****

《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4月9日22日**

**行业新闻**

**玛氏公司成为第一个呼吁FDA颁布盐含量指导标准的食品巨头**

 “本叔叔”牌大米和包装食品制造商玛氏集团呼吁美国食品和药物管理局(FDA)发布加工食品盐添加量的自愿性指导标准。这是美国食品生产商首次发表此类呼吁。在此之前，该集团旗下总部位于布鲁塞尔玛氏食品公司誓言要在2021年之前将其产品中的钠含量平均降低20%。美国食品和药物管理局正在制定加工食品钠含量指导标准，预计将在未来几个月正式发布。该公司加工食品部门的全球总裁菲奥娜·道森表示，玛氏食品公司想要在这个问题上发挥其影响。“现在参与到（钠含量标准）这场论争当中来，可谓正当其时，”道森在最近的一次采访中说。“我们认为食品行业有了自愿性指导标准依旧可以发展的很好。”——彭博社

**政府新闻**

**减少钠摄入益处多**

美国国会正在考虑立法批准儿童营养项目，包括学校膳食的营养标准。约翰·霍普金斯大学的医学教授劳伦斯·爱皮尔表示，参议院农业、营养和林业委员会的的法案比较慎重，两党都能接受，既能满足儿童在减钠方面的健康需求，也给尚需更多时间来降低钠水平的学校午餐计划提供了实施的灵活空间。但爱皮尔说，众议院教育与就业委员会的讨论草案推翻了理由充分的参议院法案，忽视了钠摄入标准的重要性，且对于支持儿童减钠的科学依据的表述也是不诚实的。爱皮尔表示，更多的科学证据支持目前减少钠摄入的营养标准，因为这样可以降低血压，预防高血压对健康造成的负面影响。– The Hill

**众议院委员会表决FDA的控钠政策**

美国众议院拨款委员会最近表决同意了一项修正案，延缓美国食品和药物管理局(FDA)推行其针对各类食品钠含量所制定的指导标准，直到一项关于膳食参考摄入量(DRIs)的独立研究报告发布之后再行决定。该修正案是针对FDA即将发布的为不同种类食品设定钠含量水平指导标准而提出的。公共卫生和消费者团体一直在推动美国食品和药物管理局对限制加工食品中的钠含量采取措施。同时,美国疾病控制与预防中心、美国科学工程与医学院也开始审查FDA制定的膳食参考摄入量标准。此次由众议员安迪·哈里斯（来自马里兰州）提出的修正案把这两方面的行动联系到了一起，正如他所说，在完整的DRI审查缺乏的情况下，FDA不具备发布钠含量指导标准的专业能力。而反对这项修正案的众议员山姆·法尔 (来自加利福尼亚)则说,该修正案就是哗众取宠。他表示，FDA在制定其指导标准时使用的是最新的研究成果。--食品化学新闻

**国际新闻**

**南非食品生产商调整基础食品中盐含量的最后期限即将到来**

6月30日是南非食品生产商们为包括谷类、面包、黄油、汤类和薯片在内的许多常见食物减盐的最后期限。目前他们正在加紧努力，以便在最后期限到来前达标。南非民众平均每天盐摄入量超过40克，是世界卫生组织推荐的成人摄入限额的八倍还多，这样高的摄入量来自于一些看似含盐不高的高盐食品。为此南非政府专门颁布新的法律，针对这些食品设定了减钠目标。根据该法律，面包含盐量应从每两片含盐650毫克降低至400毫克。2013年，南非卫生部长Aaron Motsoaledi曾介绍说，南非人每天摄入的盐大约有40%来自面包，而面包正是南非许多家庭的主食。——城市新闻

**玛氏食品公司对其在英国出售的产品给出限制食用的建议**

生产Dolmio品牌和“本叔叔”品牌酱料的玛氏食品公司宣布，其在英国市场上售卖的一些产品由于高盐、高糖或高脂肪含量，应当每周仅食用一次。这些产品包括Dolmio品牌的宽面条酱、香蒜酱、烤意面和通心粉系列酱料以及“本叔叔”品牌的东方酱。该公司表示，将在其产品包装盒网站上标明某一产品为“日常食用”还是“偶尔食用”。玛氏食品声称，其生产的某些产品的盐、糖或脂肪含量较高是为了保持产品的“正宗”的味道。不过英国著名营养专家汤姆·桑德斯则表示，罐装酱料无需添加大量的盐。——英国广播公司

