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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6月4日-17日**

**行业新闻**

[[**荷美尔发布2016年企业责任报告**](http://www.foodnavigator-usa.com/Markets/Hormel-releases-corporate-responsibility-report-for-2016)](http://www.foodnavigator-usa.com/Markets/Hormel-releases-corporate-responsibility-report-for-2016)

荷美尔食品公司最近发布了10周年企业责任报告《我们的食品之旅》。此报告强调了该公司在减钠等各领域内取得的成就。交互式图表显示出，自2006年以来，荷美尔产品中的减钠含量。例如，一些微波炉餐食中的钠含量降低了23%，一些墨西哥玉米饼中的钠含量降低了34%。去年，荷美尔在许多产品类别中的减钠量都达到了15%，公司会继续探索其它产品类别的减钠活动。–《食品导航》

**州/地方新闻**

[**[新的减钠指南引起了地方的响应](http://www.post-gazette.com/news/health/2016/06/07/New-sodium-guidelines-draw-local-response/stories/201606030187)**](http://www.post-gazette.com/news/health/2016/06/07/New-sodium-guidelines-draw-local-response/stories/201606030187)

随着针对食品公司的第一版减钠指南的发布，部分匹兹堡卫生官员与餐厅老板并不想做出太大的改变。宾夕法尼亚州的餐饮集团Big Burrito 的主厨称，他并不打算做出任何改变，除非出现重大的公共需求。他认为，就目前为止，相比低钠食品，顾客似乎对无谷蛋白更感兴趣。阿勒格尼卫生网（Allegheny Health Network）员工健康服务部的医疗顾问贝琪·布罗泽克-奥尼尔（Betsy Blazek-O’Neill）认为减钠指南是一个好的开端，但还需要更为严格的政府法规：“如果让公司与消费者随心所欲，就会引起国家为之付出数十亿元代价的健康问题。”– 《匹兹堡邮报》

**国际新闻**

[[**行业协会监控美国的减钠计划**](http://www.foodmanufacture.co.uk/World-News/Salt-reduction-plans-in-US-could-impact-UK-exports)](http://www.foodmanufacture.co.uk/World-News/Salt-reduction-plans-in-US-could-impact-UK-exports)

英国的食品制造商正在密切关注美国食品和药品监督管理局（FDA）针对食品公司减少预制食品中钠含量的指南草案。英国食品饮料出口协会的代表妮可拉·托马斯（Nicola Thomas）称，“美国对此有很大兴趣的人无疑会主动阅读该指南。”她表示，目前没有减盐目标的公司可能会开始探索调整其食品配方的方法。– FoodManufacture.co.uk

[**新西兰呼吁更有力的减盐活动**](http://www.odt.co.nz/news/dunedin/387105/call-stronger-salt-action)

卫生研究员蕾切尔·麦克林（Rachael McLean）在最近一次题目为《纯净、洁白，但却致命》的发言中表示，如果新西兰要在2025年前实现世界卫生组织（WHO）减少盐消费的目标，需要采取更加强健有力协调统一的行动。WHO将减盐确定为防控非传染性疾病的九个重要全球自发目标之一。新西兰努力实现WHO在2025年前将本国整体盐摄入量降低30%的目标，麦克林对此作出评论，她称，需要实行一个“综合性的减盐策略”，如果我们继续实行现在的策略，那么我们无法实现这个目标。– 《奥塔哥时报》

[**英国慈善机构敦促强制食品公司降低盐和糖的含量**](http://www.theguardian.com/politics/2016/jun/07/force-food-firms-to-reduce-salt-and-sugar-content-charities-urge)

英国主要的卫生慈善机构联合呼吁英国政府应该强制食品公司减少其产品中的盐与糖的含量，并采取其它措施促进卫生健康事业发展。里士满集团（Richmond Group）代表了包括英国心脏基金会（British Heart Foundation）在内的12个慈善机构，要求采取“勇敢的行动”，在2025年前阻止25万人的死亡。该集团还呼吁在晚上九点之前禁止电视上播放高脂、高盐或高糖食品的广告。但英国食品和饮料联合会，作为一个行业组织，表示，食品公司在采取有利于身体健康的自发措施方面有着“傲人的成就”。 – 《卫报》

**新研究/调研成果**

[[**可以相信食品标签上的健康声明吗？**](http://www.consumerreports.org/food/can-you-believe-health-claim-on-food-label/)](http://www.consumerreports.org/food/can-you-believe-health-claim-on-food-label/)

国家研究中心消费者报告的一项新的千人调查中，几乎有70%的消费者称他们在首次决定是否购买加工食品时，会参考包装上的信息-但标签上的信息通常并非特别有用。例如，“钠含量较少”并不一定是指“低钠”，FDA将“低钠”界定为每份含量140毫克或以下。而“钠含量较少”是指产品中的钠含量是普通产品的50%或以下，但含盐量仍可能很高。克利夫兰诊所健康协会健康营养服务部主管克丽丝汀·柯克帕特里克（Kristin Kirkpatrick）称，“如果标准食物中钠含量非常高，那么标签根本毫无用处。”– 《消费者报道》

