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**2015年3月14-27日**

**行业资讯**

[**新型辣酱有助于减少钠摄入**](http://www.meatpoultry.com/articles/news_home/Trends/2015/03/Red-hot_flavor_innovation_debu.aspx?ID=%7bADF5C9C8-CF3C-42FC-BE81-81FB40946CD4%7d&cck=1)

辣味正变得越来受人们欢迎，这主要归功于新千年一代对冒险美食的追求。Tabasco牌的一款辣酱恰好创造了人们应用香料的新机会。这种辣酱钠含量很低，干料可有助于减少所有类型食品中的钠含量。“在使用率较低的水平下，你不会真正感到辣味；相反，该成分起到了风味增强的效果。生产Tabasco牌辣酱的麦基尔亨尼（McIlhenny ）有限公司的行政总厨和原料销售经理贾德森·麦克莱斯特如此说道。他还指出，咸味可能很难替代，因为它是菜肴中非常核心的组成部分。他说：“那些可以带出众多食谱中各种味道的食材才可称得上最佳，包括盐...。这才是食材的用途。”--《肉类和家禽》(Meat & Poultry)

[**防止肉类从餐厅菜单消失**](http://www.meatpoultry.com/Writers/Other%20Contributors/Keeping%20meat%20on%20the%20menu.aspx)

令食品和营养界一些人士感到惊讶的是，2015年饮食指南咨询委员会二月份提交的报告不建议普通大众降低推荐的每日钠摄入量。相反，该委员会建议消费者改变他们的饮食习惯。根据该报告，人们不应孤立地减少钠及其他被过度消耗的营养物质的摄入，而应该使其成为健康饮食习惯的一部分。这一建议，连同其他减少肉类摄入的有争议建议，可能会令肉类加工商感到担忧。虽然目前还不清楚联邦政府将在何种程度上听取该建议，肉类加工商该趁机承诺减少产品中的钠含量，以确保其产品不会从菜单上消失。--《肉类和家禽》(Meat & Poultry)

[**食品店重新摆货以更好展示健康食品**](http://www.foodnavigator-usa.com/Trends/Sodium-reduction/Grocers-rearrange-stores-to-better-position-healthy-foods-FMI-survey)

根据最近的食品市场营销协会的调查，由于消费者越来越意识到食品是健康管理的工具，全国的零售商正在改变他们的摆货策略，以更好地推动食品的销售，并让其产品被认为是健康的。“直接在原产品边上摆放替代健康产品[如低钠产品]仍然是一个增长点”。根据报告，2014年，76％的零售商采取了这个策略，与此相比，2013年只有59％的零售商采取了这个策略。这些变化反映了消费者的需求，并使消费者能更容易的在浏览商店时找到满足他们需求的产品，营销机构Elevate My Brand的创始人劳雷尔·明兹如此说道。-- FoodNavigator-USA

**各州/地方资讯**

[**美国心脏协会分享减少钠摄入的小技巧**](http://www.journalnow.com/home_food/columnists/michael_hastings/heart-association-shares-tips-for-reducing-sodium/article_b03916b8-d252-11e4-bd73-b35cd9c22964.html)

美国心脏协会（AHA）建议人们每天摄入的钠不超过1500毫克，但美国成人每日平均消耗的钠超过3400毫克。考虑到四分之一茶匙的盐含有575毫克钠，我们很容易就可以理解人们是如何过度摄入钠的。尤其是当我们消耗的钠大多来自隐藏的盐时，就更是如此了，美国心脏协会北卡罗莱纳州皮德蒙特三角区分会的执行董事露丝·海德如此说道。海德上周三 参观了格林斯博罗的CrumleyRoberts 律师事务所，并为该公司200名员工举办了讲座，并示范了烹饪的科学方法。本次活动包括使用美国心脏协会彩绘板制作的午餐。 -- 温斯顿- 塞勒姆杂志(Winston-Salem Journal)

