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**2015年4月11日至24日**

**各州/地方资讯**

[**是时候跟盐说分手了**](http://fox4kc.com/2015/04/16/it-is-time-to-break-up-with-salt/)

堪萨斯城圣卢克医院的营养师汤米·亚当斯(Tammy Adams)和扮演由美国心脏协会(American Heart Association)设计的“不知不觉的盐”角色的科林·里奇(Colin Ridge)两人最近参加了FOX电视台4频道的堪萨斯城早间节目。在节目中，里奇为一段他出演的介绍过量食盐摄入危害的视频做了推广，而亚当斯则分享了关于食盐的一些科学事实，并就大家如何减少盐的摄入给出了一些建议。—FOX电视台堪萨斯城4频道

**国际资讯**

[**餐厅食品可能是新加坡年轻人心脏病患病率上升的罪魁之一**](http://blog.seattlepi.com/timigustafsonrd/2015/04/17/restaurant-food-a-likely-culprit-in-spreading-heart-disease-among-younger-adults-study-finds/)

近期发表在《美国高血压杂志》(American Journal of Hypertension.)上的一项研究显示，在新加坡那些患有高血压前期症状和高血压的年轻人外出用餐的比例更高。每周一次去餐馆吃饭，就会让高血压前期的风险增加6%。参与该研究的研究人员建议，青年男性应当尤其注意自身血压问题，建议他们定期监测血压，如有必要就应当调节饮食。在快餐店和其他低成本小餐馆里广泛使用的各种加工食品中含有高量的钠，这一点众所周知。-Seattle Pi

**新的调查/研究**

[**用更少的盐制造出更多的咸味**](http://www.scientificamerican.com/podcast/episode/taste-salty-with-less-salt/)

一项发表在《食品科学杂志》(Journal of Food Science)上的研究表明，通过使用一种在咀嚼过程中让更多盐接触味蕾的技术，可以降低某些加工食品中的钠含量。研究人员分析了存在于香肠和奶酪等食物中的固体盐的特性，发现在这些食品中，钠溶解在一种矩阵般的结构当中，但仅有一小部分盐分在食物被下咽之前得以释放。研究人员先制造出一些脂肪、水和盐含量不同的乳清蛋白块，然后通过在水中压缩这些乳清蛋白块来测量其释放的钠的量。乳清蛋白块上的孔越大、越多，其释放出来的盐分也就越多。尽管该项研究没有请试吃者品尝，但之前的研究已经表明：多孔蓬松的面包的确让试吃者觉得更咸一些。—《科学的美国人》(Scientific American)

[**盐片对耐力运动员几乎无用**](http://consumer.healthday.com/fitness-information-14/jogging-and-running-health-news-261/salt-pills-do-little-for-endurance-athletes-study-698450.html)

最近发表在《体育科学和医学杂志》(Journal of Sports Science and Medicine)上的一项研究表明，服用盐片对于提高耐力运动员的表现几乎没有效果。通过对11名运动员的数据进行分析，研究人员发现，在两个小时的训练期内，那些服用了1800毫克盐片的运动员和那些服用安慰剂的运动员相比，运动表现并无明显差别。在训练和比赛时，运动员们有时会服用大量的盐或含钠电解质饮料，认为这样会帮助他们取得更好的成绩。研究人员解释说，这样做只会导致盐摄入过量。尽管这项研究的规模很小，但结果已经对人们普遍相信的盐片能帮助运动员在比赛中表现得更好的说法构成了挑战。—每日健康(Health Day)

[**向儿童推广的食品有哪些不足**](http://www.dailyrx.com/food-advertised-children-did-not-meet-government-nutrition-standards-many-cases?autoplay=364143044)

发表在美国疾病控制与预防中心的《慢性疾病预防》(Preventing Chronic Disease)杂志上的一项新的研究表明，许多到处打广告的儿童食品不符合政府颁布的营养标准。研究人员对儿童食品和饮料广告行动委员会批准的可以在儿童电视节目中打广告的400多种产品进行了分析后发现，53%的产品在一项或多项营养素的含量上未达到联邦政府相关机构制定的标准。糖含量是一个主要的问题，32%的产品未能达到推荐的含糖限值；而15%的产品在钠含量限值上不符合标准。— Daily Rx

