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**2014年7月3日-2014年7月12日**

**行业新闻**

[**食盐风波：企业亟需改进配方**](http://www.nbcnews.com/business/consumer/salt-shakeup-companies-face-revamping-recipes-n143056)

食品药品监督管理局（FDA）即将颁布的自愿性指导规则中要求食品企业降低加工食品中的钠含量，而这一规则的实施恐怕会面临一定的困难。食品行业中的部分企业担心无法找到钠元素的合格替代品。钠元素价格低廉，对于食品制造商而言更是不可或缺，因为除了能够起到调味作用外，钠元素还可抑制细菌滋生，起到防腐剂的作用。食品企业希望能够通过循序渐进的方式逐渐扭转美国人的口味，而不是在包装上提示食客们自己动手向食品中加盐。Progresso的研发总监Michael Antinone表示，该公司“在此方面已经努力多年，但至今收效甚微”。他还补充道，草本植物与香料，以及烤、炖等烹饪方法同样能够取代食盐，起到加重味道的作用。

资讯来源：NBC新闻(NBC News)

[**美国肉类协会对《膳食指导》发表意见**](http://www.meatpoultry.com/articles/news_home/Trends/2014/07/AMI_weighs_in_on_dietary_guida.aspx?ID=%7bDC79BA45-24DC-4C5D-B8DE-4F6FE6FC83D3%7d)

根据美国肉类协会（AMI）营养学专家团队最新完成的一项食谱模型分析，肉类与禽类加工产品也能在健康的均衡膳食中找到自己的位置。这一模型证明，进食者即便连续一周每天摄入两餐含肉类加工产品的膳食，其每日摄入的热量与其他营养成分也不会超过限定目标，同时，有益营养成分的摄入量也能达到甚至超过基本需求水平。在AMI成员中进行的一项调查表明，70%的受访成员都已积极开展改进产品配方，减少钠等营养元素含量的工作。

资讯来源： MeatPoultry.com

[**2014年配方改进系列会议与会企业分享减钠、减糖、减脂战略**](http://www.vendingmarketwatch.com/news/11569637/unilever-nestl-barilla-tesco-amongst-companies-sharing-sodium-sugar-fat-reduction-strategies-at-the-reformulation-series-2014)

消费者关于减少食品配方中钠、糖、脂肪含量的呼声日益高涨，同时，越来越多的政府立法提案也纷纷开始关注这一问题，为了作出回应，食品配料组织——一个全球食品饮料行业的活动组织单位——召开了一次聚焦于食品配方改进领域最新进展的系列技术会议。继雀巢承诺在世界范围内降低旗下食品品牌产品钠元素含量，以在2025年实现世界卫生组织制定的“每人每天食盐5克”的目标后，雀巢食品代表将就该公司的这一决策作出解释，并从暗含成本、技术壁垒、健康消费品及选择等多方面介绍在进一步降低钠含量的过程中需要面临的实际问题。

资讯来源： VendingMarketwatch.com

**政府新闻**

[**学校食堂大辩论：午餐吃什么？**](http://www.nytimes.com/2014/07/09/opinion/school-cafeteria-fight-whats-for-lunch.html)

[*《纽约时报》*](http://www.nytimes.com/2014/07/02/us/nutrition-group-lobbies-against-healthier-school-meals-it-sought-citing-cost.html)近期刊登的一篇文章中指出，食品药品监督管理局（FDA）近期出台的钠元素含量指导方针过分低估了各校在执行关于学生食品的联邦条例时所需面临的挑战，发表这一观点的是学校营养协会（SNA）的首席执行官Patti Montague。SNA表示，该组织为能够参与低热量学生午餐供应的工作中感到荣幸，但是，长久以来，该组织一直对最终条例的执行效果忧心忡忡。据SNA调查，目前已有超过100万名学生决定退出学校午餐计划，通过其它途径解决午餐问题。这部分学生的家庭主张对新计划进行修改，继续实施不久前刚刚引入的钠元素含量研制水平，并在未来几年内暂不实施更加严格的限令，直至科学研究能够支持对儿童减钠为止。

资讯来源： 《纽约时报》(New York Times)

[**食品药品监督管理局发布“总膳食研究”最新成果**](http://www.foodconsumer.org/newsite/Nutrition/Diet/total_diet_study_0711141003.html)