**其它信息**

[**食品中意想不到的盐分**](http://www.nytimes.com/interactive/2016/06/07/health/salt-in-food.html)

盐有时会藏在一些包括面包在内的你意想不到的食物中。美国人超过70%的钠摄入来自于预制食品。目前，美国政府起草了第一版针对制造商自发减钠的指南。尽管指南还有待通过，此文章提供各类产品的钠含量数据，来帮助读者思考怎样保持每日钠含量不超过每日2300毫克的限量。– 《纽约时报》

**关于**[**盐摄入的科学观点是非常可靠的**](http://www.denverpost.com/2016/06/07/the-science-of-salt-consumption-is-quite-reassuring/)

对于盐分存在一个观点上的悖论。在一方面，CDC主管托马斯·弗雷顿（Thomas Frieden）称，减少盐摄入会拯救几十万的生命，美国政府最近也发布了针对食品公司的减钠指南草案。另一方面，部分研究对整个减盐观念提出了质疑。笔者认为，该答案应位于一个健康的钠含量的范围之内，但是这个范围至今仍然不清楚。同时她称，提出的FDA指南不太可能将美国人置于盐摄入过少的危险中。 – 《丹佛邮报》

[**怎样在饮食中减盐：理海谷医疗系统营养学家的建议**](http://www.mcall.com/health/mc-sodium-tips-lvhn-expert-20160613-story.html)

理海谷医疗系统卫生网的索迪斯营养顾问金伯利·普罗卡西诺（Kimberly Procaccino）对FDA的新建议以及人们怎样减少盐摄入给出一些指导。普罗卡西诺称，钠隐藏于许多食物中。比如，许多冷冻食品钠含量就很高。面包中也含有大量的钠：一片莎莉集团的三明治白面包就含有160毫克的钠。奶酪中钠含量也很高，一英寸立方体的浓味切达奶酪就含有180毫克的钠。关注钠摄入量的理由有很多，但普罗卡西诺的主要观点是，“现在关注担心，日后没有后顾之忧。”– Morning Call

[**与盐之间的斗争**](http://www.journal-advocate.com/columnist_suedavis/ci_29998068/great-salt-battle)

很难控制钠摄入量吗？一名专栏作家对此深有同感。从小到大，她从未觉得盐会成为一个问题，而在炎热的夏日午后，她还会吃含盐量很高的食品。而今，她说自己会吃治高血压的药物，并尽其所能地降低盐摄入量。她写道，“就像是对某种食物喜欢了一辈子，但现在它却成了毒药。我会努力降低自己的钠摄入量，但过程会很难。”– 《倡导家》

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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.

**June 4–17, 2016**

Industry News.jpg

[**Hormel Releases Corporate Responsibility Report for 2016**](http://www.foodnavigator-usa.com/Markets/Hormel-releases-corporate-responsibility-report-for-2016)

Hormel Foods recently released its 10th anniversary corporate responsibility report, “Our Food Journey.” The report highlights accomplishments in several areas, including sodium reduction. An interactive graph shows how much sodium has been reduced in Hormel products since 2006. For example, some microwave meals have 23% less sodium, and some tortillas have 34% less. Last year, Hormel reached a 15% reduction in sodium in many categories, and the company continues to explore additional categories. – Food Navigator

State-Local.jpg

[**New Sodium Guidelines Draw Local Response**](http://www.post-gazette.com/news/health/2016/06/07/New-sodium-guidelines-draw-local-response/stories/201606030187)

Following the release of the first proposed sodium guidelines for food companies, some Pittsburgh health officials and restaurant owners do not predict major changes. The corporate chef for Big Burrito, a Pennsylvania restaurant group, said he does not plan to make any changes unless there is significant public demand. So far, he says, customers seem more interested in gluten free than low sodium options. Betsy Blazek-O’Neill, medical director of employee health services in the Allegheny Health Network, thinks the sodium guidelines are a good first step but that stricter government regulation may be needed: “If you just let companies and consumers do what they want to do, that creates health problems that we as a nation pay for in billions.” – Pittsburgh Post-Gazette

International News.jpg

[**Trade Associations Monitor U.S. Plans to Cut Sodium**](http://www.foodmanufacture.co.uk/World-News/Salt-reduction-plans-in-US-could-impact-UK-exports)

Food manufacturers in the United Kingdom are closely monitoring U.S. Food and Drug Administration (FDA) draft guidance for food companies to reduce sodium in prepared foods. “Those with extensive active interest in the United States will no doubt be taking an active look at the guidance,” noted Nicola Thomas, a representative of the U.K. Food and Drink Exporters Association. Companies that do not already aim to reduce salt may start exploring ways to adapt their recipes, she said. – FoodManufacture.co.uk