**新研究/调研成果**

**在旷日持久的盐含量论争中，食品行业****被比作烟草和酒精饮料**

大部分证据表明，高盐饮食会导致健康风险增加。然而这一点却被描述成“预防医学史上最大的骗局”。《华盛顿邮报》说，关于盐摄入量的论争“可能是所有科学论争中两极分化最为突出的一场论争”。尽管世界上很多国家都坚定地发布了指导标准，建议全民减少钠摄入量，一份著名医学杂志发表的一篇文章却得出结论，认为支持减钠建议的证据还不明确，这让关于是否应当减盐的论争烽烟再起。不过，悉尼大学公共卫生研究员布鲁斯·尼尔说，科学证据压倒性地支持低盐饮食，而该分析文章则有点良莠不分，既肯定了高质量研究的价值，也认同了低质量研究的结果。“气候变化是为大多数人所熟知的科学论争，它和盐的论争有相似之处……其证据基础不完整，容易被人操控和误解，而且在两场论争中都有很强的商业利益涉足其中一方，”尼尔在对该文章的回应中写道。他的回应与上述分析文章一起发表在《国际流行病学杂志》上。--《悉尼先驱晨报》

**婴儿饮食结构中蔬菜和全麦太少而钠和糖太多**

Beech-Nut营养公司委托的一项新的研究表明，仅有40% 0-24个月的婴幼儿吃蔬菜，且他们大多数摄入全麦成分的量仅有推荐摄入量的三分之一。该研究引用了了全美健康和营养调查(NHANES)的数据。在婴儿9个月左右的时候，他们从婴儿食物过度到普通食物，这期间他们摄入的糖果、咸味小吃和含糖饮料的数量显著增加。到了12个月，婴幼儿每天摄入的钠超过1500毫克；近40%的婴幼儿食用饼干和咸味零食；他们摄入的钠主要来源于热狗、熏肉、饼干、奶酪和混合面食。“越来越多的证据表明，在生命的最初2年里孩子的饮食结构对于其日后肥胖预防和长期健康至关重要，这也让我们在此项分析中得出的结果更加令人担忧，”全美健康和营养调查分析首席研究员Victor Fulgoni III说道。“很显然，我们需要制定策略，对婴幼儿食物过渡的关键时期进行重点关注。”——天然产品内讯

**其它信息**

**六种可增味的食盐替代品**

海盐的大时代已经结束，但是还有许多其他的方法来增加食物咸味，而且其中很多方法还可以增强食物难以界定却总受欢迎的那种味道：鲜味。日本酱油制作过程不使用小麦，含盐量略低。也可以添加少量鱼酱，加盐鱼酱中盐是用来增加其口味厚重感的，如果不添加盐，则只是厚重感缺乏而已。味噌酱也是用大豆制成的，但它经过发酵，粘稠度甚至超过了花生酱；将其与用芝麻酱和酸奶混合，就就成了一种便捷酱料，可以用勺抹在烤蔬菜上。——达拉斯晨报

**摄入多少盐是安全的?**

营养学家凯瑟琳·杰斯表示，用一撮盐为新鲜饭菜增味，这样做是可以的。但是因为大家的情况都各不相同，所以你需要确保自己知道对你来说，摄入多少盐是安全的。“关于为饭菜添加食盐，有一种错误的观念。如果你用新鲜食材做饭，那么加一撮盐增味是没有问题的……(尽管最好应当在小孩子没有看到的时候去这样做，因为他们往往想要复制父母的行为方式)。”杰斯建议使用大量的香草和香料，这样在开始减少钠摄入的时候，你就无需在食物味道上作出让步。他还指出，阅读食品标签非常重要，而且要明白“有的食品营养成分表中所列的项目是钠而非盐，这样的话你就需要将其钠含量乘以2.5，才能得出盐含量的准确数值。”– 电讯报

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。

《减盐新闻》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性和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。

非美国联邦机构的链接仅作为提供给我们的用户的一种服务。链接不构成美国疾病预防控制中心或任何联邦政府机构的认可，也不可由此做出任何推断。美国疾病预防控制中心不对在此链接中找到的任何组织的网页内容负责。

网站地址偶尔会因文本换行而断开。为了解决失效链接的问题，请将两行文本均复制到你的浏览器地址栏中，而且之间不留空格。网站地址通常会以“.html”，“.htm”，或“.asp”结束。由于大多数文章的版权限制，我们无法将它们粘贴到此邮件上。

