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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10月22日至11月4日**

**州/地方新闻**

[**密歇根州亨利福特医疗集团支持FDA志愿减盐计划**](http://www.wxyz.com/news/henry-ford-health-system-supporting-fdas-call-for-lower-sodium-in-packaged-prepared-foods)

密歇根州亨利福特医疗集团宣布，由于全国食盐摄入水平不断攀升，集团领导决定支持美国食品药品监督管理局（FDA）提出的志愿减盐计划。医疗集团管理层指出，餐馆饭菜长期食盐超标，一顿饭的钠含量“超过一天所需摄入量”。他们还表示，高钠摄入导致心脏病和其他医学问题风险不断增加。亨利福特医疗集团提供的一份视频文件详细解释了人们日常饮食高钠含量存在的隐患。– 底特律ABC 7 WXYZ报道

**国际新闻**

**[加拿大特鲁多政府将采取行动，遏制食盐、食糖和油脂生产商的推销行为](http://rabble.ca/blogs/bloggers/karl-nerenberg/2016/10/trudeau-government-moves-to-rein-pushers-salt-sugar-and-fat)**

九月底，不列颠哥伦比亚省保守党参议员Nancy Greene Raine提出了一项措施，禁止针对儿童进行的零食和软饮宣传行为。10月底，加拿大联邦政府将Greene的提议纳入一项更广泛的健康食品计划，包括修改《加拿大食品指南》，以符合最新的科研成果。此外，政府还要求食品行业在包装正面提供简单清晰的营养标签，向消费者提供“简单的营养信息，帮助他们在时间和动机受到限制或者健康知识缺乏的情况下，选择有利于健康的食品。”标签内容应包括，食品中食盐和食糖等配料数量是高，还是低。– Rabble.ca

[**印度食盐摄入量超过WHO推荐标准两倍**](http://indianexpress.com/article/cities/pune/intake-of-salt-in-india-more-than-double-of-who-recommendation-3728067/)

最近，乔治全球健康研究所分析227,000人的资料后发现，印度人食盐摄入量超过推荐数量的两倍，使该国国民发生心血管疾病和提前死亡的风险明显增加。印度成年人平均食盐日摄入量为10.98克，超过世界卫生组织推荐标准（5克/天）的两倍。目前，乔治研究所正在与印度慢性病控制中心合作，为一项全国性减盐计划提供证据，呼吁该国执行一项全国性减盐策略，处理这一越来越严重的问题。- 《印度快报》

[**香港标注健康食糖或食盐水平的食品更容易被消费者接受**](http://www.scmp.com/news/hong-kong/health-environment/article/2040707/hong-kong-food-products-healthy-sugar-or-salt)

香港大约100类预包装食品，如酸奶和饼干，很有可能入选一项标签计划，标注食品包含较低食盐和食糖含量。食品减盐和减糖委员会主席Bernard Chan说，该计划旨在向消费者提供一种更加清晰和易用的健康食品识别方法，长期目标是重新调整香肠和调味品配方。该委员会国际咨询小组的外国专家将与当地调味品制造商会面，共同讨论如何降低产品中钠的含量。-《南华早报》

[**爱尔兰人食盐摄入量超标两倍**](http://www.irishtimes.com/news/health/irish-men-eating-double-their-salt-allowance-fsai-finds-1.2853283)

爱尔兰食品安全局（FSAI）的一项新研究结果表明，尽管许多加工食品食盐含量较低，但是爱尔兰男性食盐摄入量超过推荐标准两倍，女性食盐摄入量超过标准70％。根据2003年9月至2016年11月的监测数据，FSAI表示，所有类别食品食盐含量已明显下降，包括加工肉类、面包、早餐麦片和涂抹性油脂。然而，FSAI指出，人们的食盐摄入量仍然很高，一种或一类食品平均食盐含量的下降并不等于个人或全部人口摄入量相同幅度的下降。一种可能的解释是，消费者增加了某些具体食品的进食量，如某些高盐性预包装食品的进食量。完整报告可[**在线**](https://www.fsai.ie/uploadedFiles/Science_and_Health/Salt_and_Health/Salt_Surveys_2003_onwards.pdf)访问-《爱尔兰时报》

