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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。

**2015年10月10-23日**

**政府新闻**

[**脂肪是否不健康？膳食指南争论**](http://www.nytimes.com/2015/10/13/upshot/are-fats-unhealthy-the-battle-over-dietary-guidelines.html)

据儿科教授亚伦·卡罗尔 (Aaron E. Carroll) 称，近期，在每五年由美国农业部 (USDA) 与 人类与卫生服务部 (Department of Health and Human Services) 举办一次的“膳食指导的科学范围与可靠性”听证会上，出现了巨大争议，这场争议主要缘于英国医学杂志 (BMJ) 最新发布的一篇文章，其作者认为，为美国农业部提供建议的膳食指南建议委员会 (Dietary Guidelines Advisory Committee) 研究不足导致决策有误。但卡罗尔并不同意这一观点，他认为，通过研究饱和脂肪酸和碳水化合物来提供膳食建议是不合理的，但确实应当加强对钠的研究。我们在争论是否人人都需要减少钠摄入前，应当参考更多的证据。卡罗尔称，建议委员会的报告貌似仍集中在对高血压人群的研究上，而不是一般大众。——《纽约时报》 (New York Times)

[**美国食品及药物管理局因减盐行动缓慢遭诉讼**](http://www.consumeraffairs.com/news/lawsuit-says-fda-has-dragged-its-feet-in-the-fight-against-excessive-salt-101915.html)

公共利益科学中心 (CSPI) 对美国食品及药物管理局 (FDA) 的诉讼已持续10年，该中心称，他们曾向管理局建议将盐作为食品添加剂，但请愿无果，因此提起诉讼也属无奈之举。该科学中心主席麦克·雅各布森 (Michael F. Jacbson) 称：“管理局在防止美国民众摄盐过度的问题上行动缓慢，甚至拒绝采取任何措施，这种状况已持续超过35年。”该中心曾在2005年向管理局请愿，要求撤销盐的“公认安全”状态，并将其改为法律定义的食品添加剂。该请愿特别敦促管理局规定食品制造商逐渐减少各类加工食品中的钠含量并在食盐多于0.5盎司的零售包装上提供健康信息。科学中心称，美国人的钠摄入量仍在持续攀升，这说明由管理局和食品行业推动的自愿减钠措施是行之无效的。——消费者事务部 (Consumer Affairs)

[**学生对学校餐厅的乏味食品表示抗议**](http://www.csmonitor.com/USA/Society/2015/1016/Kids-rebel-against-bland-foods-in-lunch-line-Time-for-a-pasta-exemption)

议会通过《健康无饥饿儿童法案》 (Healthy, Hungry-Free Kids Act) 五年后，全美在校享用午餐的学生数量下降4%（即150万人），食物浪费程度攀升，学校餐厅运营状况日益惨淡。美国政府问责局 (GAO) 近期发布的一项报告指责美国新推出的减盐和减乳脂措施导致用餐人数下降，并称：“如果孩子们第一次尝了觉得不好吃，就很难鼓励他们去再次尝试。”但是，报告也发现多数学生的口味偏好在随着新口味菜肴发生变化。某高中的一名高年级学生莱克茜·亚泽恩 (Lexi Atzen) 在美国农业部就新口味问题的一次采访中称：“新口味比以前好吃，吃完健康的菜感觉很舒服，反正就是整体感觉很好。”另外，该报告还指出，有很多学生偷偷带盐来学校以躲避新规定，甚至出现了炸土豆片的交易黑市。——《基督教科学箴言报》 (Christian Science Monitor)

**州/地方新闻**

[**减盐措施不利公众健康受损**](http://www.huffingtonpost.com/sean-c-lucan-md/salt-gets-an-unfair-shake_b_8264700.html)