**国际资讯**

[**午餐少摄入盐并不会使消费者在餐后摄入更多的盐**](http://www.healthcanal.com/public-health-safety/61577-less-salt-at-lunch-does-not-trigger-consumers-to-compensate.html)

荷兰政府进行的一项研究表明，午饭时吃了平均减少41％盐的菜的消费者都接受了这些食物，且没有在这一天的剩下时间更多的摄入盐。干预组吃的自助午餐里，几乎所有的食物所含的钠都减少了29％至61％。参与者并没有摄入比对照组更多或更少的钠。而且，他们报告，自己都很喜欢大部分的食物。干预组每克消耗的盐比对照组要少2.5克。随后的24小时尿液分析发现，那些钠摄入少的人在翌日并未增加他们的钠摄入量以进行补偿。-- Health Canal

[**新西兰儿童摄入太多的盐**](http://www.stuff.co.nz/life-style/well-good/teach-me/67424329/kiwi-kids-are-eating-too-much-salt)

新西兰心脏基金会健康倡导者认为，在世界合理用盐宣传周，新西兰家长应注意盐与健康世界行动发出的关于减少儿童盐摄入的消息。他们说，新西兰的儿童每天摄入的盐高出建议的30％。家长们可能没有注意到；饮食中75％的盐来自加工食品或商业制备食品，如面包、早餐麦片、加工肉制品等。中风基金会健康促进经理朱莉娅·洛特表示，由于儿童经常吃快餐，整个快餐业都需要加入减少盐摄入的行列。-- Stuff.co.nz

[**英国“家庭友好”餐厅中儿童餐的盐含量过高**](http://www.essexchronicle.co.uk/8203-Children-s-meals-family-friendly-eateries/story-26180576-detail/story.html)

根据英国卫生监督团体盐与健康（CASH）共识行动的调查，英国许多“家庭友好”餐厅中儿童餐的盐含量过高。本次调查包括23个餐厅的218名儿童，超过四分之一的菜肴每餐所含的盐超出2克--相当于婴幼儿一天的推荐量，比四袋薯条的盐含量还要高。“我们的调查显示，许多餐馆都没有采取什么行动来减少菜中的盐含量，尤其是儿童餐。”CASH的营养师索尼娅·庞博如此说道。“卫生署设定的目标给餐厅提供了一个完美的机会，来展示他们对客户健康的承诺。” - -埃塞克斯郡纪事(Essex Chronicle)

[**中国儿童帮助家长减少钠摄入量**](http://www.foodmanufacture.co.uk/Ingredients/Salt-intake-slashed-with-kids-help)

发表在BMJ的有关中国家庭的研究文章显示，儿童可以帮助家长减少盐的摄入。在中国北方28所小学进行的对照试验显示，经过一个学期（3.5个月），父母和祖父母的食盐摄入减少了四分之一。在14所经过干预的学校里，平时的健康教育课被用来教导儿童摄入太多盐的危害，以及如何减少它的摄入。学生被教导，要说服家里经常做饭的家长减少盐在家里的使用量。儿童的食盐摄入量平均每天减少1.9克，而成人每天的摄入量减少了2.9克。- - Foodmanufacture.co.uk

[**南非人正在摄入太多的盐**](http://www.capetalk.co.za/articles/2126/south-africa-you-consume-too-much-salt)

根据南非心脏及中风基金会的调查，全世界有6.3亿人患有高血压，而南非是全球高血压患病率最高的国家之一。这使得南非人更容易患上致命的疾病，如中风和心脏病。为了庆祝世界盐宣传周后，基金会成立了一个新的游说团体，以提高人们对过度摄入盐的危害的认识。在2013年，卫生部长Aaron Motsoaledi签署了一项法案，旨在到2016年6月前减少某些食物中的盐含量--Cape Talk

[**波兰不再是世界上过度摄入盐最多的国家**](http://www.thenews.pl/1/9/Artykul/200795%2CPoles-lose-claim-to-be-worlds-leading-salt-overconsumers)

