

《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。

**2015年9月26日至10月9日**

**行业资讯**

[**雀巢加果蔬减钠量为创造“更好的食品环境”做贡献**](http://www.foodnavigator-usa.com/Manufacturers/Nestle-adds-fruits-veggies-cuts-sodium-fat-for-better-food-environment)

雀巢公司在其年度报告中称，鉴于97%的美国家庭都在使用雀巢产品，因此他们已做好充分准备，通过改进产品配方，减少脂肪、糖和钠的含量，以及推出含有水果、蔬菜和其它健康原料的新产品等手段，为创造一个“更好的食品环境”做出努力。雀巢还将通过提供更详细的包装正面标签、比例控制说明以及组织各种健康主题的活动，来帮助美国人在食品选择上做出更加健康的选择。到2016年底，该公司计划将其尚未达到“雀巢营养基础标准”的产品中的钠含量，在2012年的含钠量基础上，减少至少10%。纳入减钠计划的产品包括DiGiorno、Tombstone、California Pizza Kitchen、Hot Pockets以及Lean Pockets等品牌的冷冻披萨。——FoodNavigator-USA.com

**政府新闻**

[**议员对今年年底到期的饮食指导原则的有效性和相关性提出质疑**](http://www.usnews.com/news/politics/articles/2015/10/07/lawmakers-question-effectiveness-of-dietary-guidelines)

部分议员近期就美国人是否应当信任政府制定的饮食指导原则这一问题向联邦官员提出质疑。政府的饮食指导原则对学校午餐、医生建议等都做了规范。卫生与人类服务部部长西尔维亚·马修斯(Sylvia Mathews)和农业部部长汤姆·维尔萨克(Tom Vilsack) 两人在众议院农业委员会会议上为上述指导原则做了辩护，并指出最新的指导原则尚未起草。他们说，指导原则每五年公布一次，目前这个版本要到2015年底才到期。负责为指导原则提供初步建议的某政府顾问委员会已经表态不支持施行更加严格的限盐标准，尽管该委员会也指出，美国人摄入的盐仍然过多。该顾问委员会还建议，政府应当考虑对含糖量过高的饮料和食品征税。但马修斯和维尔萨克两位部长都表示，最终版本的新的指导文件不会采纳这一建议。——《美国新闻与世界报告》/《美联社》(U.S. News & World Report/Associated Press)

[**状告美国食品及药物管理局别再说盐是安全的**](http://www.dispatch.com/content/stories/national_world/2015/10/08/stop-saying-salt-is-safe-lawsuit-tells-fda.html)

美国消费者倡导组织——公共利益科学中心(CSPI)，最近起诉美国食品和药物管理局(FDA)，控告其未能对美国食品供应中的盐的含量进行有效规范。食品和药物管理局对盐所给出的定义是“公认安全级”，而该中心则希望能够取消这一定义，并为此进行了长达十年的请愿。取消对盐的这一定义，就会将盐重新归类到食品添加剂的范围，从而使其受到更加严格的管控。1978年，公共利益科学中心第一次提出了这样的请求，但食品和药物管理局未予理睬，于是，前者于1983年再次提起诉讼，但未被受理。公共利益科学中心在最近的这次起诉中称，食品和药物管理局的拖延违反了《行政程序法案》，该法案规定联邦政府机构要对请愿及时做出决定。——《哥伦布快讯》（Columbus Dispatch）

[**报告称营养指导达标结果因校而异**](http://www.nytimes.com/2015/10/07/us/politics/schools-report-varying-results-in-their-efforts-to-comply-with-nutrition-guidelines.html)

在美国的一些学校里，参加学校膳食计划的孩子越来越少，而食物浪费的情况却在增加，这是因为学生不愿意吃“2010健康无饥饿儿童法案”所规定的健康食物。有的学校已经要求国会推迟施行现有的一些规定，但一些公共卫生倡导者和学校官员则称，这样做会使对抗儿童肥胖症的努力付诸东流。农业部部长汤姆·维尔萨克(Tom Vilsack) 承认，有的学校要达到新标准确实存在困难，但同时他也表示，农业部的数据显示超过95%的学校已经达到了新的标准。圣保罗公立学校首席运营官珍·罗尼(Jean Ronnei) 称，圣保罗学校一直与食品公司合作，开发出含盐和糖更少的食物，但她也指出：“这些规定让我们在给学生提供餐食时，选择更少，创造力也受限。”国会一些议员提出议案，要阻止农业部要求各学校将膳食钠含量水平降低到当前水平以下。农业部的这一规定已于2014年7月生效，但上述提案何时会进入投票阶段目前尚不清楚。——《纽约时报》(New York Times)

