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**2014年4月11日-2014年4月24日**

**行业新闻**

[**“波士顿市场”快餐连锁公司市场定位转为“健康饮食”**](http://nrn.com/opinions/moving-healthful-positioning)

波士顿市场快餐连锁首席执行官乔治·米歇尔(George Michel) 听了科罗拉多大学安舒茨健康与保健中心执行主任詹姆斯·希尔(James Hill) 在两年多以前所作的一场关于美国人应当少吃钠的报告之后，深受启发。米歇尔意识到，作为公司的首席执行官，他有义务对既要对几乎每天都在店里吃饭的公司员工负责，也要对顾客负责。波士顿市场快餐连锁目前正在为实现到2014年底将所有食物中钠含量减少15%的目标而努力。刚开始时，该公司先将其鸡肉中的钠减少了20%，肉汁中的钠减少了50%。在没有告知顾客的情况下，这些减钠后的食物在公司门店中被提供给顾客，进行测试。波士顿市场公司发现，顾客们或是没有留意这些食物中的钠减少了，或是表示更喜欢减钠后的口味。该公司最近又将其最受欢迎的配菜—土豆泥中的钠减少了近20%。希尔博士说，波士顿市场的减钠行动是“一个令人难以置信的举动......他们之所以这样做，是因为他们认为餐馆有责任采取措施，让顾客吃得更健康。”希尔博士还补充说，他相信更多的餐厅将开始采用这种做法。

资讯来源：全国餐饮业新闻（Nation's Restaurant News）

[**烘培食品企业在减少钠、糖和脂肪的呼声中挣扎**](http://www.bakeryandsnacks.com/Manufacturers/Bakeries-struggling-with-calls-to-cut-salt-sugar-and-fat)

烘焙食品业巨头D’Or旗下、位于伦敦西北的弗莱契集团的总经理西蒙·斯隆（Simon Sloan）在一段博客中说，进一步削减钠、脂肪和糖呼声正在对烘焙食品生产商产品的质量造成不利影响。虽然上述三种原料尤其是钠已经在烘焙食品中得到了减少，但面包甜点店的店主们说，他们正在接近产品质量受到负面影响的临界点。斯隆还就他的公司如何应对这些挑战进行了探讨。

资讯来源：[Bakeryandsnacks.com](http://bakeryandsnacks.com/)网站

**州/地方新闻**

**健康的膳食[为俄亥俄州孩子们](http://www.publicnewsservice.org/2014-04-23/hunger-food-nutrition/healthy-meals-for-healthier-ohio-kids/a38928-1)的健康保驾护航**

美国农业部（USDA）官员本周访问了俄亥俄州的一个学区，了解对农业部健康膳食计划在该区的实施情况。该计划包括引进更多低钠食物和粗粮，为学生们提供品尝测试菜肴的机会等。由于辛辛那提公立学区一系列好的做法，包括所有学校的沙拉吧和自动售货机均提供更健康的早餐和午餐食品选择，美国农业部食品和营养服务局局长奥黛丽·罗盛赞该学区为其它学区学习的典范。

资讯来源：美国公共新闻服务网（Public News Service）

[**通过培训来帮助厨师在减盐的同时保留食物味道**](http://www.thereflector.com/good_for_you/article_e201d180-ca65-11e3-8de9-0019bb2963f4.html)

华盛顿州克拉克县当地的独立餐馆的大厨们将接受一项免费的提高风味和减钠策略的烹饪培训。该培训由克拉克县公共卫生部门主办，经费来自美国疾病预防与控制中心的为期三年减钠行动资金。该培训由厨师加勒特·博丹（Garrett Berdan）主讲，他是一名注册营养师，因为为全国的专业厨师组织各种烹饪研讨活动而被白宫誉为“改进倡导者”。社区健康专家梅丽莎·马丁（Melissa Martin）指出，全国餐饮协会组织的一项调查发现，71%的成人在外出就餐时都会尽力选择吃的更健康一些，而且每10位消费者中就有6位选择购买低钠的食物。

资讯来源：The Reflector杂志

**国际新闻**

[**研究人员说，英国的减钠行动拯救了许多生命**](http://www.latimes.com/science/sciencenow/la-sci-sn-salt-disease-20140414,0,2083433.story)

