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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12月3日到16日**

**行业新闻**

**ABA称FDA的10年减钠指导方案“操之过急”**

美国烘焙协会（ABA）政府关系和公共事务高级副总裁Lee Sanders在写给美国食品药品管理局（FDA）的一封信中表示，一项为期10年的减钠计划可能会对烘焙产品产生重大、难以预测的影响。该计划旨将国人每日钠摄入量降至2300毫克-较其2年目标减少700毫克。Sanders表示，医学研究所和疾病控制中心（CDC）目前正对每日参考摄入量（DRI）进行审核，FDA此时就敲定减钠指导方案“操之过急”。Sanders表示，ABA也正在请求延迟5年实施减钠计划，“为市场上的替代技术和市场供应留出准备的时间”。–BakeryAndSnacks.com

**州/地方新闻**

**阿肯色州西北部减钠计划**

阿肯色医科大学（UAMS）正在阿肯色州西北部的学校和膳食项目中实施一个减钠计划，该计划的资金来自CDC的为期5年，总额达198万美元的奖励计划。减少每个人的钠摄入量这一计划将通过制定新的食品指导方针和营养标准减少学校和膳食项目中的钠含量。学校和膳食项目为那些无法获得可靠、廉价、营养食物的人们提供膳食。UAMS计划未来5年将该减钠计划推广到其他学校区域。-NWAHomepage.com

**纽约市卫生局发起新的“先看再吃”活动**

纽约市卫生局最近发起了“先看再吃”活动，旨在提醒纽约市民在连锁餐馆就餐时仔细查看菜单上的钠含量警示图标。前不久，纽约市发布了针对在全国拥有15家以及以上店面的连锁餐馆的钠含量警示新规定，要求盐罐图标必须张贴在钠含量2300毫克（每日建议的钠量限制）或以上的菜单品项旁边。该活动将出现在电视、地铁、网络、日报、公交车站牌以及全市的公交车两侧。-Brooklyn Reporter

**国际新闻**

**泰国食盐摄入量过高，肾病发病率居高不下**

低盐泰国网络（Low Salt Thailand Network）联合泰国健康促进基金会（ThaiHealth）敦促泰国民众减少食盐摄入量。此前，泰国的肾病患者数量在东南亚国家联盟中排名第三。低盐泰国网络建议民众避免食用快餐、冷冻食物和半即食食品，并每年进行体检。-曼谷椰子网（Coconuts Bangkok）

**其它信息**

**如何减少你最爱食谱中卡路里、脂肪和钠的含量**

营养专栏作家Sheah Rarback最近回顾了一份发表在《肥胖杂志》上的研究报告，该研究报告对四种类型餐馆（快餐店、休闲餐厅、自助餐厅和全套服务餐厅）的食谱进行了更改，以减少钠、卡路里和饱和脂肪的含量。参与该研究的餐馆有24个菜单品项接受了两个级别的更改，分别减少28%和43%的钠。24个轻微至中度减钠的菜品中有19个如往常一样地受到消费者喜爱；有些减钠菜品的受喜爱程度甚至更高。Rarback建议尝试对家中最爱的食谱进行更新，提高营养价值，改善口感。-《迈阿密先驱报》

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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.

**Dec 3-16, 2016**

Industry News.jpg

[**ABA Calls FDA’s 10-year Sodium Reduction Guidance “Premature”**](http://www.bakeryandsnacks.com/Trends/Health/ABA-calls-FDA-s-10-year-sodium-reduction-guidance-premature?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright)

In a letter to the U.S. Food and Drug Administration (FDA), Lee Sanders, senior vice president of government relations and public affairs for the American Bakers Association (ABA), said a 10-year sodium reduction initiative may have significant and unpredictable effects for bakery products. The plan would aim to reduce a person’s daily sodium consumption to 2,300 milligrams per day—700 milligrams less than its 2-year target. Sanders said it is “premature” for the FDA to finalize guidance on sodium while the Institute of Medicine and CDC are currently reviewing the Daily Reference Intake (DRI) for sodium. ABA is also requesting a 5-year delay on the implementation of any sodium reduction initiatives “to allow for alternative technology and market supply to become available for the marketplace,” said Sanders. – BakeryAndSnacks.com

State-Local.jpg

[**Sodium Reduction Initiative in Northwest Arkansas**](http://www.nwahomepage.com/news/sodium-reduction-initiative-in-nwa/618874491)

The University of Arkansas for Medical Sciences (UAMS) is introducing a sodium reduction initiative in northwest Arkansas schools and meal programs that is funded through a 5-year, $1.98 million award from the CDC. The project, Reducing Sodium Intake for Everyone, will aim to reduce sodium in schools and meal programs that feed those who lack reliable access to affordable, nutritious food by helping to create new food guidelines and nutrition standards. UAMS plans to expand the initiative to other school districts over the next 5 years. – NWAHomepage.com

[**NYC Health Department Pushes New “Look Before You Eat” Campaign**](http://brooklynreporter.com/story/health-department-pushes-new-look-eat-campaign/)

New York City’s Health Department recently launched the “Look Before You Eat” campaign, an initiative aimed at urging New Yorkers to look for the sodium warning icons on menus when dining in chain restaurants. The campaign comes on the heels of the city’s new sodium warning rule for chain restaurants with 15 or more locations nationwide, under which a salt shaker icon must be posted next to all menu items containing 2,300 milligrams of sodium—the daily recommended limit—or more. The campaign will appear on television, in the subway, online, in daily newspapers, on bus shelters, and on the sides of buses throughout the city. – Brooklyn Reporter

International News.jpg

[**Thais Eat So Much Salt They Are Developing High Rates of Kidney Disease**](http://bangkok.coconuts.co/2016/12/09/thais-eat-so-much-salt-they-are-developing-high-rates-kidney-disease-report)

The Low Salt Thailand Network has collaborated with ThaiHealth to urge Thai people to reduce salt intake, after finding that Thailand is ranked third in the Association of Southeast Asian Nations for number of patients with kidney disease. The Low Salt Thailand Network recommends that people avoid fast food, frozen food, and semi-instant food and get a medical checkup every year. – Coconuts Bangkok

Other.jpg

[**How to Cut Calories, Fat, and Sodium from Your Favorite Recipes**](http://www.miamiherald.com/living/health-fitness/chew-on-this/article120140403.html)

Nutrition columnist Sheah Rarback reviews a recent study, published in the journal *Obesity,* in which recipes from four types of restaurants—fast food, fast casual, buffet, and full service—were modified to reduce sodium, calories, and saturated fat. Twenty-four menu items from the participating restaurants received two levels of modification, where one version contained 28% less sodium and the other contained 43% less sodium. Nineteen of the 24 menu items with slight to moderate reductions were as well liked and accepted as the original versions; some were even rated more highly. Rarback recommends experimenting and updating favorite recipes at home to improve nutrition and taste. – Miami Herald

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