[**学生们为什么讨厌学校午餐**](http://www.nytimes.com/2015/09/27/sunday-review/why-students-hate-school-lunches.html)

一些美国学区的食品和营养主管表示，达到“2010健康无饥饿儿童法案”所规定的健康标准，就意味着会有更多的学生不把学校午餐吃光，或是干脆选择退出学校午餐计划。尽管没有人认为，要解决这一问题就得取消该规定而重新回到给学生提供不健康的食物的老路上去，但在国会正在考虑是否对该规定尤其是其100%全麦和极低钠含量水平等要求进行再次授权的时候，社会上也一直有呼声，要求适度放松这些标准。俄亥俄州西南部拉科塔学区的儿童营养和健康主任克里斯·伯克哈特(Chris Burkhardt) 表示，为了能够减少浪费，并把那些选择自带午餐和校外吃快餐的学生拉回到学校午餐计划中，他的学区各个餐厅都安装了无油炸食品站，提供丰富的蔬菜，以便让学生能够订到现成的饭菜。该学区还增设了香料台，帮助学生将学校的低盐食物调地更好吃一些。——《纽约时报》(New York Times)

**州/地方新闻**

[**艾姆斯学区提供健康饭菜**](http://amestrib.com/news/ames-school-district-serves-healthy-lessons)

爱荷华州埃姆斯市的学校已经逐步实施了新的联邦营养标准。该学区食品服务主任凯特·泽伯特(Kate Zebert) 称，将午餐换成全谷物成分的食物，这是学生们接受起来最有难度的一点。泽伯特表示，刚开始的时候，因为贯彻了更严格的营养标准，因此食物浪费情况有所增加，但现在已经稳定下来。初中和高中的学校里增设的香料台已经起到一定作用，帮助学生适应餐厅没有盐瓶的生活。餐厅不提供盐瓶这一举动旨在减少钠的摄入。——《艾姆斯论坛报》(Ames Tribune)

**国际新闻**

[**鸡肉面条汤的含盐量排名**](http://www.huffingtonpost.ca/2015/10/05/chicken-noodle-soup-salt_n_8245616.html)

讨论人们购买和食用的食品中成分构成的系列文章《看懂标签》 (Digesting The Label)对最受加拿大人欢迎的一些超市鸡肉面条汤品牌进行了分析。该文章指出，如果一款鸡肉面条汤从标签成分表看上去比较健康的话，那么一般情况下该食品也确实比较健康，尤其是将其与同品牌其它款的鸡肉面条汤相比较时，更能得出这一结论。举例来说，坎贝尔(Campbell) 品牌的“健康需求” (Healthy Request) 款鸡肉面条汤中的含盐量大约是普通装的一半。“健康选择” (Healthy Choice) 款鸡肉面条汤含钠量最低，每份仅有390毫克的钠；而含钠量最高的鸡肉面条汤是一款叫作“沃尔夫冈·普克” (Wolfgang Puck) 的产品，其钠含量达到了860毫克每份。——加拿大《赫芬顿邮报》(Huffington Post Canada)

**新研究/调研成果**

[**美国儿童摄钠过量**](http://www.middletownpress.com/opinion/20151005/forum-american-children-consume-too-much-sodium)

美国疾病预防控制中心最近发布的一份报告显示，超过90%的美国儿童摄入了过多的钠。根据该项研究，孩子们摄入的钠有近一半来自于炸鸡块、比萨和意大利面等食品。总体而言，儿童钠摄入量的43%来自于餐馆和食品杂货店出售的号称适合儿童的食品。好吃的零食、熟食肉类、面包、汤类和奶酪也在高钠食品的列表之中。对于超重和肥胖的青少年人群来说，每日钠摄入量每增加1000毫克，患上高血压的风险就会上升74%，而在那些没有超重或肥胖问题的青少年当中，这一风险仅会增加6%。孩子偏爱咸味食物的习惯是在其生命早期形成的，但父母和看护人可以通过改变食物的生产、购买、制作和提供方式来帮助他们降低钠摄入量。——《米德尔顿出版社》(Middletown Press)

**其它信息**

[**善用香料少用盐**](http://www.listener.co.nz/lifestyle/nutrition/spice-it-up-and-hold-the-salt/)