[**Call for Stronger Salt Action in New Zealand**](http://www.odt.co.nz/news/dunedin/387105/call-stronger-salt-action)

More robust and coordinated action must be taken if New Zealand is to achieve its pledge to reach the World Health Organization (WHO) target for reduced salt consumption by 2025, said health researcher Rachael McLean during a recent talk entitled, “Pure, white, and deadly.” This reduction has been identified by WHO as one of nine key voluntary global targets for the prevention and control of noncommunicable diseases. McLean reflected on New Zealand’s efforts to achieve the WHO target of reducing the country’s overall salt intake by 30% by 2025. She said a “comprehensive salt reduction strategy” needs to be implemented, but “we’re not going to reach it doing what we’re currently doing.” – Otago Daily Times

[**Force Food Companies to Reduce Salt and Sugar Content, U.K. Charities Urge**](http://www.theguardian.com/politics/2016/jun/07/force-food-firms-to-reduce-salt-and-sugar-content-charities-urge)

An alliance of leading health charities in the United Kingdom argues that the U.K. government should force food companies to reduce the salt and sugar in their products and to take other measures to promote improved health. The Richmond Group, which represents 12 charities including the British Heart Foundation, is demanding “brave action” to stop 250,000 preventable deaths by 2025. The group also calls for a ban on television ads for foods high in fat, salt, or sugar before 9 p.m.  But the Food and Drink Federation, an industry group, says that food companies have a “proud record” of taking voluntary measures that support good health. – The Guardian

New Studies-Research.jpg

[**Can You Believe the Health Claim on That Food Label?**](http://www.consumerreports.org/food/can-you-believe-health-claim-on-food-label/)

In a new survey of 1,000 people from the Consumer Reports National Research Center, almost 70% of consumers said they use front-of-package information when deciding whether to buy a processed food for the first time—but those labels are often not particularly helpful. For example, “light in sodium” does not mean “low sodium,” which the FDA defines as 140 milligrams of sodium or less per serving. “Light in sodium” means that a product has 50% or less of the sodium in the regular version, so it can still be quite salty. “If your standard food is super high in sodium, that label isn’t helpful,” said Kristin Kirkpatrick, manager of wellness nutrition services at the Cleveland Clinic Wellness Institute. – Consumer Reports

Other.jpg

[**Salty Surprises in the Food You Eat**](http://www.nytimes.com/interactive/2016/06/07/health/salt-in-food.html)

Salt is hiding in some surprising places, including bread. More than 70% of U.S. sodium intake comes from prepared foods. Now, the U.S. government has drafted the first voluntary guidelines for manufacturers to help reduce sodium. Although the guidelines await approval, this article offers sodium numbers for various products to help readers figure out how to adhere to the recommended daily limit of 2,300 milligrams. – New York Times

[**The Science of Salt Consumption Is Quite Reassuring**](http://www.denverpost.com/2016/06/07/the-science-of-salt-consumption-is-quite-reassuring/)

There is a salt paradox, this opinion piece argues. On the one hand, CDC Director Thomas Frieden says that reducing salt consumption will save hundreds of thousands of lives, and the U.S. government recently released draft sodium reduction guidelines for food companies. On the other hand, some studies question the wisdom of across-the-board salt reduction. The answer must lie in a healthy sodium range, the author writes, yet that range remains unclear. Meanwhile, she says, the proposed FDA guidelines are unlikely to put Americans in danger of salt deficiency. – Denver Post

[**How to Cut Salt in Your Diet: Tips from Lehigh Valley Health Network Nutritionist**](http://www.mcall.com/health/mc-sodium-tips-lvhn-expert-20160613-story.html)

Kimberly Procaccino, Sodexo nutrition director at Lehigh Valley Health Network, shared guidance on what the new FDA recommendations mean and how people can scale back on salt. Sodium is hiding in many foods, Procaccino said. Many frozen foods, for example, are loaded with sodium. Bread can also hide high amounts of sodium: A slice of Sara Lee white sandwich bread has 160 milligrams. Cheese is another culprit: An inch-cube of sharp cheddar contains about 180 milligrams of sodium. There are many reasons to care about sodium intake, but the main message from Procaccino is, “Be concerned now so you don't have to worry later.” – Morning Call

[**The Great Salt Battle**](http://www.journal-advocate.com/columnist_suedavis/ci_29998068/great-salt-battle)

Having trouble limiting your sodium? This columnist sympathizes. Growing up, she never knew salt was a problem, and she actually licked a block of it on hot summer afternoons. Now she says she takes medication for high blood pressure and is trying her best to reduce her salt intake. “It’s like I’m addicted to something that was OK for a lifetime, but it’s poison now,” she writes. “I’m making an effort to reduce my sodium intake but not without a fight.” – Journal-Advocate

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