近期波兰食品与营养研究所的报告显示，波兰不再是人均食盐摄入最高的国家了，但波兰人摄入的盐仍然高出推荐量的两倍。根据该报告，波兰的人均盐摄入量从1998年的每日15克下降到目前的11克。按照人均每日食盐摄入量排序，波兰目前排在土耳其（每日15克）、匈牙利（14.8克）和克罗地亚（14.5克）后面，但排在以色列（7克）和美国（8.5克）前面。该报告还发现，年长的波兰人每日摄入高达16克的盐，3岁儿童中，多达90％的儿童摄入过多的盐。 - 波兰广播电台(Radio Poland)

[**意大利青年吃过咸零食导致血压升高**](http://uk.reuters.com/article/2015/03/17/us-children-hypertension-salt-idUKKBN0MD2K720150317)

一项发表在《欧洲临床营养学>杂志的新研究显示，意大利的中学生因吃了过多咸味零食而血压升高。每天来自零食的1400毫克钠摄入几乎占了每日推荐摄入量3100毫克的一半。在美国，疾病预防控制中心通常建议儿童每天不要摄入超过2300毫克的钠。根据研究，虽然意大利青年的平均血压均在正常范围内，血压会随着零食里钠摄入的增加而升高。每天吃两份或更多的咸味小吃，会增加血压升高的风险。 -- 路透社(Reuters)

[**牙买加民众呼吁减少盐摄入**](http://www.jamaicaobserver.com/news/Jamaicans-urged-to-reduce-salt-intake_18609088)

在世界盐宣传周，牙买加国家卫生基金会（NHF）的首席执行官埃弗顿·安德森鼓励所有人，特别是那些高血压患者，要改变生活方式以降低盐的摄入量。 牙买加国家卫生基金会鼓励市民用天然草药和香料烹饪食物，从而减少调味汁和调味粉的使用，少吃加工食品，并务必仔细阅读营养标签，并在外出就餐时要求餐厅少放盐。汉诺威格林岛Rhodeshall高中的学生参加了此次盐宣传周活动，包括展示低钠膳食烹饪和教育宣传活动。-- Jamaica Observer

[**捷克人的盐摄入量居欧洲前列**](http://www.praguepost.com/food-and-drink/46124-czechs-among-highest-salt-users)

专家表示，捷克人由于过量使用盐，跻身欧洲盐摄入最高的国家之一。捷克共和国每日人均盐摄入量约为13克，几乎是世界卫生组织推荐的每日摄入量的三倍。调查表明，7〜12个月婴幼儿中，80％的人摄入的盐要高出推荐量的80％。为了减少盐的摄入量，人们不仅要停止过度使用盐，而且还应该开始检查他们购买的食物和膳食中所含的盐，并呼吁食品生产商减少使用食盐。 - 布拉格邮报(Prague Post)

[**广受欢迎的中餐外卖食品连锁店提供的蔬菜类菜肴可能含有过量的钠**](http://www.thestar.com/life/2015/03/26/the-dish-takeout-asian-vegetables-can-hide-sodium-fat.html)

与在加拿大广受欢迎的亚洲外卖连锁餐馆提供的上海辣面条和香酥橙鸡相比，炒蔬菜拼盘看起来显得要健康的多。然而，注册营养师香克罗克却说：“炒菜和沙拉等蔬菜类菜肴可能并没有人们认为的那么健康。”餐馆制作蔬菜的方式可以改变或者破坏蔬菜的营养。一项对来自三家流行的亚洲外卖食品连锁餐厅提供的炒蔬菜订单进行的实验室营养分析现实，这几种炒菜比普通蒸菜含盐量要多得多。比如，Manchu Wok（满洲菜馆）售卖的什锦蔬菜中，含有784毫克的钠，这一数字要比同样分量的一份蒸西兰花中含有的钠高出六倍以上。 - The Star

**其他资讯**

[**大多数人是否需要低盐饮食（或这是否健康）？**](http://www.wsj.com/articles/are-low-salt-diets-necessary-or-healthy-for-most-people-1427079651)