香草和香料本身对于健康的直接益处或许尚无定论，但用其替代食盐对食物进行调味，从而帮助人们减少盐摄入量，这一点确是毋庸置疑的。在多数西方国家，膳食盐的摄入量远高于人体的实际需求，而且科学证据也显示，高钠摄入与高血压之间存在关联。在美国进行的一项大规模随机试验当中，药草和香料成功地被用来降低成人的钠摄入量。在试验的第一阶段，研究人员提供了所有的食物和饮料，在为期4周的时间里，55名成年受试者摄入了低钠饮食。在第二阶段，40名参与者被随机分成两组，一组被给予了减少钠摄入的标准饮食建议，而另一组则受到行为干预，包括教其如何使用香草和香料代替食盐给食物调味。截至为期20周的第二阶段结束时，使用香草和香料的参与者每日钠摄入量比另一组的参与者平均低1000毫克。——《新西兰倾听者》(New Zealand Listener)

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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.

**September 26–October 9, 2015**

[**Nestlé Adds Fruits and Veggies and Cuts Sodium to Help Create “Better Food Environment”**](http://www.foodnavigator-usa.com/Manufacturers/Nestle-adds-fruits-veggies-cuts-sodium-fat-for-better-food-environment)

With products in 97% of U.S. households, Nestlé claims it is well positioned to help shape a “better food environment” by reformulating products with less fat, sugar, and sodium and launching new options that include fruits, vegetables, and other desirable ingredients, according to the firm’s annual report. Nestlé also wants to help Americans make healthier choices, with more detailed front-of-pack labeling, portion control guidance, and fitness initiatives. By the end of 2016, the firm wants to reduce sodium by at least 10% from 2012 levels in products that do not already meet Nestlé Nutrition Foundation criteria. Targets for sodium reduction include frozen pizza brands DiGiorno, Tombstone, and California Pizza Kitchen as well as Hot Pockets and Lean Pockets. – FoodNavigator-USA.com

[**Lawmakers Question Effectiveness, Relevancy of Dietary Guidelines Due Later This Year**](http://www.usnews.com/news/politics/articles/2015/10/07/lawmakers-question-effectiveness-of-dietary-guidelines)

Lawmakers recently asked federal officials whether Americans should trust the government’s dietary guidelines, which inform everything from school lunches to physicians’ advice. Health and Human Services Secretary Sylvia Mathews Burwell and Agriculture Secretary Tom Vilsack defended the guidelines before the House Agriculture Committee, pointing out that the latest guidelines have not even been written; they are released every 5 years, and the new version is due by the end of 2015. A government advisory committee charged with making preliminary recommendations for the guidelines has backed off stricter limits on salt, although it noted that Americans still get too much. Vilsack and Burwell both said that the final guidelines would not follow the government advisory committee’s suggestions that the government should consider taxes on sugary drinks and foods. – U.S. News & World Report/Associated Press

[**Stop Saying Salt Is Safe, Lawsuit Tells FDA**](http://www.dispatch.com/content/stories/national_world/2015/10/08/stop-saying-salt-is-safe-lawsuit-tells-fda.html)

The Center for Science in the Public Interest (CSPI), a U.S. consumer advocacy group, recently sued the Food and Drug Administration (FDA) for failing to regulate the amount of salt in the nation’s food supply. CSPI wants the FDA to act on the group’s 10-year-old petition to lift salt’s status as “generally recognized as safe.” Doing so would reclassify salt as a food additive, subjecting it to more stringent regulation. FDA inaction after CSPI’s first request in 1978 prompted the group to file a new lawsuit in 1983, which was dismissed. The recent complaint claims the FDA’s delay violates the Administrative Procedure Act, which requires federal agencies to decide petitions in a timely manner. – Columbus Dispatch

[**Schools Report Varying Results in Their Efforts to Comply with Nutrition Guidelines**](http://www.nytimes.com/2015/10/07/us/politics/schools-report-varying-results-in-their-efforts-to-comply-with-nutrition-guidelines.html)

