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**2014年5月23日-2014年6月5日**

**行业新闻**

[**业内到食品药品监督管理局：分类别设置减钠目标前的再思考**](http://www.foodnavigator-usa.com/Regulation/Industry-to-FDA-Think-again-before-setting-sodium-reduction-targets/)

有传闻称，美国食品药品监督管理局（FDA）正在计划今年制定新的减钠策略，两个领先的食品行业协会已敦促该局不要分类别设置钠限值。近期一篇对FDA减钠策略征求意见稿的评论中，美国面包师协会（ABA）表达了其忧虑，他们担心FDA“计划采用效仿在[英国]的减钠方针，实施按类别设置的减钠目标”。ABA辩称，这种方法还为时过早。在另一篇评论中，美国冷冻食品协会敦促FDA“继续允许业界志愿减少钠含量的工作”。

资讯来源：[Foodnavigator-USA.com](http://foodnavigator-usa.com/)

[**降低钠**](http://www.meatpoultry.com/Writers/Other%20Contributors/Dialing%20back%20sodium.aspx)

虽然减钠是食品行业的一大重点工作，对于许多工业加工食品来说，减钠要比仅仅少放盐复杂得多。许多肉类和禽类制品尤其如此，因为盐在这些食品当中不仅起到调味的作用，还能改善口感和保证食品安全。为协助加工商的减钠工作，配料供应商提供了一系列的解决方案，不过这些解决方案并不都是在配料中减少钠。美国伊诺福公司（Innophos）商业发展专家Ron Jenkins表示，所有钠来源都必须考虑，例如，日常食用的火腿通常包括五种含钠配料。“最主要的是，减钠要即可行又对身体有利，这可通过减少、替换和重新制定配方实现”，疾病预防控制中心（CDC）主任Tom Frieden说道。

资讯来源： [MeatPoultry.com](http://meatpoultry.com/)

**政府新闻**

[**美国心脏协会质疑学校食品减钠延缓**](http://medicalxpress.com/news/2014-05-american-heart-association-sodium-school.html)

美国心脏协会首席执行官Nancy Brown在近日谈到参议院农业拨款法案时表示，该法案会延缓健康无饥饿儿童法案规定的学校食品钠含量要求，他指出该协会“对此感到困惑和担忧，因为根据该法案，须有‘科学研究’证明应减少儿童纳摄入，立法中的这一条款可能会延缓减少学校食品中钠含量的工作”。Brown认为，现有的研究已经表明，儿童必须降低每日钠摄入，并指出在实际中，普通学校午餐中的钠含量足够一整天的标准。Brown还指出，低钠食品供应广泛：几个主要的食品公司出售的产品，可帮助学校满足2017年后将要生效的2级钠标准。最后，Brown强调，美国农业部一直采用了灵活的方法，向在其它营养标准方面存在困难的学校提供帮助。

资讯来源：Medical Xpress

[**第一夫人对学校膳食批评者做出回应**](http://abcnews.go.com/Health/wireStory/lady-set-respond-school-meal-critics-23877818)

第一夫人米歇尔•奥巴马就更改学校膳食标准的建议，在众议院对共和党做出回应。她说道，任何对指南标准的压低都是“不可接受的”。相关规则由国会制定，过去几年的管理，要求更多全麦食品，以及设定钠、糖、脂肪限值。第一夫人最近会见了学校营养官员，这些官员纷纷表示，他们的学校正在实行指南。她就政府应如何更好地帮助实行有困难的学校向这些官员征求了意见，并建议，重点应放在帮助这些学校，而不是全盘降低某些标准。

资讯来源：ABC News/Associated Press

米歇尔·奥巴马在纽约时报专栏（*[New York Times](http://www.nytimes.com/2014/05/29/opinion/michelle-obama-on-attempts-to-roll-back-healthy-reforms.html)* [op-ed](http://www.nytimes.com/2014/05/29/opinion/michelle-obama-on-attempts-to-roll-back-healthy-reforms.html)）详细阐述了她的观点。

