double Recommended Amount**](http://www.cambridge-news.co.uk/Cambridge/Global-salt-intake-double-recommended-amount-according-to-Cambridge-researcher-20131231121818.htm)

In 2010, researchers found that the global average intake of sodium was 4,000 milligrams per person per day—double the World Health Organization’s recommended limit of 2,000 milligrams—according to a new study published in the journal *BMJ Open.* The figures reveal that national intake levels exceeded the recommended amount by more than 1,000 milligrams per day in 119 countries, with excessive intake particularly prevalent in Asia. This research offers the first estimates of global sodium intake for every country across the globe. – Cambridge News

[**U.K. Department of Health Changes Sodium Reduction Plan Again**](http://www.thegrocer.co.uk/topics/dh-changes-tack-again-over-salt-reduction-strategy/353440.article)

Amid opposition from industry and health groups, the U.K. Department of Health has cancelled plans to launch a list of “essential targets” for sodium reduction that all companies would be expected to reach. Retailers claimed this approach tasked them with unrealistic goals given technical barriers to sodium reduction, whereas some nongovernment organizations worried that the plan could allow some food suppliers to avoid the mandatory targets. However, the Department plans to proceed using modified targets. This decision follows a revision in October 2013, when the Department cancelled plans for all new products to be given new sodium targets, claiming it would be too difficult to oversee. – The Grocer

[**Kuwait Health Ministry Praises Company’s Commitment to Reduce Sodium in Bread**](http://www.kuna.net.kw/ArticleDetails.aspx?id=2355046&language=en)

The Kuwait Ministry of Health recently welcomed a decision by Kuwait Flour Mills and Bakeries Company to cut sodium in its bread products by 20%. Reducing sodium in bread was recommended by the World Health Organization and the Kuwait Ministry of Health as a part of a strategy to curb risks for high blood pressure and heart disease, according to Ministry Assistant Undersecretary for Public Health Qais Al-Duwairi. – Kuwait News Agency

New Studies-Research.jpg

[**Sodium in Single Restaurant Meal More Than Recommended Daily Intake**](http://www.huffingtonpost.com/2014/01/09/restaurant-nutrition-chains-meals-_n_4561747.html)

A single adult restaurant meal at full-service American chain restaurants—including an adult entree, side dish, and shared appetizer—contained an average of 3,512 milligrams of sodium, or 153% more than the highest daily recommended limit for Americans age 2 years and up, according to a new study published in the *Journal of Nutrition Education and Behavior*. Adding on a nonalcoholic drink and a shared dessert raised the sodium level to 3,760 milligrams. The researchers also found that so-called “healthy choice” entrees tended to have lower calories than other entree categories but still often exceeded the recommended values for sodium. – Huffington Post

[**Sodium and Health in Americans’ Snacking**](http://www.bakeryandsnacks.com/Markets/Uneasy-bedfellows-Salt-and-health-in-US-snacking/)

Eighty-five percent of Americans find healthy snacking difficult, according to a national survey conducted by market research company Kelton. However, many respondents reported a desire to eat healthier snacks, with 42% saying that they could commit to adding one healthy snack to their diet each day. A separate survey conducted by market research company Packaged Facts found that 50 million Americans who regularly consume snacks prefer those that are salty, but about 28% of people who reported this preference also reported eating only healthy snacks and exercising often. Manufacturers need to be “agile and fast-moving” to keep up with the challenges of today’s salty snackers, according to Packaged Facts. – Bakery and Snacks

Other.jpg

[**In 2014, Salt May Be the “New Pepper”**](http://www.canadiangrocer.com/top-stories/cauliflower-set-to-be-the-new-kale-in-2014-36138)

Flavored salts may be among 2014’s top food trends, according to Christine Couvelier, executive chef and global culinary trendologist. Looking at trends from food shows, restaurants, and grocery stores, Couvelier said that “the number of flavored salts continues to grow…overtaking the pepper category.” Salt also falls into another trend category—customization—that is particularly strong and involves “letting customers put their own twists on foods” in restaurants, grocery stores, or at home, Couvelier said. – Canadian Grocer

[**Children’s Menu Trends**](http://www.foodbusinessnews.net/articles/news_home/Food-Service-Retail/2014/01/Childrens_menu_trends.aspx?ID=%7bA01DFD93-7AE2-40F6-AB3B-1136DB3D33AF%7d&e=bfy2@cdc.gov)

Healthier menu items for children may be a key driver of food and beverage sales in 2014, according to recent market research. Nearly one third of restaurant visits during 2013 included children, according to the NPD Group. A Mintel International study found that children chose the restaurant venue 26% of the time in 2013. Schools also are adapting to changes brought about by changes in the U.S. Department of Agriculture’s School Nutrition Program, including new nutrition standards for school meals that call for sharp reductions in sodium. For example, the JTM Food Group has introduced a beef patty for the K–12 school food service market that contains 70% beef and 30% mushrooms and is lower in sodium than regular hamburgers. – Food Business News

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