**其它资讯**

[**种植香草，并用香草烹饪**](http://www.cincinnati.com/story/news/local/kentoncounty/2015/04/18/growing-cooking-herbs/26010785/)

高钠饮食会让血压升高，从而导致包括心脏病在内的许多健康问题。香草为人们提供一个可以限制钠摄入量同时还能食用可口食物的好办法。该篇文章就如何利用新鲜香草进行烹饪提供了几条建议，包括如何在家种植香草，最佳收获时间，以及怎样把香草用到食物配方中去，等等。—Cincinatti.com

[**减少钠摄入量可以改善生活质量**](http://www.centralkynews.com/amnews/life/food/reducing-sodium-intake-can-improve-quality-of-life/article_663256e3-4985-5cfb-aafd-5c7f5c727a5e.html)

将食盐摄入量减少到推荐水平，可降低患高血压、糖尿病和慢性肾脏疾病的风险。尽管把每天的食盐消费量限制到一茶匙这样的做法听起来好像是一个遥不可及的目标，但这个目标还是有办法实现的。有很多简单的办法可以替代钠的使用，比如食用更多的新鲜食物而不是罐装食品或加工食品。其他建议还包括：避免使用购买来的现成的沙拉酱，而是创造性地用橄榄油、醋和香草自己调制酱汁；避免使用番茄酱、酱油、咸菜、调味包等高钠含量的调味品，等等。-中部肯塔基州新闻网(Central Kentucky News)

[**购买婴儿食品时，要仔细阅读营养标签**](http://dailyjournalonline.com/news/opinion/advice/dr-komaroff/read-nutrition-labels-carefully-when-buying-infant-foods/article_9dd606b5-43ce-591c-a37f-68981430956b.html)

AskDoctorK.com网站的Komaroff博士对读者提问进行了回复，就现成的婴幼儿食品的好坏、父母是否应该在家制作婴幼儿食品等问题给出了答案。Komaroff博士说,给孩子吃含盐、含糖过多的食物，可能会带来儿童肥胖、高血压、心脏病和中风等风险。最近发表在《儿科学》(Pediatrics )杂志上的一项研究发现，婴幼儿食品的健康程度可能要低于人们的预期。几乎有四分之三的幼儿食品含有过量的盐，不过仅供婴儿食用的大部分食物钠含量和糖含量都比较低，且不含添加糖成分。他建议，父母如有时间，可以自己动手为孩子制作婴幼儿食品；不过父母也可以通过在购买食品时仔细挑选的办法，确保孩子吃的营养健康。—日报在线(Daily Journal Online)

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**April 11–24, 2015**

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[**It Is Time to Break Up with Salt**](http://fox4kc.com/2015/04/16/it-is-time-to-break-up-with-salt/)

Tammy Adams, a nutritionist at Saint Luke’s Hospital of Kansas City, and Colin Ridge, who plays Sneaky Salt—a character created by the American Heart Association—recently visited the FOX 4 Kansas City Morning Show. Ridge promoted a video he appears in about the dangers of consuming too much salt, and Adams shared facts about salt and tips on how people can reduce their intake. – FOX 4 Kansas City

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[**Restaurant Food Is a Likely Culprit in Spreading Heart Disease Among Singapore’s Younger Adults**](http://blog.seattlepi.com/timigustafsonrd/2015/04/17/restaurant-food-a-likely-culprit-in-spreading-heart-disease-among-younger-adults-study-finds/)

Younger adults from Singapore with prehypertension or hypertension are more likely to eat away from home, according to a study recently published in the *American Journal of Hypertension*. A single restaurant visit per week was associated with a 6% increase in risk for prehypertension. The researchers involved in the study advised younger males in particular to get regular blood pressure screenings and, if necessary, modify their diets. Processed foods, which are widely used in fast food restaurants and other low-cost eateries, are notorious for high sodium content. – Seattle Pi

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[**Taste Salty with Less Salt**](http://www.scientificamerican.com/podcast/episode/taste-salty-with-less-salt/)