纽约市卫生局计划要求大型机构对所有钠含量超过2300毫克的菜目张贴警示并对此进行了匿名投票，此后，纽约便成为了美国第一个要求在菜单上标注钠含量警示标志的城市。但爱因斯坦医学院 (Albert Einstein College of Medicine) 的肖恩·卢坎 (Sean C. Lucan) 教授称，更多证据显示，目前就膳食中钠摄入的指导量或存在误导，钠摄入量对血压的影响并不像人们所想的那么严重，而是更模棱两可，因此，钠摄入量会导致心脏病的观点就更不符合逻辑了。卢坎教授还称，钠含量警示标签可能导致人们忽略营养不足这一更严重的问题。因此，他认为，由于食品公司标识钠含量可以获得政府的物质奖励，因此他们会用其它调味品来替代盐以制成可口的食品，而这种替换品通常是糖。——《赫芬顿邮报》 (Huffington Post)

**国际新闻**

[**加拿大儿童餐食钠含量高**](http://www.huffingtonpost.ca/christy-brissette-msc-rd/cut-salt-kids_b_8261104.html)

很多加拿大人认为自己比美国人健康，而近期关于加拿大儿童快餐餐食高于美国的新闻则让人多数人大跌眼镜。为什么同样是开心乐园餐鸡块套餐，在加拿大的含钠量接近1.5克，在美国近1克，而在英国就成了0.75克呢？调查发现，在加拿大出售的超出半数的儿童快餐钠含量都超过1克。根据加拿大卫生部规定，1-3岁儿童每日钠摄入量不应超过1克，4岁及以上儿童不应超过1.2至1.5克。这说明，儿童吃一顿快餐的钠摄入量可能超过他们一天所需的量。例如，肯德基儿童鸡肉堡和薯条套餐钠含量超过3.5克。加拿大可逐渐减少食品中的钠含量，加拿大人的味蕾也会像英国人的味蕾一样逐渐适应这种口味。但加拿大卫生部的自愿减钠措施在激励加拿大公司调整产品配方方面并未产生效果。——《加拿大赫芬顿邮报》 (Huffington Post Canada)

[**雀巢澳大利亚分公司减少燕麦能量棒的盐脂糖含量**](http://www.smh.com.au/business/retail/uncle-tobys-cuts-fat-salt-and-sugar-from-museli-bars-to-boost-health-star-rating-20151013-gk7n4j.html)

雀巢公司已对其热门产品——燕麦能量棒采取彻底的减盐、减脂、减糖措施，这意味着澳大利亚的健康星级评定 (Health Star Rating) 计划如预期所望，推动了各公司改善食品营养的进程。雀巢全球食品公司宣布，其已花费700万美元改良Uncle Tobys牌咀嚼棒和酸奶燕麦棒（澳大利亚最畅销的燕麦棒产品），其健康星级也由此翻倍。雀巢公司10根燕麦棒的盐含量平均减少63%，糖含量平均减少32%，脂肪含量平均减少16%。农村卫生部 ( Rural Health) 部长、卫生部前任副部长菲奥纳·纳什 (Fiona Nash) 称：“政府不能强制人们健康饮食或运动，但我们可以告诉他们健康饮食的方法。健康星级评定体系可以让忙碌的父母们迅速掌握某个产品在某类食品中的健康等级。”——《悉尼先驱晨报》 (Sydney Morning Herald)

**其它信息**

[**七种可能含有过多钠的食物**](http://www.cheatsheet.com/health-fitness/8-foods-that-contain-alarmingly-high-sodium-levels.html)

饮食时尚变幻无穷，但是，要想保持健康的生活方式，就要坚持限制钠摄入量。商家通过营销引导消费者购买，而政府对“天然”和“苗条”等广告词汇的宽松管理政策则很容易使消费者误入歧途，因为现在有很多含盐量高的食品味道并不咸。人们在购物时，应当查看食品标签上的钠含量。一块原味甜甜圈平均含有约500毫克钠，每份番茄沙司最多可含有670毫克钠，一份罐装的绿豆则含有约376毫克钠。——CheatSheet

[**海盐是否比食盐更健康**](http://www.foxnews.com/health/2015/10/19/are-gourmet-salts-healthier-than-table-salt/)

尽管很多人知道如何在烹饪或用餐时减少食物中的盐，但多数人仍食钠过量，这些钠就藏在外卖、堂食和加工食物中。能给餐食增加不同口味和口感的盐的种类很多，但这其中真的有更健康的盐吗？海盐的颗粒更大，因此用量可以更少，这意味着每茶匙的海盐钠含量更少，同时还可使食物的口感更爽脆，味道更丰富。针对减盐，文章中还建议通过食用大量蔬菜和适量水果来抵消钠的作用，减少食用或不食用加工或包装食品，多吃家庭烹饪的食物，并使用新鲜的草本植物和天然香料代替盐来增加餐食的口味。——福克斯新闻 (Fox News)

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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.