食品药品监督管理局（FDA）近期公布了通过“总膳食研究”（TDS）获得的最新数据。TDS是一项旨在测量食品中某些化学污染物与营养物质含量水平的长期持续计划。FDA使用研究数据分析确实，并深入了解在一定时间段内的变化是否显著。例如，FDA从统计数据中发现，数种加工食品中的钠含量明显降低。TDS，又称为FDA的“菜篮子调查”，其调查对象中囊括了全国范围内的各种即食食品，并不包括原始食材。

资讯来源：《食品消费者》(Food Consumer)

**国际新闻**

**[澳大利亚婴幼儿钠元素摄入量较高；研究人员将其归咎于日常膳食中的钠元素含量](http://www.abc.net.au/news/2014-07-09/parents-warned-about-high-salt-intake-among-toddlers/5584344)**

《营养与饮食学会期刊（Journal of the Academy of Nutrition and Dietetics）》中刊登的最新研究结果中指出，半数以上澳大利亚婴幼儿的钠元素每日摄取量超出建议水平。研究人员发现，9个月大婴儿的钠元素平均摄入量为486毫克（mg），而在18个月的婴儿群体中，这一数值飚升至1069毫克。在18个月大的婴儿群体中，54%的婴儿每天摄入的钠元素含量超出了澳大利亚国家卫生医疗研究委员会为1至3岁儿童建议的上限（每天1000毫克）。此项研究中同时指出，这一现象在很大程度上是由面包、麦片、奶酪等高钠元素含量的日常食品导致的。

资讯来源：ABC新闻(ABC News)

[**英国消费者团体准备通过“点名申斥”的方式促使食品企业做出关于进一步减少钠元素使用量的承诺**](http://www.thegrocer.co.uk/buying-and-supplying/cash-to-name-and-shame-over-salt-reduction-pledges/369261.article)

英国消费者团体“食盐与健康共同行动组织”（CASH）威胁对拒绝参加政府减钠目标新计划的企业进行“点名申斥”。截至目前为止，已有23家公司同意拥护政府目标。CASH表示，企业在减少钠元素用量方面已经取得了不俗的成绩，但仍需继续努力。

资讯来源：《食品商》（The Grocer）

**新研究/调研成果**

**[最新调查表明餐厅顾客更青睐钠含量较低的菜肴](http://www.restaurantnews.com/new-research-reveals-restaurant-customers-prefer-menu-items-with-less-sodium/)**

由位于加州的健康饮食组织牵头，受到国家癌症研究院（National Cancer Institute）资助的一项最新调查显示，餐厅顾客能够接受，并且在大多数情况下更加青睐低钠含量的菜肴。健康饮食组织的注册营养师与调查团队选择了私家大型餐厅连锁店，减少了集中受欢迎菜肴中的食盐用量及高钠含量配料的用量，并请1200位餐厅常客对改进后的菜品进行了试吃。这项研究主要聚焦于单纯减少汉堡、海鲜、意面、汤和沙拉等受欢迎菜肴中的目标成分含量，而非改进配方或添加其他配料。研究结果表明，降低钠元素含量后，菜肴的口味与之前相比有过之而无不及。

资讯来源：RestaurantNews.com

[**新奇士进行的研究表明柠檬可以代替食盐**](http://www.thepacker.com/fruit-vegetable-news/Sunkist-research-shows-lemons-can-replace-salt-266791331.html)

新奇士果农公司（Sunkist Growers, Inc.）近期发布的试吃试验研究结果表明，在烹饪过程中使用柠檬皮与柠檬汁，最多可以帮助美国人减少75%的食盐添加量。多年来，这家位于加州的柑橘公司一直在通过其S替代计划鼓励消费者使用柠檬代替食盐发挥增香的作用。研究表明，在烹饪过程中用柠檬皮代替食盐，并在临近上菜时加入柠檬汁，可以帮助美国人在减少钠元素摄入量的同时继续享用美味佳肴。

资讯来源：The Packer

**其它信息**

[**社论：自愿减少加工食品中的食盐用量**](http://www.nj.com/hunterdon-county-democrat/index.ssf/2014/07/editorial_hold_the_salt_volunt.html)