Sodium content in certain processed foods can be reduced by a technique that allows more salt to be tasted during chewing, according to a recent study published in the *Journal of Food Science*. The researchers explored the properties of salty solids, present in foods like salami and cheese, in which the sodium is dissolved in a matrix-like structure, but only a fraction of the salt gets released before being swallowed. The researchers made their discovery by creating blocks of whey protein with varying amounts of fat, water, and salt, and by compressing those tofu-like blocks under water to measure how much sodium the blocks released. The bigger and more numerous the pores within the blocks’ protein structure, the more salt the blocks released. Although the study did not include taste-testers, previous studies have shown that airier, fluffier breads do taste saltier to testers. – Scientific American

[**Salt Pills Do Little for Endurance Athletes**](http://consumer.healthday.com/fitness-information-14/jogging-and-running-health-news-261/salt-pills-do-little-for-endurance-athletes-study-698450.html)

Taking salt pills does little to boost the performance of endurance athletes, according to a study published recently in the *Journal of Sports Science and Medicine*. In a study off 11 athletes, the researchers found no significant differences in performance between athletes who consumed a 1,800-milligram salt pill or those who received an inactive placebo during a 2-hour exercise session. During training and competitions, athletes sometimes consume large quantities of salt or electrolyte supplements containing sodium in the belief that it will help them perform better, but this can lead to excessive salt intake, the researchers explained. Although the study was small, the findings challenge the widely held belief that salt pills can help athletes perform better during competitions. – HealthDay

[**How Foods Marketed to Kids Fall Short**](http://www.dailyrx.com/food-advertised-children-did-not-meet-government-nutrition-standards-many-cases?autoplay=364143044)

Many foods advertised to children do not meet government nutrition standards, according to a new study published in CDC’s journal *Preventing Chronic Disease*. Analyzing a list of more than 400 products that the Children’s Food and Beverage Advertising Initiative approved for advertising on children’s TV programs, the researchers found that 53% of the products did not meet guidelines set by a federal interagency working group on one or more nutrients. Sugar was the main offender, with 32% of the products not meeting recommended sugar limits, while 15% of the products did not meet sodium guidelines. – Daily Rx

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[**Growing and Cooking with Herbs**](http://www.cincinnati.com/story/news/local/kentoncounty/2015/04/18/growing-cooking-herbs/26010785/)

Diets high in sodium can raise blood pressure, which can lead to many health issues, including heart disease. Herbs provide a great way for people to limit their sodium intake while still consuming flavorful foods. The article provides several tips on cooking with fresh herbs, including how to grow herbs at home, the best time to harvest, and how to incorporate herbs into recipes. – Cincinatti.com

[**Reducing Sodium Intake Can Improve Quality of Life**](http://www.centralkynews.com/amnews/life/food/reducing-sodium-intake-can-improve-quality-of-life/article_663256e3-4985-5cfb-aafd-5c7f5c727a5e.html)

Reducing salt intake to recommended levels can reduce the risk for developing high blood pressure, diabetes, and chronic kidney disease. Although limiting consumption to a teaspoon of salt per day might sound like an unreachable goal, there are ways to make it realistic. There are plenty of simple sodium swaps, including using more fresh foods instead of canned or processed foods. Other tips include avoiding store-bought salad dressings and getting creative with olive oil, vinegars, and herbs as well as avoiding condiments with high sodium content, such as ketchup, soy sauce, pickles, and seasoning packets. – Central Kentucky News

[**Read Nutrition Labels Carefully When Buying Infant Foods**](http://dailyjournalonline.com/news/opinion/advice/dr-komaroff/read-nutrition-labels-carefully-when-buying-infant-foods/article_9dd606b5-43ce-591c-a37f-68981430956b.html)

Dr. Komaroff of AskDoctorK.com responds to a reader’s question about ready-made toddler foods and whether parents should make toddler foods at home. Dr. Komaroff responded that eating salty, sugary foods in childhood can set the stage for childhood obesity, high blood pressure, heart disease, and stroke. A recent *Pediatrics* study found that infant and toddler foods might be less healthy than expected. Almost three out of four toddler dinners contained too much salt, whereas most foods made only for infants were low in sodium and sugar and did not have added sugar. Parents who have the time and inclination can make their own toddler foods, he said, but parents can also make sure their child eats healthy, nutritious foods by making good choices at the grocery store. – Daily Journal Online

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