In some U.S. schools, fewer children are participating in the school meals program and food waste is increasing because students are not eating the healthier alternatives mandated by the Healthy, Hunger-Free Kids Act of 2010. Some schools have asked Congress to delay implementation of some of the rules, a move that some public health advocates and school officials say would set back efforts to fight childhood obesity. Agriculture Secretary Tom Vilsack acknowledged that some schools are struggling to meet the new standards but said Department of Agriculture data showed that the new standards are being met by more than 95% of schools. Jean Ronnei, chief operations officer for St. Paul Public Schools, says St. Paul schools have worked with food companies to come up with foods with less salt and sugar, but she noted that “these rules have given us less options, less choice and less creativity in what we do.” In Congress, several lawmakers have introduced legislation that would prevent the Department from requiring sodium reductions in school meals below the current level, which took effect in July 2014, but it is unclear when those measures will come to a vote. – New York Times

[**Why Students Hate School Lunches**](http://www.nytimes.com/2015/09/27/sunday-review/why-students-hate-school-lunches.html)

Food and nutrition directors in some U.S. school districts say that meeting the guidelines set by the Healthy, Hunger-Free Kids Act of 2010 means more students are not finishing or are opting out of their school meals. Although no one argues that the solution is to scrap the legislation and go back to serving students unhealthy meals, there has been a movement to relax some of the guidelines as Congress considers whether to reauthorize the legislation, particularly the mandates for 100% whole grains and extremely low sodium levels. Chris Burkhardt, director of child nutrition and wellness at the Lakota Local School District in southwestern Ohio, said that to reduce waste and bring back students who have opted to pack a lunch or go off campus for fast food, his district’s cafeterias have installed stir-fry stations with abundant vegetables so students can have meals made to order. The district has also added spice bars to help students enliven the lower salt fare. – New York Times

[**Ames School District Serves Up Healthy Lessons**](http://amestrib.com/news/ames-school-district-serves-healthy-lessons)

Schools in Ames, Iowa, have gradually implemented new federal nutrition standards, and district director of food services Kate Zebert said the switch to whole grains has been the most difficult for students. Zebert said food waste initially increased because of the stricter requirements but has now stabilized. Spice stations at middle and high schools have helped students get used to not having salt shakers in cafeterias, a move intended to reduce sodium intake. – Ames Tribune

[**Salt in Chicken Noodle Soup, Ranked**](http://www.huffingtonpost.ca/2015/10/05/chicken-noodle-soup-salt_n_8245616.html)

Digesting The Label, a series that looks at what is in the food that people buy and eat, reviews some of the most popular Canadian store-bought chicken noodle soup brands. The article notes that anything on the label that makes it seem healthier is generally true—especially when compared against other types of the same soup from the same brand. For example, Campbell’s Healthy Request chicken noodle soup has roughly half the amount of salt as the regular can. Among the lowest sodium options was Healthy Choice, with 390 milligrams of sodium per serving; the soup with the most sodium was the Wolfgang Puck version, with 860 milligrams of sodium per serving. – Huffington Post Canada

[**American Children Consume Too Much Sodium**](http://www.middletownpress.com/opinion/20151005/forum-american-children-consume-too-much-sodium)

A recent report from the CDC showed that more than 90% of American children consume too much sodium. Foods such as chicken nuggets, pizza, and pasta account for almost half of children’s sodium intake, according to the study. Overall, 43% of children’s sodium came from foods frequently marketed to kids at restaurants and grocery stores. Savory snacks, deli meats, breads, soups, and cheeses were also on the list of items with high sodium. The risk for high blood pressure among overweight and obese youths rose 74% for every 1,000 milligrams of increased sodium intake per day—compared with only a 6% increase among young people who are not overweight or obese. A child’s preference for salty foods is shaped early in life, but parents and caregivers can help lower sodium by changing how foods are produced, purchased, prepared, and served. – Middletown Press

[**Spice It Up and Hold the Salt**](http://www.listener.co.nz/lifestyle/nutrition/spice-it-up-and-hold-the-salt/)

The direct health benefits of herbs and spices may be debatable, but they can certainly help people reduce their salt intake when used in place of salt to flavor food. Dietary salt intake in most Western countries is much higher than required, and scientific evidence links this to high blood pressure. Herbs and spices were used successfully in a large-scale randomized U.S. trial to reduce adults’ sodium intake. During the first phase of the trial, in which all food and drinks were provided, 55 adults consumed a low sodium diet for 4 weeks; during the second phase, 40 participants were randomly assigned to receive either standard dietary advice to reduce sodium intake or a behavioral intervention that involved education on using herbs and spices instead of salt to flavor food. At the end of the 20-week second phase, the participants using herbs and spices were consuming, on average, 1,000 milligrams less sodium per day than the other group. – New Zealand Listener

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