2003年，英国政府开始和食品加工企业一道，共同实施一项旨在逐步减少加工食品中钠含量的行动。根据《英国医学杂志》在线版上公布一项新的研究，该行动使得加工食品中钠含量到2011年减少了15％。在过去十年中，英国中风和心脏病死亡率减少了40%，该行动很可能是“一个重要的因素”。英国人钠摄入量总量约80%来自加工食品，所以逐渐减少添加到此类食品中的钠或许减少了所有人口的钠摄入量。“在不影响消费者接受度的情况下去减少产品中的钠含量，这一点是必须要考虑到的。因为如果消费者不去购买和食用这些产品的话，那么所谓的‘健康食品’也就无法促进健康，”食品制造商协会在一份声明中这样说道。

还有其它一些渠道和媒体也对该项研究进行了报道，其中包括[《纽约时报（专栏版）》](http://www.nytimes.com/2014/04/22/health/study-linking-illness-and-salt-leaves-researchers-doubtful.html?hpw&rref=health)、[《卫报》](http://www.theguardian.com/society/2014/apr/14/research-finds-link-between-drop-in-salt-consumption-and-fall-in-heart-attack-deaths)，[《英国电讯报》](http://www.telegraph.co.uk/health/healthnews/10765881/War-on-salt-has-cut-heart-deaths.html)，[福克斯新闻](http://www.foxnews.com/health/2014/04/15/salt-reduction-campaign-led-to-drastic-decrease-in-deaths-from-stroke-heart/)，“健康日新闻”网站、[美国护理杂志](http://www.nursingtimes.net/home/behind-the-headlines/salt-cuts-have-saved-lives-says-study/5070055.article?blocktitle=Behind-the-Headlines&contentID=4530)以及美国医景医药搜索网站（该网站内容需要订阅）。

[**美国心脏协会盛赞英国食品行业的减钠举措**](http://newsroom.heart.org/news/american-heart-association-praises-sodium-reduction-efforts-by-united-kingdom-food-industry)

《英国医学杂志》上发表的一项研究表明，英国食品供应环节的减钠措施为该国人民的健康带来了一些积极的影响。最近，美国心脏协会（AHA）首席执行官南希·布朗（Nancy Brown）在谈到这一研究时说：“这项研究说明，在食品供应环节减钠，这一做法对于提高人们的健康具有深远的意义。美国心脏学会和其它公共卫生组织正同美国的食品行业和政府领导人合作，为减钠而积极努力。听到英国的这一好消息，无疑让我们感到十分振奋和鼓舞。”她还补充说，“食品行业里的很多人说，他们担心减钠的产品味道就不一样了，但是英国食品行业和健康组织的行动却已经说明，这种担心完全是多余的。”她还指出，自减钠行动开始以来，高血压、心脏病和中风的患病率均有所下降。

资讯来源：美国心脏协会(American Heart Association)

[[[**星巴克及其它餐饮连锁餐厅将食物的营养信息添加在了菜单上**](http://www.cbc.ca/news/canada/british-columbia/starbucks-and-other-chains-add-nutritional-info-to-menu-1.2612335?cmp=rss)](http://www.telegraph.co.uk/health/healthnews/10776079/Salt-levels-in-many-foods-unnecessarily-high.html)](http://www.cbc.ca/news/canada/british-columbia/starbucks-and-other-chains-add-nutritional-info-to-menu-1.2612335?cmp=rss)

不列颠哥伦比亚省和加拿大的连锁餐厅，包括星巴克、麦当劳、和蒂姆·霍顿斯等，现在也加入了其它主要连锁餐厅的行列，自愿在其菜单上提供食品的营养信息。不列颠哥伦比亚省正在将其“知情餐饮”计划的实施范围扩大至19个全国性的连锁餐厅品牌中。该计划要求餐厅在其菜单上提供食品的钠含量和卡路里数据，目前这一做法已经在该省2000家连锁餐厅门店中实施。该计划于2012年首次推出，当时仅有300家门店采纳了这种做法。这些连锁餐厅还将为顾客提供每日钠和卡路里摄入量推荐限额等建议。