**October 10–23, 2015**

Government News.jpg

[**Are Fats Unhealthy? The Battle over Dietary Guidelines**](http://www.nytimes.com/2015/10/13/upshot/are-fats-unhealthy-the-battle-over-dietary-guidelines.html)

According to Aaron E. Carroll, a professor of pediatrics, there was considerable disagreement at the recent congressional hearing on the scope and reliability of the science behind the dietary guidelines that the U.S. Department of Agriculture (USDA) and Department of Health and Human Services establish every 5 years. Sparking much of the debate, according to Carroll, was a recent *BMJ* article whose author argued that the Dietary Guidelines Advisory Committee, which advises the USDA, is not using good research to make its decisions. Carroll disagrees with the *BMJ* article’s criticism of the use of research to inform recommendations about saturated fats and carbohydrates but agrees that its criticism of sodium studies is valid: A growing body of evidence should give people pause before they continue to argue that everyone needs to consume less sodium. According to Carroll, the advisory committee’s report still seems to focus on people with high blood pressure, not the general public. – New York Times

[**Lawsuit Says FDA Has Dragged Its Feet in the Fight Against Excessive Salt**](http://www.consumeraffairs.com/news/lawsuit-says-fda-has-dragged-its-feet-in-the-fight-against-excessive-salt-101915.html)

The Center for Science in the Public Interest (CSPI), which has been suing the U.S. Food and Drug Administration (FDA) for 10 years, said that it has no choice after the FDA ignored a petition asking it to treat salt as a food additive. “For more than 35 years, FDA has dragged its feet and refused to do anything to protect Americans from excess sodium in the food supply,” said CSPI president Michael F. Jacobson. CSPI’s 2005 petition asked the FDA to revoke salt’s status as a “generally recognized as safe” substance and to treat it as a food additive under the law. The petition specifically urged the agency to require food manufacturers to gradually reduce the amount of sodium in different categories of processed food and to require health messages on retail packages of table salt weighing half an ounce or more. Americans’ sodium intake has continued to climb—a sign that the voluntary approach urged by the FDA and the food industry has failed, said CSPI. – ConsumerAffairs

[**Students Rebel Against Bland Foods in Cafeterias**](http://www.csmonitor.com/USA/Society/2015/1016/Kids-rebel-against-bland-foods-in-lunch-line-Time-for-a-pasta-exemption)

Five years after Congress passed the Healthy, Hungry-Free Kids Act, participation in school lunches across the United States has declined by 4% (1.5 million students), food waste has gone up, and growing numbers of lunch rooms are operating at a loss. A recently released Government Accountability Office (GAO) report blamed dwindling amounts of salt and butter fats in the new federal recipes for the decline in participation, noting, “It is unlikely that children will be easily motivated to continue to eat foods they find unappealing.” However, the GAO report also found that many students’ taste preferences are adjusting to the new menus. “It makes you feel better. When you eat good foods, you feel a lot better about yourself; you feel a lot better just in general,” says Lexi Atzen, a high school senior, in a U.S. Department of Agriculture video about the new menu. The report also found that many students are bypassing the new rules by sneaking salt shakers onto campus and creating a black market for potato chips. – Christian Science Monitor

State-Local.jpg

[**Salt Gets an Unfair Shake, Public Health Feels the Pinch**](http://www.huffingtonpost.com/sean-c-lucan-md/salt-gets-an-unfair-shake_b_8264700.html)

New York City is set to become the first city in the United States to require sodium warnings on menus after the city’s Board of Health voted unanimously to require large establishments to post warnings for any item containing more than 2,300 milligrams of sodium. But a growing body of evidence suggests that current guidance on dietary sodium may actually be misdirected, according to associate professor Sean C. Lucan at Albert Einstein College of Medicine. The link between sodium and blood pressure is less consistent, less pronounced, and more nuanced than most people realize, according to Lucan, and the link between sodium and heart disease represents a leap in logic. Moreover, noted Lucan, sodium labeling could direct attention away from bigger problems with nutrition. Lucan warned that as food companies are incentivized to make reduction in in high sodium items when the labeling takes effect, they will need to replace the salt with something else to achieve palatable products, and that replacement may often be sugar. – Huffington Post

