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**2014年1月31日-2014年2月13日**

**行业新闻**

**[成分控制是健康烘烤食品的未来发展方向](http://www.bakeryandsnacks.com/Ingredients/Ingredients-manipulation-is-the-future-for-healthy-bakery-says-Leatherhead/)**

焙烤食品制造商可使用多种方法降低其产品中钠、脂肪和糖含量，包括更换成分、改变加工方法或条件等。但是，根据莱瑟食品研究公司（Leatherhead Food Research）创新总监韦恩·莫利（Wayne Morley）的说法，调整和更新成分代表了烘焙行业未来发展的一个重要方向。莫利说，创造出晶体更为细小的盐就是一种可能的办法。他还指出，尽管已经有可供使用的成分控制技术，但行业出于成本考虑以及对“未知的恐惧”，目前对这些技术的采用却还比较少。莫利在其[另一篇](http://www.bakeryandsnacks.com/Ingredients/Minimizing-compromise-in-healthy-bakery-reformulation)讨论烘烤食品制造商是否应当考虑采用更多减钠方法的文章中，对上述评论进行了详细阐述。-《烘烤食品和点心》（Bakery and Snacks）

[**海盐减钠40％**](http://www.foodmanufacture.co.uk/NPD/Sea-salt-cuts-sodium-by-40)**[[1]](#footnote-1)**

一家名为奥丽尔海盐（Oriel Sea Salt）的爱尔兰新公司正在利用一项新工艺直接从海洋中收获海盐。这家公司称，该项新工艺提取出的海盐，可以使提供优质食物的餐馆和食品厂商在不影响其食品味道的情况下，最多可减少40%的用盐。([Foodmanufacture.co.uk](http://foodmanufacture.co.uk/))

**政府新闻**

[**私营部门拯救生命的力量**](http://www.huffingtonpost.com/tom-frieden-md-mph/the-power-of-the-private-sector_b_4753312.html)

美国疾病预防控制中心主任Tom Frieden说，CVS Caremark公司最近宣布其所属店面将于2014年10月1日前停止售卖烟草产品，这是私营公司自愿“做正确的事”的一个良好范例。Tom Frieden还指出其他几个私营公司采取行动帮助顾客更健康地生活的例子：康尼格拉食品公司自愿将其包装食品中的钠含量降低20%，并继续开发含钠更少的产品；卡夫食品将其产品的钠含量降低了10%；而亨氏则将其生产的番茄酱中钠含量降低了15%。-《 赫芬顿邮报》（Huffington Post）

**州/地方新闻**

[**学生饮食，学校困境：学校对最新变化表示担虑**](http://wlfi.com/2014/02/05/student-diet-school-dilemma-schools-worry-about-newest-change/)

过去2年，美国农业部（USDA）下发了一系列指导性文件，旨在让学校午餐变得更为健康。这其中，就包括要求学校减少膳食钠的政策。在印第安纳州蒂珀卡努县（Tippecanoe County, Indiana）的食品服务董事们为提前实现新的钠摄入标准而做出的努力下，全县学校已经开始使用由美国农业部提供的减钠肉类、奶酪及罐头食品。有些学生不太欢迎这种变化，使得食堂工作人员担心学生会不吃这些更新换代的食品。然而，对于食堂采用新鲜食材烹制更多的花样，以及尝试使用不同的调味料等做法，学生们的反应较为积极。- WLFI-TV

**新研究/调研成果**

[**低钠饮食仍然是最佳选择**](http://www.reuters.com/article/2014/02/07/us-low-sodium-diet-idUSBREA160ZZ20140207)