资讯来源：加拿大广播公司新闻（CBC News）

[[**许多英国超市食品的含盐量“高的没有必要”**](http://theportugalnews.com/news/government-to-study-taxing-fat-sugar-and-salt/31291)](http://www.telegraph.co.uk/health/healthnews/10776079/Salt-levels-in-many-foods-unnecessarily-high.html)

《英国电讯报》(Telegraph)上发表的一篇分析显示，英国一些超市中售卖的比萨饼中含有的钠几乎为成人每日推荐钠摄入量的一半，而如三明治、烟熏鱼和其它即食食品之类的小吃中含有的钠也能达到成人每日推荐钠摄入量的三分之一。该研究从英国各大超市中选取了50种食品进行分析，除了上述发现之外，还发现其它一些食品，比如汤、肉和沙拉，每份中含有的钠达到了英国政府推荐的6克日摄入量限额（约2300毫克）的四分之一还多。在调查的50种产品中，有20种的食品每份中的钠含量为每日钠摄入推荐限额的四分之一还多，还有13种的钠含量超过了每日限额的三分之一。在某些情况下，被调查食品钠含量的数量比这些超市中所售其它替代产品要高出很多。其中，Branston牌的一罐泡菜和Marks & Spencer牌的鸡肉串这两种产品每克中所含盐分比海水还高。该文章还配有一张比较图表，展示受调查的每种产品每份中所含盐的数量，以及该数量和每日推荐摄入量限额的比例。

资讯来源：英国电讯报(Telegraph)

[**葡萄牙政府研究对钠、脂肪和糖含量超标的食品征税**](http://theportugalnews.com/news/government-to-study-taxing-fat-sugar-and-salt/31291)

葡萄牙卫生部长圣保罗·马塞透漏，该国将对未能达到特定健康标准的产品的征税范围进行研究。“在2015年的国家预算中，我们需要解决医疗系统这些年来积攒的一些债务。我们认为，健康政策相关的税收对于解决这个问题可以做出贡献。” 马塞说。该国政府将考虑提高烟草和酒产品的税收，并对钠、糖和脂肪含量过高的产品征税。

**新研究/调研成果**

**[新的钠摄入量的研究与卫生组织的应对](http://blog.oup.com/2014/04/new-sodium-intake-research-health-organizations-response/)**

《美国高血压杂志》(*American Journal of Hypertension*)近期发布了一项综合荟萃分析研究的结果。该研究基于每日钠摄入量，对个人健康状况进行监测。研究结果表明，美国疾病预防与控制中心等政府机构推荐的每日钠摄入量水平过低。媒体迅速报导了这个研究结果，而美国疾病预防与控制中心及其它机构，如美国心脏协会等，则对该分析进行了反驳，称其是基于“错误的研究方法”和“有缺陷的数据”，但没有具体指明是哪些错误和缺陷。牛津大学出版社就该项荟萃研究以及政府卫生机构对该研究成果的反应等问题，对研究的主要作者尼尔斯·格劳达尔进行了采访。

资讯来源：牛津大学出版社博客(Oxford University Press Blog)

**其它信息**

[**关于盐、话题跳跃和媒体关注的一点思考：怎样才能解决问题**](http://www.huffingtonpost.com/david-katz-md/salt_b_5166839.html)

根据耶鲁大学预防研究中心的创始主任大卫·卡茨（David L. Katz）的说法，我们有理由相信大多数人吃的钠太多，少吃点钠话，将对健康有好处；但在怎样吃更健康这个话题的讨论中，不管讨论的主题是盐、饱和脂肪、卡路里，或是吃蔬菜和水果的健康效应，“跃移”（从一个位置跳到另一个）似乎是现代营养学界的一个流行趋势—在大众媒体中尤为如此。最近的两项研究又迫使卡茨博士重新关注关于钠的讨论。先是一项四月初发表在[《美国高血压杂志》](http://www.ncbi.nlm.nih.gov/pubmed/24651634)上的荟萃分析研究，因为该研究挑战了人们对钠摄入的普遍看法，不出所料就获得了更多的媒体关注。然后另一项于近期在线发表在[《英国医学杂志》](http://bmjopen.bmj.com/content/4/4/e004549.full)上的研究的结论则完全相反，该研究发现太多钠摄入终究会对健康造成问题。卡茨博士的结论仍然保持不变：大多数人摄入的钠过多，减少钠摄入量可以获益；但钠摄入量过少的情况，也是可能的。他认为，我们不应当基于任何个别研究而做出事关我们饮食的结论；这种结论应当建立在对现有科学证据的整体评估的基础之上。