**国际新闻**

**[澳大利亚开展活动旨在减少钠摄入](http://www.lithgowmercury.com.au/story/2302984/dropping-our-salt-levels/?cs=1464)**

位于澳大利亚新南威尔士州的Lithgow，最近开展了减盐运动。2011年进行的一项人口调查发现，在Lithgow地区，成人的钠消耗是每日推荐水平的两倍，基于此，乔治健康研究中心（George Institute for Global Health）发出倡议，建议Lithgow居民的钠摄入量降低10％。这项计划是世界卫生组织领导的一项名为盐交换（Salt Swap）的全国性倡议的一部分，旨在到2025年之前，将全球钠摄入量减少30％。作为该计划的一部分，乔治研究中心正在开发一种盐的替代品“健康盐（Salt for Life）”，这种替代品的钠含量较低。与此同时，该研究所正在发布iPhone应用程序Foodswitch，在购买之前，消费者通过扫描店内食品条码，可了解相关营养信息。

资讯来源：Lithgow Mercury

[**加工食品和软饮料正在增加亚洲人钠、脂肪和糖的摄入**](http://medicalxpress.com/news/2014-05-foods-soft-asian-salt-fat.html)

《肥胖评论（Obesity Reviews）》杂志发表的一篇跨越12个国家的营养研究显示，亚洲发展中国家在肥胖问题上已经开始加入发达国家行列，可能已无可避免肥胖流行问题。该研究发现，在整个亚洲，烘焙食品、植物油和软饮料分别是盐、脂肪和糖的主要载体。研究揭示了12个水平各不相同的亚洲国家的差异，并确定了每个国家促使不良营养物质含量升高的食品群组。与早先利用食品调查数据的研究相比，研究人员使用了从食品行业获得的数据，这使得各国之间能够进行标准比较。

资讯来源： Medical Xpress

**其它信息**

[**消费者应该了解的有关咸味的7个谬论，比如低钠食品没有味道**](http://www.medicaldaily.com/low-sodium-foods-have-no-flavor-and-6-other-salty-myths-you-should-know-about-284112)

为帮助控制美国人的钠摄入，本文介绍了来自于美国心脏协会的对七大钠相关谬论的解释。例如，虽然许多海盐拥护者声称，海盐含有大部分必需的矿物质和营养物质，这是食盐所没有的，而与食盐相比，海盐的钠含量没有什么不同。在回应另一谬论时，文章指出，低钠食品也可以味道十足：添加香料、香草和柑橘混合物来代替盐，可限制钠含量，而不影响味道。

资讯来源： Medical Daily

[**保持低钠饮食，避免食用六大咸味食品——最常食用的高钠食品**](http://www.medicaldaily.com/keep-low-salt-diet-avoiding-salty-6-foods-highest-salt-content-285154)

疾病预防控制中心认为，美国人钠消耗的75％以上来自加工食品和餐厅食品，而不是盐罐。美国心脏协会与疾病预防控制中心合作努力提升人们对这一事实的认识，并确定了“六大咸味食品”——可能含有过量钠的食品。六大咸味食品包括面包、面包卷及其它营养面包产品、腌制肉类、比萨饼、家禽、罐头汤和三明治。

资讯来源：Medical Daily

[**盐如何影响勃起功能障碍**](http://atlantadailyworld.com/2014/05/29/how-salt-affects-erectile-dysfunction/)

在最近出版的新书《盐：非裔美国人的无声杀手（Salt: Black America’s Silent Killer）》当中，心脏外科医生Surender Neravetla介绍了过量钠消耗能如何导致罹患勃起功能障碍（ED）。摄取过多的钠会导致高血压，从而引起勃起问题，因为高血压可损害血管，阻碍血液流动。在患有高血压男性的处方中，也通常包括噻嗪类利尿剂或氢氯噻嗪，这些药物都将ED列为副作用。其它几十种用于治疗高血压的常用药物也会引起男性阳痿。

资讯来源： Atlanta Daily World

[**减少钠摄入的五种方式**](http://www.medicaldaily.com/reduce-salt-intake-5-ways-reduce-sodium-your-body-286298)

本文为众多每日消耗过多钠的美国人介绍了几种减少钠摄入的小窍门。美国人将近三分之二的钠摄入来自于超市和便利店食品。在家中做饭可以控制菜品的配料。食用高纤维、低钠食品不仅对消化系统有益，还能帮助降低血压。此外，个人应进行一些研究，外出就餐前，先检查菜单或致电餐厅，了解他们使用了哪些配料。