根据在线发表在《循环》（Circulation）杂志上的一项新的研究，摄入比每日推荐2300毫克更少的钠和不良健康效应无关。在多个研究得出结论认为饮食中盐含量过低没有不利影响之后，美国医学研究院组织一些专家针对钠对健康的影响进行了评估性研究。这项评估研究的主要作者南希·库克（Nancy Cook）说，他们对之前一项采用该领域的“金标准”——24小时尿钠——测量钠摄入量的大型研究的数据进行分析后，“发现摄入更少的钠对健康没有不利影响，而且一直到摄入钠最低的那组人，减少钠摄入都是对健康有益的。” - 路透社（Reuters）

[**钠摄入与青少年肥胖相关**](http://www.reuters.com/article/2014/02/04/us-sodium-intake-obesity-teens-idUSBREA1314N20140204)

根据《儿科》（Pediatrics）杂志在线发表的一项新的研究，吃高钠饮食的青少年往往比吃钠更少的同龄人体重要重些。研究者通过对760多名黑人和白人青少年的日常饮食习惯进行跟踪，发现青少年平均每日钠摄入量为3280毫克，远远超过了2300毫克的推荐每日摄入量。对这些青少年的身体成分构成的分析表明，不论他们的体力活动水平、摄入食物总量以及喝含糖饮料的频率如何，高钠饮食的青少年通常身体内脂肪的占比更高，并有炎症的迹象。平均而言，钠摄入量最多的青少年比钠摄入量最少的那部分参与者体重大约要重约4磅。尽管研究者们能够解释其它可能导致体重增加的风险，可是他们尚不清楚为什么钠摄入与炎症和肥胖相关。不过他们推测，高钠饮食可能会刺激大脑的奖励和快乐中枢，从而增加暴饮暴食和肥胖症的机会。 - 路透社（Reuters）

**其它信息**

[**摄入太多盐分或太多糖分是不是更糟糕？**](http://www.shape.com/healthy-eating/diet-tips/ask-diet-doctor-salt-vs-sugar)

营养顾问迈克·罗素尔（Mike Roussell）对“摄入太多盐分或太多糖分是不是更糟”这个问题作了回应。虽然高浓度的糖和钠对身体有负面影响，但人们并不需要剔除饮食中的任一组成部分。他指出，要想控制过量钠摄入，人们应避免高钠食品、包装食品和加工食品，因为美国疾病预防控制中心的数据显示，美国人摄入的钠有75%以上来自这些食品。罗素尔还谈到了钠与糖摄入之间的联系：吃糖过量会导致身体释放更多的胰岛素，而这种激素会让肾脏保留身体中的钠，从而导致血压升高。 -《女性健美杂志》（Shape Magazine）

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**January 31–February 13, 2014**



[**Ingredients Manipulation Is the Future for Healthy Bakery**](http://www.bakeryandsnacks.com/Ingredients/Ingredients-manipulation-is-the-future-for-healthy-bakery-says-Leatherhead/)

There are numerous options that manufacturers of baked goods can use to reduce sodium, fat, and sugar in their products, including replacing ingredients and altering processing methods or conditions. But restructuring or repositioning ingredients represents an important part of future development in the bakery sector, according to Leatherhead Food Research’s head of innovation Wayne Morley, who said creating smaller salt crystals is one possibility. Morley noted that although technologies for ingredient manipulation are available, industry uptake has been rare because of cost considerations and “a fear of the unknown.” He expanded on his commentary in a [second article](http://www.bakeryandsnacks.com/Ingredients/Minimizing-compromise-in-healthy-bakery-reformulation), where he discussed whether bakery manufacturers should consider incremental sodium reductions. – Bakery and Snacks

[**Sea Salt Cuts Sodium by 40%**](http://www.foodmanufacture.co.uk/NPD/Sea-salt-cuts-sodium-by-40)

A new Irish firm called Oriel Sea Salt is harvesting sea salt directly from the ocean using a new process it said will enable restaurants and manufacturers that prepare premium foods to use up to 40% less salt in their recipes without losing flavor. – Foodmanufacture.co.uk



[**The Power of the Private Sector to Save Lives**](http://www.huffingtonpost.com/tom-frieden-md-mph/the-power-of-the-private-sector_b_4753312.html)