资讯来源：《赫芬顿邮报》(Huffington Post)

卡茨博士在后来发表在[《赫芬顿邮报》上的另一篇文章](http://www.huffingtonpost.com/david-katz-md/diet-and-nutrition_b_5182519.html?utm_hp_ref=healthy-living)中，对这篇文章又进行了扩展。

[**美国公共利益科学中心（CSPI）估计：2010年以来盐摄入过量造成40万可预防的死亡**](http://cspinet.org/new/201404211.html)

根据美国公共利益科学中心(CSPI)的说法，每年都有数万美国人过早死于中风、心脏病或其它因为钠摄入过量而造成或加重的健康问题。流行病学专家估计，如果美国人从2010年4月开始将钠摄入量减半的话，多达40万人的生命就可能挽救。 美国公共利益科学中心设有一个连续显示的[计数器](http://www.cspinet.org/salt/)，展示死于与盐摄入相关的疾病的美国人的数量。据美国公共利益科学中心所称，美国食品和药物管理局自2010年4月以来，并没有按照美国医学会推荐的钠摄入量去为各类加工食品设置钠含量的限制。

资讯来源：美国公共利益科学中心(Center for Science in the Public Interest)

[**高钠藏身的食品出乎意料**](http://www.kcet.org/living/food/food-rant/sodium-is-hiding-in-unexpected-foods.html)

根据美国疾病预防与控制中心的统计，美国人平均每天消耗约3300毫克的钠，也就是说，比推荐摄入量高1000毫克。在美国，每年有大约四万到九万人死于和钠相关的疾病。造成钠摄入量过高的关键问题不是人们吃的食盐过多，而是大多数的钠都是“隐身”的。一罐经典可口可乐中含有30毫克的钠；小小的一罐番茄酱中含有超过毫克300的钠。该文章描述了五种含钠出乎意料之高的食品：麦片、蔬菜汁、软干酪、面包和调味品。

资讯来源： KCET独立电视台

[**问问“饥饿的女孩”**](http://www.hungry-girl.com/askhg/show/sodium-saving-tips)

“我怎么能够降低一些菜谱中的盐含量，同时还不牺牲口味？”博客“饥饿的女孩”的一名读者向博主丽莎·莉琳（Lisa Lillien）问道。丽莎·莉琳的电视节目在“食品网络和烹饪频道”上播出。莉琳就该问题提供了一些建议，包括用一种无盐的混合调料替代盐的添加；选择低钠产品，尤其是在选择肉汁、番茄酱、调味包和金枪鱼等食品时候；冲洗盛装豆类、蔬菜等食物的罐状器皿，这样可以将35%残留在罐中的钠去除；对于芥末、辣椒酱和沙拉酱等调味品来说，可以减少用量或干脆不用，或者适当使用经过减钠的此类产品。

资讯来源：“饥饿的女孩”(Hungry Girl)博客

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。

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**March 28–April 10, 2014**

Industry News.jpg

[**Boston Market Moving into Healthful Positioning**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fnrn.com%2fopinions%2fmoving-healthful-positioning)

Boston Market chief executive George Michel was inspired by a presentation that James Hill, executive director of the Anschutz Health and Wellness Center at the University of Colorado, made more than 2 years ago about America’s need to eat less sodium. Michel realized that, as CEO, he had an obligation to both the company’s employees, who eat at its restaurants almost every day, and its patrons. Boston Market is currently working to reduce sodium in its food by 15% across the board by the end of 2014. The company started by reducing sodium in its chicken by 20% and in its gravy by 50%. By testing these reductions in its restaurants without informing its guests, Boston Market found that guests either did not notice or preferred the reduced sodium products. The company has recently reduced the sodium in its mashed potatoes—its most popular side dish—by 26% and in its stuffing by nearly 20%. Dr. Hill said Boston Market’s sodium reduction efforts were “an incredible move...and they did it because they believe that restaurants have a responsibility to make it easier for their customers to eat healthier.” Dr. Hill added that he believes more restaurants will begin taking this approach. – Nation’s Restaurant News

