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《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12月17日到30日**

**其它信息**

**钠带来健康隐患**

普通美国民众每天摄入3400毫克钠-美国心脏协会（AHA）建议人们每天的钠摄入量不超过2300毫克，但理想情况下为每天1500毫克。AHA的调查显示，三分之一的成年人不知道他们的钠摄入量，一半以上的成年人认为他们每日的钠摄入量少于2000毫克。Maryville Hy-Vee超市的一名注册营养师Deanna Bowers建议人们选择低钠或减钠产品，包括罐装蔬菜、肉汤和熟食肉。-圣约瑟夫-《新闻报》（News-Press）

**减钠指南-数年如一日**

Kay Alberg是一位母亲，也是梅奥诊所健康系统的一位注册营养师，她表示，减钠是她家膳食的头等大事。Alberg提供了一些关于减少钠摄入量的建议，包括限制烹调中食盐的用量、检查调味品中的钠含量以及限制预包装或加工食品的食用次数。-《契皮瓦先驱报》（Chippewa Herald）

**国际新闻**

**韩国政府减钠计划取得成功**

韩国健康促进基金会的数据显示，2010年以来，韩国人的每日钠摄入量减少了约19%。韩国第一次国民钠摄入量官方调查始于1998年，当时，国民日均钠摄入量高达4500至4800毫克，2005年达到了5260毫克，创历史最高。截止2015年，韩国人每日钠摄入量降至3871毫克。该数据显示，韩国2010-2013年间83%的钠摄入量减少得益于加工食品中钠含量的减少。-Korea Bizwire

**印度包装食品标签不久或将标明食盐含量明细**

根据食品标签法拟修订内容，印度食品和饮料公司或必须披露它们包装产品中糖和钠的附加信息。按照目前的要求，包装食品公司只需在标签上标明能量、蛋白质、碳水化合物和脂肪的含量。食品标签法拟修订草案将按计划发布，但在生效之前需经印度卫生和家庭福利部批准。-《印度教徒报》

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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.

**Dec 17-30, 2016**

Other.jpg

[**Sodium Poses Hidden Danger to Health**](http://www.newspressnow.com/life/health/sodium-poses-hidden-danger-to-health/article_1302480a-9a90-5ba6-a062-93e19b166c0c.html)

The average American consumes 3,400 milligrams of sodium per day—the American Heart Association (AHA) recommends people consume no more than 2,300 milligrams of sodium per day, but ideally 1,500 milligrams per day. One third of adults did not know how much sodium they consumed, and more than half thought their daily consumption was less than 2,000 milligrams, according to an AHA study. Deanna Bowers, a registered dietitian with the Maryville Hy-Vee supermarket, recommends choosing low or reduced sodium products, including canned vegetables, broths, and deli meats. – St. Joseph News-Press

[**Sodium Guidelines—Always in Season**](http://chippewa.com/lifestyles/local/sodium-guidelines-always-in-season/article_db945992-7285-5bf5-90b3-a32079405c2f.html)

As a mother and registered dietitian with the Mayo Clinic Health System, Kay Alberg says that reducing sodium in her family’s diet has been a priority. Alberg provides recommendations for reducing sodium intake, including limiting the salt added in cooking, checking seasonings for sodium, and limiting consumption of prepackaged or processed foods. – Chippewa Herald

International News.jpg

[**Korean Government Initiative to Lower Sodium Intake Pays Off**](http://koreabizwire.com/government-initiative-to-lower-sodium-intake-pays-off/72398)

Koreans’ daily intake sodium decreased by roughly 19% since 2010, according to data from the Korea Health Promotion Foundation. When the first official observation of national sodium consumption began in 1998, the average daily intake hovered between 4,500 milligrams and 4,800 milligrams, peaking at 5,260 milligrams in 2005. By 2015, Koreans’ daily sodium intake fell to 3,871 milligrams. The data show that 83% of Koreans’ sodium intake reduction between 2010 and 2013 was the result of reduced sodium content in processed foods. – Korea Bizwire

[**Packaged Food Labels in India May Soon Carry Details of Salt Content**](http://www.thehindu.com/news/national/Packaged-food-labels-may-soon-carry-details-of-salt-sugar-content/article16898115.ece)

Food and beverage companies in India may have to disclose additional information on the sugar and sodium content of their packaged products as part of proposed revisions to food labeling laws. Packaged food companies are currently required to specify only the energy, protein, carbohydrate, and fat content on labels. A draft of the proposed revisions is scheduled for release but will require clearance by the Ministry of Health and Family Welfare before taking effect. – Hindu

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*For questions or comments, or to be added to or removed from this communication, contact Jessica Levings at* [*JLevings@cdc.gov*](mailto:jlevings@cdc.gov).