International News.jpg

[**Canadian Kids’ Meals Packed with Sodium**](http://www.huffingtonpost.ca/christy-brissette-msc-rd/cut-salt-kids_b_8261104.html)

Many Canadians think that they are healthier than Americans, so the recent news that kids’ meals at fast food restaurants are saltier in Canada surprised many. Why should the same Chicken Nugget Happy Meal have almost 1.5 grams of sodium in Canada, about 1 gram in the United States, and 0.75 grams in the United Kingdom? The survey found that more than half of the fast food kids’ meals sold in Canada contain more than 1 gram of sodium. Children aged 1 to 3 years old should consume no more 1 gram of sodium each day, and children aged 4 years and older should consume no more than 1.2 to 1.5 grams a day, according to Health Canada. That means that when children eat a fast food meal, they are likely getting more sodium than they need for an entire day. For example, a KFC Junior Chicken and Fries meal contains more than 3.5 grams of sodium. Canada can reduce sodium in products gradually, and people’s taste buds will adapt, as has happened in the United Kingdom. But Health Canada’s voluntary sodium reduction strategy has not been effective in motivating Canadian companies to reformulate their products. – Huffington Post Canada

[**Nestlé Australia Cuts Salt, Fat, and Sugar from Popular Granola Bars**](http://www.smh.com.au/business/retail/uncle-tobys-cuts-fat-salt-and-sugar-from-museli-bars-to-boost-health-star-rating-20151013-gk7n4j.html)

Nestlé has drastically cut salt, fat, and sugar from its popular granola bars, a sign that the Australian Health Star Rating scheme is having the desired effect of pushing companies into making more nutritious food. The global food company announced it had spent $7 million to reformulate its Uncle Tobys “chewy” and “yoghurt top” bars—Australia’s highest-selling granola bars—and double the average Health Star Rating. On average across the 10 granola bars, Nestle reduced salt content by 63%, sugar by 32%, and fat by 16%. “Government can’t force people to eat healthy or exercise, but we can help by giving them the tools to eat healthier,” said Fiona Nash, Minister for Rural Health and former assistant health minister. “The Health Star Rating system allows time-poor parents to determine the health rating of a product within a category at a glance.” – Sydney Morning Herald

Other.jpg

[**Seven Foods That May Contain Too Much Sodium**](http://www.cheatsheet.com/health-fitness/8-foods-that-contain-alarmingly-high-sodium-levels.html)

Fad diets may come and go, but limiting sodium intake is a constant when it comes to maintaining a healthy lifestyle. Contrary to what marketing efforts may lead people to believe, the loose regulation of words like “natural” and “skinny” means it is easy to be led astray. There are a number of foods high in salt that do not even taste salty. When shopping, people should check the sodium content on food labels, especially for certain items, including bagels, sauces, and canned vegetables. A plain bagel contains an average of about 500 milligrams of sodium, tomato sauce can have up to 670 milligrams per serving, and a serving of canned green beans can contain about 376 milligrams of sodium. – CheatSheet

[**Are Gourmet Salts Healthier than Table Salt?**](http://www.foxnews.com/health/2015/10/19/are-gourmet-salts-healthier-than-table-salt/)

Even though many people know to cut back on the amount of salt added to foods while cooking and at the table, most people are still getting way too much sodium that is hidden in take-out, restaurant fare, and processed foods. Many varieties of salt can add different flavors and textures to a meal, but are any of them really healthier? Gourmet salts do have larger crystals, which means that they have less sodium per teaspoon, so less can be used, and they can add a crunchy texture and more flavor. To reduce sodium, the article recommends eating lots of vegetables and some fruit to counteract sodium’s effects, reducing or eliminating use of processed or packaged foods, cooking more meals at home, and using fresh herbs and natural spices to add flavor to meals instead of salt. – Fox News

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