

4月23日

大家好-

本周的《美国疾控中心减盐电子报》(CDC Salt e-Update)内容包含有：一项发表在美国疾控中心学术期刊《慢性疾病预防》(Preventing Chronic Disease)上的研究，以及近期发表在《英国医学杂志》(BMJ)在线版上的一篇文章。

美国人对营养标签上钠含量信息的使用情况和理解程度的调查报告

近期的一项研究发现，大约三分之一的美国人说他们在杂货店购物时，会专门买有“低盐/钠”或“减盐/钠”标识的食物。美国疾控中心的研究人员对采集自3700位成年人的调查数据进行了分析。超过一半的受访消费者表示，他们或是为他们购买食物的人会购买标注低盐或低钠的食品；同时有近一半的人表示他们会检查营养标签上的钠含量信息，以此来限制饮食中盐的摄入量。不过，大约有五分之一的消费者说，他们搞不清楚自己吃的食物中含有多少盐。这些调查结果表明，有必要对消费者进行教育，从而让他们更好地使用和理解营养标签上的信息，尤其是盐含量信息。

[阅读该文章。](http://www.cdc.gov/pcd/issues/2015/14_0522.htm)

**世界卫生组织(WHO)钠与钾目标达标情况的跨国比较**

一项涵盖了美国、墨西哥、英国和法国的饮食摄入数据分析发现，仅有不到0.5%的成年人达到了世界卫生组织对钠（小于2000毫克/天）和钾（大于3510毫克/天）的摄入量给出的目标。鉴于这一全球目标的达标情况不佳，世界卫生组织建议，应当进一步加大宣传教育力度，支持个人层面采取的有效举措，降低加工食品和包装食品中添加钠的数量，以降低所有人群的钠摄入量。该分析文章还指出，要想摄入足量的钾元素，可能需要人们增加一些含钾丰富但不常吃的食物的消费量，包括豆类、深绿色蔬菜、水果干和鱼干,同时减少钠的摄入。

[阅读该文章。](http://bmjopen.bmj.com/content/5/3/e006625.full?keytype=ref&ijkey=GFjauyS4XKYNKVI)

感谢您对减少钠摄入长期以来的关注和支持！

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**April 23**

Hello –

This week’s CDC Salt e-Update includes a study published in the CDC journal *Preventing Chronic Disease* and a paper recently published in *BMJ Open*.

**Reported Use and Perceived Understanding of Sodium Information on US Nutrition Labels**

A recent study found that about a third of Americans report they specifically buy foods labeled “low” or “reduced” salt or sodium when grocery shopping. CDC researchers analyzed survey data from 3,700 adults. More than 50% shoppers surveyed said they or the person who shops for their food buy items labeled low salt or low sodium; and nearly half reported they check nutrition labels for sodium content as a tactic to limit salt. However, about one fifth of shoppers said they were confused trying to figure out how much salt is in the foods they eat. Results reveal a need to educate consumers about using and understanding nutrition labels, especially when it comes to salt.

[Read the article.](http://www.cdc.gov/pcd/issues/2015/14_0522.htm)

**Cross-National Comparison of WHO Sodium and Potassium Goal Compliance**

Analysis of dietary intake data in the US, Mexico, UK and France found fewer than 0.5% of adults met WHO targets for potassium (>3,510mg /d) and sodium (<2,000 mg /d) intakes. Given the low levels of compliance with global goals, it is suggested that educational and individual-level approaches to sodium reduction should be supported with efforts to reduce added sodium in processed and packaged foods to reduce population-wide sodium exposure. The paper notes, adequate potassium intakes will likely require increasing the consumption of less frequently consumed potassium-rich foods, including beans, dark-green vegetables, dried fruits and fish, while simultaneously decreasing sodium intake.

[Read the paper.](http://bmjopen.bmj.com/content/5/3/e006625.full?keytype=ref&ijkey=GFjauyS4XKYNKVI)

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Hadley Hickner at* [*HHickner@cdc.gov*](mailto:HHickner@cdc.gov)*.*

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