[**Bakeries Struggling with Calls to Cut Sodium, Sugar, and Fat**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.bakeryandsnacks.com%2fManufacturers%2fBakeries-struggling-with-calls-to-cut-salt-sugar-and-fat)

Manufacturers of baked goods are reaching a point where calls to cut sodium, fat, and sugar in products are becoming detrimental to the quality of their products, Simon Sloan, general manager of the Fletchers Group of the Bakeries Grain D’Or site in North West London said in a podcast. Although sodium in particular has been reduced in baked goods, bakers say that they are nearing the point where quality is negatively affected. Sloan discussed how his facility is responding to the challenges. – Bakeryandsnacks.com

State-Local.jpg

[**Healthy Meals for Healthier Ohio Kids**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.publicnewsservice.org%2f2014-04-23%2fhunger-food-nutrition%2fhealthy-meals-for-healthier-ohio-kids%2fa38928-1)

Officials with the U.S. Department of Agriculture (USDA) this week visited an Ohio school district to learn more about its efforts to prepare healthier meals, such as introducing more low-sodium foods and whole grains and offering students a chance to taste-test dishes. Audrey Rowe, administrator of the USDA’s Food and Nutrition Service, called the Cincinnati Public School district a model for others because of efforts including salad bars in all schools and vending machines that offer healthier food options for breakfast and lunch. – Public News Service

[**Training to Help Chefs Keep the Flavor, Cut the Salt**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.thereflector.com%2fgood_for_you%2farticle_e201d180-ca65-11e3-8de9-0019bb2963f4.html)

A free culinary training on strategies to enhance flavor and reduce sodium will be offered to chefs from locally owned, independent restaurants in Clark County, Washington. The training is sponsored by Clark County Public Health with funding from a 3-year Sodium Reduction in Communities grant from CDC. The training will be led by Chef Garrett Berdan, a registered dietitian who offers culinary workshops for professional cooks across the country and who has been recognized by the White House as a “Champion of Change.” Melissa Martin, a community health specialist, notes a National Restaurant Association survey found that 71% of adults are trying to eat healthier when eating out, and 6 of 10 consumers are purchasing lower sodium foods. – The Reflector

International News.jpg

[**England’s Sodium Reduction Campaign Saved Lives, Researchers Say**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.latimes.com%2fscience%2fsciencenow%2fla-sci-sn-salt-disease-20140414%2c0%2c2083433.story)

In 2003, the English government began a program to work with companies to gradually reduce sodium levels in processed foods. The program led to a 15% decrease in sodium levels by 2011, according to a new study published online in *BMJ Open*. This reduction was likely “an important contributor” to the 40% reduction in stroke and heart disease deaths in the last decade in England. Because processed foods account for about 80% of total sodium intake, the gradual reduction in sodium added to all such foods likely reduced sodium intake across the population. “Reducing sodium in products without negatively affecting consumer acceptance must be taken into consideration, because a ‘healthy food’ will not promote health if it is not purchased or eaten,” the Grocery Manufacturers Association, a trade group, said in a statement. – Los Angeles Times

This study was covered in several other outlets, including the [*New York Times*](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.nytimes.com%2f2014%2f04%2f22%2fhealth%2fstudy-linking-illness-and-salt-leaves-researchers-doubtful.html%3fhpw%26rref%3dhealth)([op-ed](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.nytimes.com%2f2014%2f04%2f21%2fopinion%2fthe-public-health-crisis-hiding-in-our-food.html)),[*Guardian*](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.theguardian.com%2fsociety%2f2014%2fapr%2f14%2fresearch-finds-link-between-drop-in-salt-consumption-and-fall-in-heart-attack-deaths)*,* [*Telegraph*](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.telegraph.co.uk%2fhealth%2fhealthnews%2f10765881%2fWar-on-salt-has-cut-heart-deaths.html)*,* [Fox News](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2014%2f04%2f15%2fsalt-reduction-campaign-led-to-drastic-decrease-in-deaths-from-stroke-heart%2f), [HealthDay](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fconsumer.healthday.com%2fsenior-citizen-information-31%2fmisc-death-and-dying-news-172%2flower-salt-intake-heart-deaths-bmj-open-release-batch-1128-686736.html), [Nursing Times](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.nursingtimes.net%2fhome%2fbehind-the-headlines%2fsalt-cuts-have-saved-lives-says-study%2f5070055.article%3fblocktitle%3dBehind-the-Headlines%26contentID%3d4530), and [Medscape](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.medscape.com%2fviewarticle%2f823799) (subscription required).