 有任何问题或建议请联系美国疾病预防控制中心蔡颖女士（caiy@cn.cdc.gov）。

*****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.

**April 9–22, 2016**



[**Mars Becomes First Food Giant to Call for FDA Salt Guidelines**](http://www.bloomberg.com/news/articles/2016-04-13/mars-becomes-first-food-giant-to-call-for-fda-salt-guidelines)

Mars Inc., the maker of Uncle Ben’s Rice and packaged meals, is calling on the U.S. Food and Drug Administration (FDA) to issue voluntary guidelines for how much salt should be in processed food. The announcement is the first of its kind by a food producer in the United States. It comes as Mars Food, the company’s Brussels-based packaged-food division, vows to reduce the amount of sodium in its products by an average of 20% by 2021. The FDA is working on sodium guidelines for processed food that are expected to be released in coming months, and Mars Food wanted to weigh in on the issue, according to Fiona Dawson, the packaged-food division’s global president. “It’s the right time to engage in the debate,” Dawson recently said in an interview. “We see the industry moving really well when we have voluntary guidelines.” – Bloomberg



[**Only Positives for Reduced Sodium Intake**](http://thehill.com/opinion/op-ed/275912-only-positives-for-reduced-sodium-intake)

Congress is currently considering legislation to reauthorize child nutrition programs, including nutrition standards for school meals. According to Lawrence J. Appel, a professor of medicine at Johns Hopkins University, the Senate Agriculture, Nutrition, and Forestry Committee’s bill takes a measured, bipartisan approach, addressing children’s health needs with respect to sodium reduction while providing flexibility to school food programs that need more time to reduce sodium levels. But Appel said the House Education and the Workforce Committee’s discussion draft bill dismisses that reasoned approach, disregards the sodium standard, and presents a disingenuous picture about the science behind sodium reduction in children. The preponderance of evidence, Appel said, supports current nutrition standards that reduce sodium intake as a means to lower blood pressure and prevent its negative health consequences. – The Hill

[**House Committee Votes on FDA’s Sodium Policy**](https://www.agra-net.com/agra/food-chemical-news/legal-and-regulatory/legislation-/house-committee-votes-on-fdas-sodium-policy-gm-food-riders-in-fy-2017-bill--1.htm)

The House Appropriations Committee recently agreed to an amendment that would delay the FDA from advancing guidance targeting levels of sodium in various foods until a separate study on dietary reference intakes (DRIs) is issued. One of the amendments took aim at the FDA’s yet-to-be-released guidance that would set sodium target levels for various food categories. Health and consumer groups have been pushing for the FDA to restrict sodium levels in processed foods. At the same time, the Centers for Disease Control and Prevention and the National Academies of Sciences, Engineering, and Medicine are beginning to review the DRIs. An amendment by Representative Andy Harris (R-Maryland) tied the two actions together, as Harris said the FDA does not have the expertise to issue the sodium guidance without the completed DRI review. Speaking in opposition to the amendment, Representative Sam Farr (D-California) said the amendment was an overreach and suggested the FDA is using the latest studies in moving the guidance forward. – Food Chemical News



[**Deadline Looms for South African Food Producers to Adjust Salt in Basic Foods**](http://city-press.news24.com/News/deadline-to-adjust-salt-in-basic-food-looms-20160411)

South African food producers are racing to meet a June 30 deadline for salt reduction among many common food groups, including cereal, bread, butter, soup, and potato chips. South Africans consume on average more than 40 grams of salt per day, eight times higher than the World Health Organization’s recommended limit for adults; much of this intake comes from hidden salts in products targeted by the new legislation. According to the law, salt content in bread will have to be reduced from 650 milligrams to 400 milligrams per two slices. In 2013, Health Minister Aaron Motsoaledi said that about 40% of South Africans’ daily intake of salt came from bread, which was a staple food for many families in the country. – City Press

[**Mars Food Advises Limit on U.K. Products**](http://www.bbc.com/news/uk-36051333)

Mars Food, the company behind Dolmio and Uncle Ben’s sauces, announced that some of its products in the United Kingdom should only be consumed once a week due to high salt, sugar, or fat content, including Dolmio lasagna sauces, pesto sauce, and carbonara and macaroni oven kits as well as Uncle Ben’s oriental sauces. The company said it would distinguish between “everyday” and “occasional” items on packaging and its website. Mars said some foods were higher in salt, sugar, or fat to maintain the “authentic” taste of products. But according to one of the U.K.’s leading nutrition experts, Tom Sanders, there is no need to add large amounts of salt to jarred sauces. – BBC