对于餐厅和食品制造商来说，钠元素有许多用途，其中尤以防腐和增香为主。目前，FDA正在考虑要求食品企业为消费者着想，减少钠元素的使用量。是否付诸行动，决定权在企业自己手里，但毫无疑问，政府的这项提议合情合理。美国人的许多健康问题都是由自身行为导致的，然而，由于食品行业的公认惯例，大众很难降低日常的钠元素摄入量。与以往在是否侵害个人基本选择权利方面存在争议的政府措施不同，政府的这项提议并不影响个体消费者根据需要随意在自家厨房里使用食盐的自由，而同时，也为那些希望避免过量摄入食盐的消费者提供了更多的选择。

资讯来源： NJ.com

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**July 3–12, 2014**



[**Salt Shakeup: Companies Face Revamping Recipes**](http://www.nbcnews.com/business/consumer/salt-shakeup-companies-face-revamping-recipes-n143056)

Adhering to the Food and Drug Administration’s (FDA’s) forthcoming voluntary guidelines asking food companies to cut back on the sodium they add to processed foods might be easier said than done. Some segments of the food industry are concerned about finding acceptable sodium alternatives. The nutrient is inexpensive and indispensable to food manufacturers for a number of reasons; aside from taste, it also slows bacteria growth and acts as a preservative. By changing things slowly, companies hope to be able to gradually tweak America’s palate without prompting diners to reach for the salt shaker. Michael Antinone, research and development director for Progresso, said that the company has “been working on this for years and it’s been small steps.” He added that herbs and spices, as well as cooking techniques such as roasting or stewing, help add and concentrate flavor without salt. – NBC News

[**The American Meat Institute Weighs in on Dietary Guidance**](http://www.meatpoultry.com/articles/news_home/Trends/2014/07/AMI_weighs_in_on_dietary_guida.aspx?ID=%7bDC79BA45-24DC-4C5D-B8DE-4F6FE6FC83D3%7d)

Processed meat and poultry products can fit into a healthy, balanced diet, according to a new menu model analysis developed by a team of nutrition experts at the American Meat Institute (AMI). The model demonstrated diets that include processed meats, even twice daily for a week, allow consumers to stay within daily calorie and other nutrient limitation goals while meeting or exceeding needs for nutrients that should be encouraged. An AMI member survey found that 70% of respondents were actively involved in reformulating products to reduce nutrients like sodium. – MeatPoultry.com

[**Companies Share Sodium, Sugar, and Fat Reduction Strategies at the Reformulation Series 2014**](http://www.vendingmarketwatch.com/news/11569637/unilever-nestl-barilla-tesco-amongst-companies-sharing-sodium-sugar-fat-reduction-strategies-at-the-reformulation-series-2014)

In response to increasing consumer demand and proposed government legislation for lower levels of sodium, sugar, and fat, Food Ingredients, a global organizer of events for the food and beverage industry, put together a technical conference series focusing on the latest developments around ingredient reformulation. Following Nestlé’s pledge to further reduce sodium levels across its food brands worldwide to meet a World Health Organization target of 5 grams of salt per person per day by 2025, a representative from Nestlé Food will explain the company’s decision to meet this target and address the realities of further sodium reduction, from cost implications to technical barriers and healthier consumer products and choices. – VendingMarketwatch.com



[**School Cafeteria Fight: What’s for Lunch?**](http://www.nytimes.com/2014/07/09/opinion/school-cafeteria-fight-whats-for-lunch.html)

A recent article published in [*The New York Times*](http://www.nytimes.com/2014/07/02/us/nutrition-group-lobbies-against-healthier-school-meals-it-sought-citing-cost.html) discussing new FDA guidelines on sodium oversimplifies the challenges that schools face under federal rules for school meals, according to Patti Montague, chief executive officer of the School Nutrition Association (SNA). SNA says that it is proud to share in the success of providing reduced-calorie lunches but that it has long had concerns about how final regulations would be implemented. More than 1 million students already have opted out of the school lunch program and are spending their lunch money elsewhere, according to SNA. The group supports alterations to the new plan, including maintaining the recently introduced reduced sodium levels and suspending implementation of the more stringent restrictions in future years unless and until scientific research supports such reductions for children. – New York Times