[**AHA Praises Sodium Reduction Efforts by United Kingdom Food Industry**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fnewsroom.heart.org%2fnews%2famerican-heart-association-praises-sodium-reduction-efforts-by-united-kingdom-food-industry)

American Heart Association (AHA) CEO Nancy Brown recently commented on the *BMJ* study showing some positive health effects following the reduction of sodium in the food supply, saying, “This study illustrates just how profoundly people’s health can improve when sodium intake is reduced in the food supply. And this is very promising news as the AHA and other public-health advocates continue to work with food industry and government leaders in the United States.” She added that “many in the food industry have voiced concern that reduced sodium products would not taste the same, but the efforts of industry and health organizations in the United Kingdom have shown exactly the opposite. She also notes that high blood pressure, heart attacks, and strokes all dropped. – American Heart Association

[**Starbucks and Other Chains Add Nutritional Information to Menu**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.cbc.ca%2fnews%2fcanada%2fbritish-columbia%2fstarbucks-and-other-chains-add-nutritional-info-to-menu-1.2612335%3fcmp%3drss)

Restaurant chains in British Columbia, Canada, including Starbucks, McDonald’s, and Tim Hortons, are joining other major chains in voluntarily providing nutritional information on their menu items. British Columbia is expanding its “Informed Dining” program to 19 national restaurant chains. The program provides sodium content and caloric data on menu choices and will now be featured in 2,000 restaurant outlets in the province. When the program was first launched in 2012, it was adopted by 300 outlets. The chains will also provide daily guidelines for sodium and calorie requirements recommended limits. – CBC News

[**Salt Levels in Many U.K. Supermarket Foods “Unnecessarily High”**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.telegraph.co.uk%2fhealth%2fhealthnews%2f10776079%2fSalt-levels-in-many-foods-unnecessarily-high.html)

Some U.K. supermarket pizzas contain almost half the daily allowance of sodium recommended for adults, while snacks such as sandwiches, smoked fish, and ready meals can contain at least a third, a *Telegraph* analysis shows. The study of 50 products from major U.K. supermarkets also found that other items, such as soups, meat, and salads, contained more than a quarter of the 6 grams of salt (about 2,300 milligrams of sodium) that the U.K. Government recommends as a daily limit. Of the 50 products surveyed, 20 items contained at least a quarter of the recommended daily allowance of sodium in one serving, with 13 containing more than a third of the limit. In some cases the quantities were much higher than alternative products also sold by the supermarkets. Two products—a jar of Branston Pickle and Marks & Spencer chicken skewers—had more salt per gram than seawater does. The article features an interactive chart of each product surveyed to convey salt per serving and the percentage of the recommended daily limit. – Telegraph

[**Portuguese Government to Study Taxing Sodium, Fat, and Sugar**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2ftheportugalnews.com%2fnews%2fgovernment-to-study-taxing-fat-sugar-and-salt%2f31291)

Portugal will study the scope for taxing products that do not meet certain health standards, according to Minister of Health Paulo Macedo. “In the 2015 state budget, there is a need to resolve the debt that has been accumulating over the course of time by hospitals. We understand that there is a place for health policy related revenues to make a contribution to this effort,” said Macedo. The government will look at the value of increasing taxes on tobacco and alcohol, as well as implementing taxes on products containing high levels of sodium or sugar. – Portugal News Online

New Studies-Research.jpg

[**New Sodium Intake Research and the Response of Health Organizations**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fblog.oup.com%2f2014%2f04%2fnew-sodium-intake-research-health-organizations-response%2f)

The *American Journal of Hypertension* recently published findings from a comprehensive meta-analysis monitoring health outcomes for individuals based on their daily sodium intake. The results suggested that levels of daily sodium intake recommended by governmental agencies like CDC are too low. Media outlets were quick to broadcast the findings, and CDC and organizations like the American Heart Association (AHA) dismissed the analysis, without pointing to specifics, as relying on “faulty methodology” and “flawed data.” Oxford University Press interviewed Niels Graudal, lead author of the meta-analysis, about his research and his opinion on the government health agencies’ reaction to the new findings. – Oxford University Press Blog