随着美国人越来越重视与营养相关的健康问题，盐已成为许多人心目中不受欢迎的一份子。美国疾控中心将美国民众减少钠摄入为“国家优先事项”，并警告说，过多的盐摄入会使人的血压升高，从而使患上心脏病和中风的风险增大。但一些怀疑论者认为，盐威胁论有些夸大其辞了，而且过分推广减少盐摄入也会带来健康风险。两个顶尖科学家就盐与健康的关系提出了各自的观点：美国心脏协会主席艾略特·安特曼推崇广泛减少美国人的盐摄入量，而美国营养医学协会/营养理事会当选主席大卫A·麦卡伦博士则提醒，摄入太少盐也可能造成健康问题。 - 华尔街日报(Wall Street Journal)

[**研究表明：大多数食品的钠含量过高**](http://www.heraldnews.com/article/20150320/NEWS/150329285/1994/NEWS)

美国心脏协会（AHA）的研究表明，美国人摄入的盐太多，而大多数人都不知道他们是如何摄入如此多的盐的。近1000名受访者（97％）要么低估，要么无法估计自己每天摄入多少钠。低估的人中，大多数人低估了约1000毫克。考虑到美国心脏协会建议每天消耗少于1500毫克，这是个很大的量。为帮助人们更好地理解和限制他们的钠摄入，美国心脏协会推出了一项名为“盐，我爱你，但你却伤了我的心”的宣传活。该活动包括一个可网上呼吁人们承诺少摄入盐的[网站](http://sodiumbreakup.heart.org)，还有一个名为“不要让盐偷袭你”的新视频展示钠是如何偷偷潜入到我们的食物当中。该网站还设有博客，钠摄入的测验和信息图表，可链接到食谱，以及一些教育性的文章。- - 先驱新闻(Herald News)

请注意：

本简讯英文版由美国疾病预防控制中心发布，中文版由骄阳翻译公司翻译，如有歧义，请以英文版本为准。

(该信息为与减钠的相关伙伴机构和个人分享将正在进行的减钠活动信息。目的是为相关同仁提供持续更新的信息，并为对减钠工作感兴趣或致力于减钠工作的个人或机构创建一个合作网络。《减盐电子周刊》将每两周发布一期，如果你知道一些应该添加进来的人，或者你希望被从该通信人中删除，请联系蔡颖女士(caiy@cn.cdc.gov))。

《减盐电子周刊》在内容上只基于新闻价值和读者的潜在兴趣进行选择。美国疾病预防控制中心对所提供文章的真实准确性不承担任何责任。文章的选择、省略或文章内容并不意味着美国疾病预防控制中心对其内容有支持或其它观点。《减盐电子周刊》中原作者的观点或者引用，完全是其个人观点，绝不代表美国疾病预防控制中心的官方立场。所提及的产品、商业名称、出版物、新闻来源以及网站等，仅作参考之用，并不意味着美国疾病预防控制中心的认可。

**March 14–27, 2015**



[**New Hot Sauce Spray Can Help Reduce Sodium**](http://www.meatpoultry.com/articles/news_home/Trends/2015/03/Red-hot_flavor_innovation_debu.aspx?ID=%7bADF5C9C8-CF3C-42FC-BE81-81FB40946CD4%7d&cck=1)

Spicy flavors are becoming trendy, thanks largely to millennials’ demand for adventurous cuisine. A spray version of Tabasco® hot sauce offers new opportunities to apply spice. Naturally low in sodium, the dry ingredient can help reduce sodium content in all types of foods. “At low usage levels, you don’t really get the heat; rather, the ingredient functions as a flavor enhancer,” said Judson McLester, executive chef and manager of ingredient sales at McIlhenny Co., the company that produces Tabasco® brand products. McLester also noted that salty flavor can be difficult to replace because it is such an integral feature of a dish. “The ingredients that work best,” he said, “are those that can lift numerous attributes in the recipe, including salt…. That’s what this ingredient does.” – Meat & Poultry