**新研究/调研成果**

[**食盐新研究成果可能促使父母调整孩子饮食**](http://www.cbsnews.com/news/new-study-on-salt-may-cause-parents-to-shake-up-kids-diets/)

美国疾病控制和预防中心（CDC）实施的一项新研究结果表明，几乎所有儿童都存在食盐摄入过高问题。美国国家医学院可接受钠摄入上限，年幼儿童日摄入量为1900毫克，年长儿童日摄入量为2300毫克。新研究发现，青少年钠摄入量超过推荐标准55％，儿童摄入量也超过限制范围。儿童摄入的钠一半以上来自商店购买的食品，在含盐量最高的十种儿童食品中，比萨和墨西哥食品名列前茅。在前十种食品中，有九种在加工过程中添加食盐。（最后一种盐分来源是牛奶，不过包含的是天然钠元素）CDC建议限制儿童饮食中食盐含量，因为幼年养成的饮食习惯将很难改掉。-CBS新闻

[**乳制奶酪可以预防高血压等心血管疾病**](http://www.medicaldaily.com/sodium-health-risk-update-dairy-cheese-may-protect-cardiovascular-diseases-403052)

乳品管理公司资助的一项最新研究表明（研究成果已在《英国营养学杂志》刊登），食用乳制食品比食用非乳制食品摄入的同等钠含量更有利于血管健康。研究人员利用激光多普勒血流计对比了短期食用乳制奶酪和椒盐脆饼或大豆奶酪的效果。研究团队认为，乳制奶酪对心血管疾病的保护作用源自乳蛋白的抗氧化作用。但是，长期研究发现，饱和脂肪和胆固醇含量较高的食物（奶酪中富含这两种营养）可能损害心血管系统。美国心脏协会建议采用适度进食的策略，特别是切达等硬质干酪。-《每日医讯》

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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 22-November 4, 2016**

State-Local.jpg

[**Michigan’s Henry Ford Health System Supports FDA’s Voluntary Proposal for Lower Sodium**](http://www.wxyz.com/news/henry-ford-health-system-supporting-fdas-call-for-lower-sodium-in-packaged-prepared-foods)

Michigan’s Henry Ford Health System has announced its leaders are supporting the voluntary sodium reduction proposal from the U.S. Food and Drug Administration (FDA) as intake creeps higher across the country. Leaders at the health system pointed to restaurant meals as regular culprits, noting the food can contain “more than a day’s worth” of sodium. They also noted the link between high sodium intake and increased risk for heart attack and other medical conditions. A video from Henry Ford Health System explains where sodium may be hiding in people’s daily meals. – ABC 7 WXYZ Detroit

International News.jpg

[**Trudeau Government Moves to Rein in Pushers of Salt, Sugar, and Fat**](http://rabble.ca/blogs/bloggers/karl-nerenberg/2016/10/trudeau-government-moves-to-rein-pushers-salt-sugar-and-fat)

In late September, Nancy Greene Raine, Conservative Senator for British Columbia, proposed a measure that would ban advertising of snacks and soft drinks that target children. In late October, the Canadian federal government picked up Greene’s idea as part of a broader healthy foods initiative that includes revising the Canada Food Guide to conform to the latest science. The government will also move to require that the food industry provide simple and clear front-of-package nutrition labeling to equip consumers with “access to simplified, nutrition information to help them make healthier food choices when they are limited by time, motivation or relatively low health literacy.” The labeling would include whether the amounts of ingredients such as salt and sugar in labeled products are high or low. – Rabble.ca

[**Intake of Salt in India More than Double WHO Recommendation**](http://indianexpress.com/article/cities/pune/intake-of-salt-in-india-more-than-double-of-who-recommendation-3728067/)