Other.jpg

[**Of Salt, Saltation, and Salience: The Case for Fixing What’s Broken**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.huffingtonpost.com%2fdavid-katz-md%2fsalt_b_5166839.html)

There is reason to believe that most people consume too much sodium and would benefit from consuming less. But whether the topic is salt, saturated fat, calories, or even the health effects of consuming vegetables and fruits, saltation (jumping from one position to another) seems to be the prevailing inclination in modern nutrition—especially in the popular press—according to David L. Katz, founding director of Yale University’s Prevention Research Center. Two recent studies compel Dr. Katz to revisit discussions about sodium. The first, a meta-analysis published in the [*American Journal of Hypertension*](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpubmed%2f24651634) in early April, predictably garnered more media attention, because it challenged the prevailing view. The second study, recently published online in [*BMJ Open*](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fbmjopen.bmj.com%2fcontent%2f4%2f4%2fe004549.full), went in the opposite direction, finding that too much sodium is the problem after all. Dr. Katz’s conclusion remains unchanged: Most people consume too much sodium and would benefit from reducing their intake, and it is also possible to consume too little. Conclusions about sodium in our diets should not be based on any one study, he argues, but rather on the overall weight of evidence.  – Huffington Post

Dr. Katz expands on this article in a follow-up [Huffington Post article](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.huffingtonpost.com%2fdavid-katz-md%2fdiet-and-nutrition_b_5182519.html%3futm_hp_ref%3dhealthy-living).

[**CSPI Estimates 400,000 Preventable Deaths from Excess Salt Since 2010**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fcspinet.org%2fnew%2f201404211.html)

Every year, tens of thousands of Americans prematurely fall victim to strokes, heart attacks, or other health problems caused or exacerbated by excess sodium intake, according to the nonprofit Center for Science in the Public Interest (CSPI). Epidemiologists have estimated that if Americans had cut their sodium intake in half beginning in April 2010, as many as 400,000 lives might have been saved. CSPI has [an ongoing counter](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.cspinet.org%2fsalt%2f) displaying the number of Americans who have died from salt-related diseases. According to CSPI, the U.S. Food and Drug Administration has not acted on Institute of Medicine recommendations from April 2010 to set limits on the levels of sodium allowed in various categories of processed food. – Center for Science in the Public Interest

[**Sodium Is Hiding in Unexpected Foods**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.kcet.org%2fliving%2ffood%2ffood-rant%2fsodium-is-hiding-in-unexpected-foods.html)

The average American consumes about 3,300 milligrams of sodium a day, or 1,000 milligrams more than is recommended, according to CDC. In the United States, between 40,000 and 90,000 people die annually due to sodium-related issues. The main problem is not that people are adding too much table salt, but that much of the sodium is “hidden.” A can of Coca-Cola Classic contains 30 milligrams of sodium; a simple can of tomatoes may contain more than 300 milligrams. The article describes five foods that are unexpectedly high in sodium: cereal, vegetable juice, cottage cheese, bread, and condiments. – KCET

[**Ask Hungry Girl**](https://mail.cn.cdc.gov/owa/redir.aspx?C=j-hzcamBnk2LumhDP5wb_paRHNUDONEIy-PkNKNt7vbShGOV_14lo-lLMyCTbyFPpc_bsiiKd_Q.&URL=http%3a%2f%2fwww.hungry-girl.com%2faskhg%2fshow%2fsodium-saving-tips)

“How can I lower the salt content in some of your older recipes without sacrificing flavor?” a reader asks Hungry Girl blogger Lisa Lillien, whose television show appears on Food Network and Cooking Channel. Lillien offers some recommendations, including replacing added salt with a salt-free seasoning blend; choosing lower sodium products, especially for broth, ketchup, seasoning packets, and tuna; rinsing canned items such as beans or vegetables to eliminate about 35% of the sodium listed on the can; and reducing, omitting, or finding reduced sodium options for condiments such as mustard, hot sauce, and salad dressing. – Hungry Girl

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