CDC Director Tom Frieden said that CVS Caremark’s recent announcement that its stores will stop selling tobacco products by October 1, 2014, is a great example of a company voluntarily “doing the right thing.” Frieden noted several examples of companies that have taken action to help their customers live healthier lives: ConAgra Foods, which voluntarily lowered sodium in its packaged foods by 20% and is continuing to develop products with less sodium; Kraft Foods, which lowered sodium by 10% in its products; and Heinz, which lowered sodium in its signature ketchup by 15%. – Huffington Post



[**Student Diet, School Dilemma: Schools Worry About Newest Change**](http://wlfi.com/2014/02/05/student-diet-school-dilemma-schools-worry-about-newest-change/)

During the past 2 years, the U.S. Department of Agriculture (USDA) has implemented guidelines to make school lunches healthier, including requiring schools to reduce sodium in meals. As food service directors in Tippecanoe County, Indiana, work to meet the new sodium guidelines ahead of schedule, the county’s schools have started using reduced sodium meats, cheeses, and canned foods provided by the USDA. Some students have not welcomed the changes, prompting cafeteria staff to worry that students will avoid the updated food. However, students have responded more positively to efforts to cook more items using fresh ingredients and experiment with different seasonings. – WLFI-TV



[**A Low Sodium Diet Is Still the Best Bet**](http://www.reuters.com/article/2014/02/07/us-low-sodium-diet-idUSBREA160ZZ20140207)

Consuming less than the recommended daily limit of 2,300 milligrams of sodium is not associated with adverse health effects, according to a new study published online in the journal *Circulation.* The Institute of Medicine asked experts to review studies on sodium’s health effects after several studies produced findings suggesting that diets could be too low in sodium. Analyzing data from a previous large study that followed the field’s “gold standard” technique of measuring sodium consumption in 24-hour urine samples, the researchers “found there were no adverse effects with lower amounts of sodium and benefits continued to be seen at the lowest sodium levels," according to lead author Nancy Cook. – Reuters

[**Sodium Intake Tied to Obesity Among Teens**](http://www.reuters.com/article/2014/02/04/us-sodium-intake-obesity-teens-idUSBREA1314N20140204)

Teenagers who eat a high sodium diet tend to be heavier and have more body fat than those who eat less sodium, according to a new study published online in the journal *Pediatrics.* Tracking the daily eating habits of more than 760 black and white adolescents, investigators found that teenagers consumed an average of 3,280 milligrams of sodium per day, far exceeding the recommended daily limit of 2,300 milligrams. Measurements of the teens’ body composition revealed that teens with a high sodium diet generally had a higher percentage of body fat and showed more signs of inflammation, regardless of physical activity levels, how much total food they ate, or how often they drank sugary beverages. On average, teens with the highest sodium intake weighed approximately 4 pounds more than those who consumed the least. Researchers are not sure why sodium intake was tied to inflammation and obesity even after accounting for many other risk factors that could contribute to weight gain, but they speculate that high sodium diets might stimulate the brain’s reward and pleasure center, which increases the chance of overeating and obesity. – Reuters



[**Is It Worse to Consume Too Much Salt or Too Much Sugar?**](http://www.shape.com/healthy-eating/diet-tips/ask-diet-doctor-salt-vs-sugar)

Nutritional consultant Mike Roussell responds to the question, “Is it worse to consume too much salt or too much sugar?” Although high levels of sugar and sodium have negative effects on the body, people do not need to eliminate either component of their diet. He notes that to control excess sodium, people should avoid a diet that includes high sodium, packaged, and processed foods, citing CDC data that show  more than 75% of Americans’ intake of sodium comes from these sources. Roussell also notes a connection between sodium and sugar consumption: Eating sugar in excess causes the body to release more of the hormone insulin, which also causes the kidneys to retain sodium, leading to elevated blood pressure. – Shape Magazine

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