资讯来源： Medical Daily

[**海滩休闲还没做好准备？教你一招：少沾盐?**](http://parade.condenast.com/298547/erinoprea/not-ready-for-the-beach-heres-a-trick-drop-the-salt/)

随着夏日的来临，对于那些希望保持更好身材的人士来说，最快的办法可能就是少吃咸味小吃。钠会可让身体锁住水分，导致腹胀和身体各部位浮肿。减少钠摄入可快速调整身体状态。

资讯来源：Parade

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**May 23–June 5, 2014**



[**Industry to FDA: Think Again Before Setting Category-by-Category Sodium Reduction Targets**](http://www.foodnavigator-usa.com/Regulation/Industry-to-FDA-Think-again-before-setting-sodium-reduction-targets/)

Two leading food industry associations have urged the Food and Drug Administration (FDA) not to set category-by-category limits for sodium amid rumors that the agency is planning to outline a new sodium reduction strategy this year. In a comment recently added to the FDA’s request for advice on sodium reduction strategies, the American Bakers Association (ABA) voiced its concern that the FDA “plans to implement food category targets for sodium reduction using the approach modeled in the [United Kingdom].” ABA contends that such an approach would be premature. In a separate comment, the American Frozen Food Institute urged the FDA to “allow industry’s voluntary efforts to reduce sodium content to continue.” – Foodnavigator-USA.com

[**Dialing Back Sodium**](http://www.meatpoultry.com/Writers/Other%20Contributors/Dialing%20back%20sodium.aspx)

Although reducing sodium is a priority for the food industry, sodium reduction efforts for many industrially prepared foods are far more complex than simply adding less salt. This is particularly true for many meat and poultry products, in which salt plays a role not just for taste, but for texture and safety. Ingredient suppliers offer a range of solutions to assist processors with their sodium reduction efforts, but these solutions do not all involve cutting salt from the formulation. All sources of sodium must be considered, according to Ron Jenkins, commercial development specialist at Innophos, who said, for example, that a typical cured ham often contains five sodium-containing ingredients. “The bottom line is that it’s both possible and life-saving to reduce sodium, and this can be done by reducing, replacing, and reformulating,” said CDC Director Tom Frieden. – MeatPoultry.com



[**American Heart Association Questions Sodium Delay in School Foods**](http://medicalxpress.com/news/2014-05-american-heart-association-sodium-school.html)

American Heart Association CEO Nancy Brown recently commented on the Senate Agriculture Appropriations bill that would delay the sodium requirement for school foods under the Healthy Hunger-Free Kids Act, noting the organization “is confused and concerned about the provision included in this legislation that delays the Tier 2 sodium decrease in school foods until ‘scientific research’ supports the reduction in children.” Brown argues that existing research already has shown that children must lower their daily sodium intake and points to the fact that the average school lunch provides nearly enough sodium for the entire day. Brown also notes that lower sodium foods are widely available: Several major food companies offer products that could help schools meet the Tier 2 sodium standard, which does not go into effect until 2017. Lastly, Brown notes that the U.S. Department of Agriculture has been flexible in assisting schools that have faced difficulties with other nutrition standards. – Medical Xpress

[**First Lady Responds to School Meal Critics**](http://abcnews.go.com/Health/wireStory/lady-set-respond-school-meal-critics-23877818)

First Lady Michelle Obama is responding to Republicans in the House of Representatives about suggested changes to school meal standards, saying any effort to roll back the guidelines is “unacceptable.” The rules set by Congress and the administration over the last several years require more whole grains and set limits on sodium, sugar, and fat. The first lady recently met with school nutrition officials who said the guidelines are working in their schools. She asked the group for advice about how the government can better respond to schools that are struggling, and she suggested that the conversation be focused on helping those schools rather than on rolling back some of the standards completely. – ABC News/Associated Press

Michelle Obama elaborated on her opinions in a [*New York Times* op-ed](http://www.nytimes.com/2014/05/29/opinion/michelle-obama-on-attempts-to-roll-back-healthy-reforms.html).