[**FDA Posts Updated Results for Its Total Diet Study**](http://www.foodconsumer.org/newsite/Nutrition/Diet/total_diet_study_0711141003.html)

The FDA recently announced the availability of updated data for its Total Diet Study (TDS), an ongoing program that measures levels of certain chemical contaminants and nutrients in foods. The FDA uses the data to analyze trends and better understand whether changes over time are significant. For example, the agency found statistically significant declines in the sodium content of several processed foods. TDS, also known as the FDA’s “market-basket survey,” includes data on a broad variety of foods from across the country as they would be eaten (i.e., “table-ready”), as opposed to raw foods. – Food Consumer



[**High Sodium Intake Among Australian Toddlers; Researchers Blame Sodium Levels of Everyday Foods**](http://www.abc.net.au/news/2014-07-09/parents-warned-about-high-salt-intake-among-toddlers/5584344)

More than half of Australian toddlers are eating more than the recommended daily intake of sodium, new research published in the *Journal of the Academy of Nutrition and Dietetics* suggests. The researchers found that average sodium intake increased from 486 milligrams (mg) among 9-month-olds to about 1,069 mg at 18 months, with 54% of 18-month-olds consuming more than the upper limit recommended by the Australian National Health and Medical Research Council for children aged 1 to 3 years (1,000 mg per day). The research also showed that high sodium content in everyday foods, such as bread, cereals, and cheese, was largely to blame. – ABC News

[**U.K. Consumer Group to “Name and Shame” Companies into New Sodium Reduction Pledge**](http://www.thegrocer.co.uk/buying-and-supplying/cash-to-name-and-shame-over-salt-reduction-pledges/369261.article)

United Kingdom consumer group Consensus Action on Salt and Health (CASH) has threatened to “name and shame” companies who refuse to sign up for new government targets on sodium reduction. So far, 23 companies already have signed up to embrace the targets. CASH says companies have made important progress on sodium reduction, but more is needed. – The Grocer



[**New Research Reveals Restaurant Customers Prefer Menu Items with Less Sodium**](http://www.restaurantnews.com/new-research-reveals-restaurant-customers-prefer-menu-items-with-less-sodium/)

New research led by California-based Healthy Dining and funded by the National Cancer Institute has revealed that restaurant consumers accept, and in most cases even prefer, menu choices with reduced sodium content. Healthy Dining’s registered dietitians and research team reduced salt and other high sodium ingredients in several popular menu items at four large restaurant chains and tested the menu items with 1,200 frequent restaurant customers. The study focused on simply reducing the amounts of target ingredients—not reformulating or adding additional ingredients—for popular menu items such as burgers, seafood, pasta, soups, and salads. The results showed that every menu item with lower sodium levels was rated as highly as or higher than the original version in terms of flavor. – RestaurantNews.com

[**Sunkist Research Shows Lemons Can Replace Salt**](http://www.thepacker.com/fruit-vegetable-news/Sunkist-research-shows-lemons-can-replace-salt-266791331.html)

Sunkist Growers, Inc., recently released taste-testing research suggesting that Americans can reduce the amount of salt they add while cooking by up to 75% by using lemon zest and juice instead. For several years, the California-based citrus company has been using its S’alternative program to encourage consumers to use lemons to replace the flavor-enhancing properties of salt. By replacing salt with lemon zest while cooking and adding lemon juice immediately before serving food, the research showed, Americans can reduce their sodium intake without sacrificing flavor. – The Packer



[**Editorial: Hold the Salt, Voluntarily, in Processed Foods**](http://www.nj.com/hunterdon-county-democrat/index.ssf/2014/07/editorial_hold_the_salt_volunt.html)

Restaurants and food manufacturers use sodium for a number of purposes, especially as a preservative or a flavor enhancer. Now the FDA is considering asking companies to hold much of the sodium for the good of consumers. This action would leave the decision up to the companies, but it clearly makes sense. Americans have many health issues that are of their own doing; in the case of sodium, however, it is difficult to avoid because of commonly accepted practices throughout the food industry. This is vastly different from other government actions that have arguably infringed on the principle of personal choice. Individual consumers would still be free to pour on the salt if they so desired, but those who would rather avoid unhealthy levels of sodium would be much more able to do so. – NJ.com

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