[**Keeping Meat on the Menu**](http://www.meatpoultry.com/Writers/Other%20Contributors/Keeping%20meat%20on%20the%20menu.aspx)

Surprising some in the food and nutrition communities, the 2015 Dietary Guidelines Advisory Committee report submitted in February did not suggest lowering the recommended daily sodium intake for the general population. Instead, the committee suggested that consumers change their eating habits. Sodium, along with other over-consumed nutrients, should not be reduced in isolation, according to the report, but should be a part of a healthy dietary pattern. This recommendation, coupled with controversial recommendations to reduce intake of all meat, may concern meat processors. Although it is not clear to what degree the federal government will heed the recommendations, this is a good time for meat processors to commit to reducing sodium content to keep their products on the menu. – Meat & Poultry

[**Grocers Rearrange Stores to Better Position Healthy Foods**](http://www.foodnavigator-usa.com/Trends/Sodium-reduction/Grocers-rearrange-stores-to-better-position-healthy-foods-FMI-survey)

As consumers’ understanding of food as a health management tool expands, retailers nationwide are changing how they stock and promote products to better drive sales and be considered a wellness destination, according to a recent Food Marketing Institute survey. “Directly placing alternative healthful products [such as reduced sodium] next to original versions continues to be a growing strategy” that was employed by 76% of retailers in 2014, compared with 59% in 2013, according to the report. These changes reflect what consumers want and will make it easier for them to navigate stores to find products that meet their needs, said Laurel Mintz, founder of marketing agency Elevate My Brand. – FoodNavigator-USA



[**Heart Association Shares Tips for Reducing Sodium**](http://www.journalnow.com/home_food/columnists/michael_hastings/heart-association-shares-tips-for-reducing-sodium/article_b03916b8-d252-11e4-bd73-b35cd9c22964.html)

The American Heart Association (AHA) recommends that people eat no more than 1,500 milligrams of sodium each day, but the average American adult consumes more than 3,400 milligrams per day. Considering that a quarter teaspoon of salt has 575 milligrams of sodium, it is easy to see how people overdo it. That is especially true when so much of the sodium we consume comes from hidden salts, said Ruth Heyd, executive director of the Piedmont Triad, North Carolina, chapter of AHA. Heyd visited the Greensboro law offices of Crumley Roberts last Wednesday to give talks and cooking demonstrations to many of the firm’s 200 employees. The event included a catered lunch by Painted Plate using AHA recipes. – Winston-Salem Journal



[**Less Salt at Lunch Does Not Trigger Consumers to Compensate**](http://www.healthcanal.com/public-health-safety/61577-less-salt-at-lunch-does-not-trigger-consumers-to-compensate.html)

People eating lunch who were offered products containing an average of 41% less salt accepted those products and did not compensate for the lower salt consumption during the rest of the day, according to a study conducted by the Dutch government. Almost every product in the lunch buffet served to those in the intervention group was replaced by an alternative containing 29% to 61% less sodium. Participants did not eat any more or any less than the control group, and they reported enjoying most of the products at similar levels. The intervention group consumed an average of 2.5 grams less salt than the control group. A follow-up using 24-hour urine collection found that people who ate the reduced sodium lunch did not compensate by increasing their sodium intake during the following day. – Health Canal

[**New Zealand Children Are Consuming Too Much Salt**](http://www.stuff.co.nz/life-style/well-good/teach-me/67424329/kiwi-kids-are-eating-too-much-salt)

During World Salt Awareness Week, New Zealand families should heed World Action on Salt and Health’s message about reducing salt in children’s diets, according to health advocates from the New Zealand Heart Foundation. They say that New Zealand children consume up to 30% more salt per day than is recommended. Parents might not have noticed; 75% of salt in the diet comes from processed and commercially prepared foods, such as breads, breakfast cereals, and processed meats. Because children are frequent consumers of fast food, the whole fast food industry need to get involved in reducing salt, said Stroke Foundation health promotion manager Julia Rout. – Stuff.co.nz