[**Australian Campaign Aims to Reduce Sodium Intake**](http://www.lithgowmercury.com.au/story/2302984/dropping-our-salt-levels/?cs=1464)

Lithgow, located in New South Wales, Australia, recently completed the “Drop the Salt” campaign. In a population survey conducted in 2011, adults in the Lithgow region were found to be consuming sodium at twice the recommended daily level, prompting an initiative by the George Institute for Global Health to reduce sodium levels of Lithgow residents by 10%. The program is part of a nationwide initiative called Salt Swap, part of a larger campaign by the World Health Organization aimed at reducing global sodium intake by 30% before 2025. As part of the program, the George Institute is developing a salt substitute called “Salt for Life” that contains lower levels of sodium. To accompany this product, the institute is releasing an iPhone app called Foodswitch, which will provide consumers with nutritional information that they can access by scanning the barcode of food products in-store before purchase. – Lithgow Mercury

[**Processed Foods and Soft Drinks Are Increasing Asian Sodium, Fat, and Sugar Consumption**](http://medicalxpress.com/news/2014-05-foods-soft-asian-salt-fat.html)

Developing countries in Asia may be set to join the obesity epidemic in developed countries, according to a study of nutrition across 12 nations published in the journal *Obesity Reviews*. The study found that throughout Asia, baked goods, vegetable oils, and soft drinks were the main carriers of salt, fat, and sugar, respectively. The study uncovered differences among 12 Asian countries of varied income levels and identified the food groups driving the increases in undesirable nutrients in each country. In contrast to earlier studies, which used data from food surveys, the researchers used sales data from the food industry, which allowed for standardized comparisons between countries. – Medical Xpress



[**Low Sodium Foods Have No Flavor, and Six Other Salty Myths You Should Know About**](http://www.medicaldaily.com/low-sodium-foods-have-no-flavor-and-6-other-salty-myths-you-should-know-about-284112)

This article presents seven sodium myths from the American Heart Association in an effort to help control the amount of sodium Americans consume. For example, although many advocates of sea salt claim it retains most of the essential minerals and nutrients that are lost to table salt, sea salt’s sodium content is no different than table salt’s sodium content. The article responds to another myth by stating that lower sodium foods can have flavor: Adding spices, herbs, and citrus blends instead of salt to a meal can help limit sodium without compromising on taste. – Medical Daily

[**Keep a Low Sodium Diet by Avoiding the Salty Six: High Sodium Foods Eaten Most Often**](http://www.medicaldaily.com/keep-low-salt-diet-avoiding-salty-6-foods-highest-salt-content-285154)

According to CDC, more than 75% of the sodium Americans consume comes from processed and restaurant foods—not the salt shaker. Working together to increase awareness about this fact, the American Heart Association developed the “Salty Six”—common foods that may contain excessive amounts of sodium. The Salty Six include breads, rolls, and other enriched bread products; cured meats; pizza; poultry; canned soup; and sandwiches. – Medical Daily

[**How Salt Affects Erectile Dysfunction**](http://atlantadailyworld.com/2014/05/29/how-salt-affects-erectile-dysfunction/)

In his recently released book, *Salt: Black America’s Silent Killer*, heart surgeon Surender Neravetla describes how consuming excess sodium may be contributing to the prevalence of erectile dysfunction (ED). Consuming too much sodium can lead to high blood pressure, which can cause erection problems because high blood pressure can damage arteries and impede blood flow. Men with high blood pressure also are often prescribed a thiazide diuretic, or hydrochlorothiazide, which lists ED as a side effect. Dozens of other drugs commonly used to treat high blood pressure also are rendering men impotent, according to Neravetla. – Atlanta Daily World

[**Five Ways to Reduce Sodium Intake**](http://www.medicaldaily.com/reduce-salt-intake-5-ways-reduce-sodium-your-body-286298)

This article identifies tips to reduce sodium intake for the many Americans who consume too much each day. Nearly two thirds of the sodium Americans consume comes from supermarket foods and convenience stores. Preparing foods at home allows a person to control the ingredients in the dish. Eating foods that are high in fiber and low in sodium is not only good for the digestive tract, but also helps lower blood pressure. In addition, individuals should do their research before dining out by checking the menu or calling the restaurant to see what types of ingredients they use. – Medical Daily

[**Not Ready for the Beach? Here’s a Trick: Drop the Salt**](http://parade.condenast.com/298547/erinoprea/not-ready-for-the-beach-heres-a-trick-drop-the-salt/)

For those hoping to get into better shape as summer approaches, a quick fix may be limiting salty snacks. Sodium causes the body to retain water, leading to bloating and puffiness around the body. Reducing sodium intake can lead to quick changes in the body. – Parade

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