[**Food Industry Compared to Big Tobacco and Alcohol in Long-Running Controversy Over Salt Content**](http://www.smh.com.au/national/health/food-industry-compared-to-big-tobacco-and-alcohol-in-longrunning-controversy-over-salt-content-20160406-gnzptt.html)

It has been described as “the largest delusion in the history of preventive medicine”—the body of evidence that suggests salty diets lead to increased health risks. *The Washington Post* said the debate “may be one of the most polarized in all of science.” Although food guidelines around the world have been steadfast in recommending a population-wide reduction in salt intake, a leading medical journal has reignited controversy with an article that concludes the evidence to support this advice is unclear. But University of Sydney public health researcher Bruce Neal said the science was overwhelmingly in favor of a low salt diet, and the analysis had awarded the same merit to poor quality studies as it did to well-conducted ones. “Climate change is the area of scientific argument best known to most, and there are parallels with the salt debate… an imperfect evidence base open to manipulation and misinterpretation, and strong commercial interests vested in one side of the case,” Neal wrote in a response published alongside the analysis in the *International Journal of Epidemiology*. – Sydney Morning Herald

[**Infant Diets Low in Vegetables, Whole Grains; High in Sodium, Sugars**](http://www.naturalproductsinsider.com/blogs/food-beverage-perspectives/2016/04/infant-diets-low-in-vegetables-whole-grains-high.aspx)

Only 40% of babies aged 0–24 months are eating vegetables, and most get only about one-third the recommended amount of whole grains, according to new research commissioned by Beech-Nut Nutrition Company that included data from the National Health and Nutrition Examination Survey (NHANES). As infants transition from baby food to whole food at around 9 months, there is a significant increase in sweets, salty snacks, and sugar-sweetened beverages. By 12 months, infants and toddlers are consuming more than 1,500 milligrams of sodium per day; nearly 40% of babies are eating crackers and salty snacks; and primary sources of sodium are hot dogs, cured meats, crackers, cheese, and mixed pasta dishes. “Mounting evidence shows that what children eat in the first 2 years of life is critical to obesity prevention and long-term good health, which makes what we’ve found in this analysis that much more concerning,” said Victor Fulgoni III, lead researcher on the NHANES analysis. “It is clear we need strategies that squarely focus on that critical transition period.” – Natural Products Insider



[**Six Salt Alternatives that Add Major Flavor**](http://www.dallasnews.com/lifestyles/food-wine/food-wine-headlines/20160413-6-salt-alternatives-that-add-major-flavor.ece)

Sea salt’s big moment is over, but there are many other ways to impart a salty note, and many also add that hard-to-define but always welcome flavor enhancer: umami. Japanese tamari is a slightly less salty soy sauce made without wheat. Add a dash or two of fish sauce where salt would be used for a depth of flavor that would be lacking otherwise. Miso sauce is also soy-based, but it is fermented and comes in a thicker-than-peanut-butter consistency; mix it with tahini and yogurt for a quick sauce to spoon over roasted vegetables. – Dallas Morning News

[**How Much Salt Is Safe?**](http://www.telegraph.co.uk/food-and-drink/grow-a-healthier-family/check-your-salt-intake/)

A pinch of salt to flavor a fresh meal is fine, says nutritionist Catherine Jeans. But because people are all different, make sure you know how much salt is safe for you: “There is a misconception about adding salt. If you’re cooking a fresh meal, adding a pinch of salt to taste is fine... (though it’s better to do it out of sight of younger children who tend to want to copy their parents).” Jeans suggests using plenty of herbs and spices, stating that there is no need to compromise on flavor while cutting salt intake. She also noted the importance of reading labels and being “aware that some packets will list ‘sodium’ rather than salt, and you need to multiply the sodium content by 2.5 to get an accurate figure for salt content.” – Telegraph

*Salt in the News content is selected solely on the basis of newsworthiness and potential interest to readers. CDC assumes no responsibility for the factual accuracy of the items presented. The selection, omission, or content of items does not imply any endorsement or other position taken by CDC.*

*Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by CDC or the Federal Government, and none should be inferred. CDC is not responsible for the content of the individual organization web pages found at this link.*

*Website addresses occasionally are broken due to the text wrapping from one line to the next. In order to fix the broken link, please copy both lines of text into your web browser without spaces in between. Website addresses will usually end with “.html”, “.htm”, or “.asp”. Due to copyright restrictions on most articles, we are unable to paste them into the body of this e-mail.*

*For questions or comments, or to be added to or removed from this communication, contact* *Hadley Hickner**.*