[**Children’s Meals at “Family Friendly” U.K. Eateries Have Dangerous Salt Levels**](http://www.essexchronicle.co.uk/8203-Children-s-meals-family-friendly-eateries/story-26180576-detail/story.html)

Many children’s meals served in “family friendly” eateries still contain dangerously high levels of salt, according to U.K. health watchdog group Consensus Action on Salt and Health (CASH). The survey included 218 children’s meals from 23 eating establishments, and more than a quarter of the dishes contained more than 2 grams of salt per meal—the equivalent of an entire day’s worth of recommended salt intake for toddlers and more salt than four bags of chips. “Our survey has shown us that many restaurants have done little to reduce the salt content in their dishes, especially those targeting kids,” said Sonia Pombo, a nutritionist at CASH. “The targets set by the Department of Health are a perfect opportunity for restaurants to show their commitment to the health of their customers.” – Essex Chronicle

[**Children Help Reduce Parents’ Sodium Intake in China**](http://www.foodmanufacture.co.uk/Ingredients/Salt-intake-slashed-with-kids-help)

Children can help parents reduce salt intake, according to a study of Chinese families published in *BMJ*. Parents’ and grandparents’ salt consumption fell by a quarter across a school term (3.5 months) through the controlled trial, which was conducted in 28 primary schools in northern China. In the 14 intervention schools, usual health education lessons were used to teach children about the dangers of consuming too much salt and how to reduce it. Students were instructed to persuade the person in their home who most frequently cooks to reduce the amount of salt used at home. Children’s salt intake fell on average by 1.9 grams per day, and that of adults fell by 2.9 grams per day. – Foodmanufacture.co.uk

[**South Africans Are Consuming Too Much Salt**](http://www.capetalk.co.za/articles/2126/south-africa-you-consume-too-much-salt)

With 6.3 million people living with high blood pressure, South Africa has one of the highest rates of hypertension worldwide, according to the Heart and Stroke Foundation South Africa. This makes South Africans more susceptible to life-threatening diseases, such as stroke and heart disease. In observance of World Salt Awareness Week, the foundation launched a new lobby group to raise awareness about the dangers of excessive salt intake. In 2013, Minister of Health Aaron Motsoaledi signed legislation to reduce salt levels in certain foods by June 2016. – Cape Talk

[**Polish Lose Claim as World’s Leading Salt Overconsumers**](http://www.thenews.pl/1/9/Artykul/200795%2CPoles-lose-claim-to-be-worlds-leading-salt-overconsumers)

Polish people are no longer among the top per capita salt consumers, but they continue to consume salt at double the recommended levels, according to a recent Polish Food and Nutrition Institute report. Poland’s per capita consumption has declined from 15 grams per day in 1998 to 11 grams currently, according to the report. Poland is now behind Turkey (15 grams per day), Hungary (14.8 grams), and Croatia (14.5 grams) in terms of daily per capita salt intake, but ahead of Israel (7 grams) and the United States (8.5 grams). The report also found that older Polish people consume as much as 16 grams of salt per day, and as many as 90% of Polish 3-year-olds consume too much salt. – Radio Poland

[**Salty Snacks Tied to Higher Blood Pressure in Italian Youth**](http://uk.reuters.com/article/2015/03/17/us-children-hypertension-salt-idUKKBN0MD2K720150317)

Eating a lot of salty snacks is tied to higher blood pressure in Italian middle school students, according to a new study published in the *European Journal of Clinical Nutrition*. At 1,400 milligrams per day, sodium intake from snacks represented almost half of children’s average daily sodium consumption of 3,100 milligrams. In the United States, CDC generally recommends that children consume no more than 2,300 milligrams per day. Although average blood pressure readings were in the normal range for the Italian youth studied, blood pressure increased as the intake of sodium from snacks increased. Eating two or more salty snacks per day was tied to an increased risk of having one of the highest blood pressure readings in the study. – Reuters

[**Jamaicans Urged to Reduce Salt Intake**](http://www.jamaicaobserver.com/news/Jamaicans-urged-to-reduce-salt-intake_18609088)