Indians are consuming more than double the recommended amount of salt, putting themselves at increased risk for cardiovascular disease and early death, according to a new study from the George Institute for Global Health that reviewed data from 227,000 people. The average daily salt intake for Indian adults was 10.98 grams per day, more than double the recommendation from the World Health Organization (WHO) of five grams per day. The George Institute is currently working with India’s Centre for Chronic Disease Control to develop the evidence for a national salt reduction program and is calling for the implementation of a national salt reduction strategy to tackle this growing crisis. – Indian Express

[**Hong Kong Food Products with Healthy Sugar or Salt Levels to Be Labeled for Easier Consumer Choice**](http://www.scmp.com/news/hong-kong/health-environment/article/2040707/hong-kong-food-products-healthy-sugar-or-salt)

In Hong Kong, about 100 types of pre-packaged food, such as yogurt and biscuits, are likely to fall under a labeling scheme that identifies products with lower salt and sugar content. The plan is meant to give consumers a clearer and easier way to identify healthy food, with the long-term goal of reformulating sauces and condiments, said Bernard Chan, chairman of the Committee on Reduction of Salt and Sugar in Food. Overseas experts from the committee’s international advisory panel are expected to meet with local condiment manufacturers to discuss how to reduce sodium in their products. – South China Morning Post

[**Irish Men Consuming Double Recommended Salt Allowance**](http://www.irishtimes.com/news/health/irish-men-eating-double-their-salt-allowance-fsai-finds-1.2853283)

A new research study from the Food Safety Authority of Ireland (FSAI) shows that Irish men consume more than twice as much salt as they should, and Irish women consume 70% above recommended intake levels, despite lower salt content in many processed foods. FSAI cites significant salt reductions across all food groups, including processed meats, bread, breakfast cereals, and spreadable fats during its monitoring period from September 2003 through November 2016. However, FSAI said salt intake is still high because an average decrease in salt content of a food or food category does not equate to a similar drop in individual or population intake. One possible explanation is that consumers are eating greater amounts of specific foods, such as prepared meals, that tend to be higher in salt.  The full report can be accessed [**here**](https://www.fsai.ie/uploadedFiles/Science_and_Health/Salt_and_Health/Salt_Surveys_2003_onwards.pdf). – Irish Times

New Studies-Research.jpg

[**New Study on Salt May Cause Parents to Shake up Kids’ Diets**](http://www.cbsnews.com/news/new-study-on-salt-may-cause-parents-to-shake-up-kids-diets/)

Nearly all U.S. children eat far too much salt, according to a new study conducted by the Centers for Disease Control and Prevention (CDC). The Institute of Medicine’s Tolerable Upper Intake Level for sodium ranges from 1,900 milligrams a day for younger children to 2,300 milligrams a day for older kids. The new study found that adolescents consumed 55% more sodium than recommended and that younger kids also exceeded the limit. More than half of children’s sodium intake came from store-bought foods, with pizza and Mexican food leading the top 10 sources of sodium in children’s diets. Salt was added during processing for nine of the top 10 sources. (The remaining source, milk, contains naturally occurring sodium.) CDC recommends limiting the salt in children’s diets because eating habits learned early tend to persist as people get older. – CBS News

[**Dairy Cheese May Protect from Cardiovascular Diseases like High Blood Pressure**](http://www.medicaldaily.com/sodium-health-risk-update-dairy-cheese-may-protect-cardiovascular-diseases-403052)

Consuming sodium from dairy cheese resulted in better blood vessel function than consuming an equal amount of sodium from non-dairy sources, according to a new study funded by Dairy Management Inc. and published in the *British Journal of Nutrition*. The researchers used laser-Doppler flowmetry to examine the effect of short-term dairy cheese consumption versus that of pretzels or soy cheese. The research team theorized that the potential protection from cardiovascular disease is a side effect of the antioxidant properties of cheese’s dairy proteins. Over the long term, however, studies have found that diets high in saturated fat and cholesterol, which are found in cheese, can harm the cardiovascular system. The American Heart Association advises moderation, particularly for harder cheeses such as cheddar. – Medical Daily

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