During World Salt Awareness Week, Everton Anderson, chief executive officer of the Jamaican National Health Fund (NHF), encouraged all individuals, especially those with high blood pressure, to make a lifestyle change of lowering their salt intake. NHF encouraged the public to reduce salt intake by cooking with natural herbs and spices, cutting back on sauces and powdered seasonings, eating fewer processed foods, making sure to read nutrition labels carefully, and asking for less salt when eating out. Students at Rhodeshall High School in Green Island, Hanover, took part in salt awareness activities, including low sodium meal preparation demonstrations and educational displays. – Jamaica Observer

[**Czechs Among Top Salt Consumers**](http://www.praguepost.com/food-and-drink/46124-czechs-among-highest-salt-users)

Czechs use salt in excess, and they rank among Europe’s top salt consumers, according to experts. The average per capita consumption of salt in the Czech Republic is around 13 grams per day, almost triple the World Health Organization’s recommended daily intake. Surveys have shown that 80% of infants aged 7 to 12 months consume 80% more salt than recommended. To reduce salt consumption, people should not only stop excessively salting their meals at home, but they should also start checking the amount of salt in the foods and meals they buy and should appeal to producers to use less salt. – Prague Post

[**Vegetable Dishes from Popular Chinese Takeout Chains Can Hide Sodium**](http://www.thestar.com/life/2015/03/26/the-dish-takeout-asian-vegetables-can-hide-sodium-fat.html)

Compared with the spicy Shanghai noodles and crispy orange chicken found at Canada’s popular Asian takeout chain restaurants, platters of sautéed vegetables look positively virtuous. However, “vegetable dishes like stir-fries and salads can be a lot less healthy than people might think,” said registered dietitian Shannon Crocker. “The way a restaurant prepares the veggies can make or break the nutrition numbers.” A laboratory nutritional analysis of orders of sautéed vegetables from three popular Asian takeout chain restaurants revealed that that the dishes are much saltier than plain steamed vegetables. For example, the mixed vegetables served at Manchu Wok contain 784 milligrams of sodium—more than six times the amount found in a similarly sized portion of steamed broccoli. – The Star



[**Are Low Salt Diets Necessary (or Healthy) for Most People?**](http://www.wsj.com/articles/are-low-salt-diets-necessary-or-healthy-for-most-people-1427079651)

As Americans have become more aware of nutrition-related health issues, salt has emerged as a major villain in many people’s minds. CDC calls reducing the U.S. population’s consumption of sodium “a national priority” and warns that too much salt can raise people’s blood pressure, putting them at greater risk for heart disease and stroke. But some skeptics believe the threat posed by salt is overblown and that too broad a drive against salt poses its own health risks. Two leading scientists present their arguments on salt’s relationship to health: Elliott Antman, president of the American Heart Association, argues in favor of a broad reduction in Americans’ salt consumption, while David A. McCarron, chairman-elect of the American Society for Nutrition’s Medical/Nutrition Council, warns of the possible health consequences of consuming too little salt. – Wall Street Journal

[**Study: Too Much Sodium in Most Diets**](http://www.heraldnews.com/article/20150320/NEWS/150329285/1994/NEWS)

Americans eat too much salt, and most people have no idea how much they are consuming, according to research by the American Heart Association (AHA). Nearly all of the 1,000 people surveyed (97%) either underestimated or could not estimate how much sodium they eat each day. Most people who underestimated were off by about 1,000 milligrams—a significant amount, considering that AHA recommends consuming less than 1,500 milligrams a day. In an effort to help people better understand and limit their sodium intake, AHA launched an awareness campaign called “I Love You Salt, But You’re Breaking My Heart.” The campaign includes a [website](http://sodiumbreakup.heart.org) with an online pledge for people to commit to reducing how much sodium they eat, along with a new video, “Don’t Let Salt Sneak Up on You,” to show how sodium sneaks into foods. The site also features a blog, sodium quiz and infographics, links to recipes, and educational articles. – Herald News

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