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**2015年2月14日-2015年2月27日**

2月27日

大家好：

本期的《美国疾控中心减盐电子报》（CDC Salt e-Update）内容包含有：为那些和食品服务供应商打交道的公共卫生官员们设计的一系列新的网络研讨会，膳食指南咨询委员会最新发布的一篇科学报告，一篇旨在评估高血压、钠摄入与营养成分标签使用之间关联度的文章，以及最新发布的“美国国民健康及营养状况调查2011-2012” 项目下“美国人吃什么”主题调查的汇总数据表。

**把公共卫生方面的努力和餐饮服务的艺术结合起来**

美国疾病控制与预防中心心脏病与中风预防部、美国公共卫生机构网两家机构同美国厨艺学院合作，共同推出了一系列新的网络研讨会，围绕公共卫生机构和官员如何针对大型食品服务提供商和独立餐厅更好地开展工作、以便改善食品营养水平、降低食品钠含量这一话题进行探讨。研讨会的首期活动主题为“减少食盐，保持口味：从食品服务提供商开始”，这一活动已于2月18日星期三播出。此次活动主要关注了在各种商业和非商业食品服务环境中，食品钠含量的降低是如何实现的这一议题。

组织者对网络研讨会的讨论情况进行了录制，您可以通过点击以下链接查看： [Dialogue4Health web forum archives](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.dialogue4health.org%2fweb-forums%2fdetail%2freduce-the-salt-keep-the-flavor).

**《膳食指南咨询委员会2015年科学报告》，现已上线**

2月19日周四, 膳食指南咨询委员会(DGAC)向美国卫生与公众服务部(HHS)及美国农业部(USDA)提交了*[《膳食指南咨询委员会2015年科学报告（建议稿）》](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f" \t "_blank)* 。该报告为美国联邦政策的制定提供了科学基础，对美国人应当遵循的健康饮食模式进行了概述，对钠摄入量等对公众健康具有重要意义的话题进行了阐述。膳食指南咨询委员会与其下属的减钠工作组对饮食中所含的钠及其与高血压、心血管疾病的关系进行了重点评述。联邦政府鼓励公众就此报告建议稿向相关部门提交书面意见。公众意见接受时间截至东部夏令时间2015年4月8日午夜。

[点击这里阅读钠,饱和脂肪和糖方面的相关结论及证据综述。](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f11-chapter-6%2fdefault.asp)

点击这里提交/或阅读评论。

**成年高血压患者使用营养成分标签获取钠含量信息**

纽约的一项研究通过使用“2010年纽约社区健康调查”项下“心脏跟踪研究”的数据，对高血压与使用营养成分标签获取钠含量信息的频繁程度之间的关联进行了评估。该研究还评估了高血压人群频繁使用营养成分标签这一做法是否与钠摄入减少有关系这一问题。该研究通过使用24小时尿样测算实际钠摄入量，并通过使用调查问卷的方式获取被调查者查看食品营养成分标签的频度。结果表明，患有高血压的人更有可能会频繁查看营养成分标签以获取食物钠含量的信息（调整后的比值比为1.71,95%可信区间1.07到2.73）。不过，在该研究的调查对象中，经常使用营养成分标签的患者，与那些不经常使用营养成分标签的患者相比，钠摄入量这一指标并无差别（7.7克盐/ vs 7.6克盐/天;P = 0.92）。

[阅读该文章.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.andjrnl.org%2farticle%2fS2212-2672(14)01360-4%2fabstract)

**全国膳食调查产品宣布发布**

美国农业部食品调查研究小组公布了 “美国国民健康及营养状况调查2011-2012” 项目之“美国人吃什么”主题调查的汇总数据表。汇总数据中加入了“每1000千卡营养摄入表”，以及“餐馆饭店营养摄入表” 。“餐馆饭店营养摄入表”提供了人口估算的百分比报告，以及人们从所有餐馆饭店、全服务餐厅和快餐店提供的食物和饮料中获取的某些营养素的平均摄入量及百分比的数据。根据这份数据报告，美国2岁及2岁以上的人群每人每消耗1000千卡的饮食中，平均钠含量达到1659毫克。那些说自己从“所有餐馆饭店”至少消费国一种食物或饮料的2岁及2岁以上的人，他们钠消耗量的49%来自于各种餐馆饭店。汇总表还根据家庭收入（联邦政府划定的贫困线百分比）、收入（美元）、种族和性别等因素对数据进行了深入分析。

[点击此处，获取全套数据表格。](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.ars.usda.gov%2fServices%2fdocs.htm%3fdocid%3d18349)

**2015年2月14日至27日**

[**在****Chipotle墨西哥风味快捷连锁餐厅用餐会让钠和卡路里的摄入快速增加**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2finteractive%2f2015%2f02%2f17%2fupshot%2fwhat-do-people-actually-order-at-chipotle.html%3f_r%3d1%26abt%3d0002%26abg%3d1)

Chipotle墨西哥风味快捷连锁餐厅提供的大多数餐食每份含有高于1000卡路里的热量，而且所含的钠几乎相当于目前推荐的一整天的摄入量。比如，一份牛排卷饼配一份薯条的话，所含的钠就已经超过了每日推荐摄入限额的117%。各种调味品也会让钠摄入快速增加：新鲜番茄酱虽然仅有20卡路里的热量，但含钠却达到210毫克，这比一盎司包的乐事薯片所含的钠还要多。Chipotle连锁餐厅公司公关主管克里斯•阿诺德说，该公司知道其提供的食物配方中所含各种营养素，但不对每份点餐的信息进行跟踪。“我们没有围绕个别营养素的量来设计菜品，”他说。

-资讯来源：《纽约时报》（New York Times）

**即将发布的《美国人膳食指导方针报告》有何新内容**

美国农业部与卫生与公共服务部每五年对其发布的美国人饮食建议做一次修改，而这些建议对医生的健康指导、食品标签以及学校午餐的构成都会产生影响。2015年的最新饮食指导方针将根据美国人膳食指导委员会给出的数据结论进行制定，会将包括肉类消耗推荐量、胆固醇、食品添加糖、饮食钠等因素均考虑进去。该委员会在其2014年12月会议上指出：“食品供应中的钠是无处不在的。”(该委员会的2015年2月[科学报告](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f" \t "_blank)将在本文发布后发表)。虽然美国医学研究所2013年的一份报告指出，减少钠盐摄入对心脏健康很重要，但该报告也声称，还没有足够的证据表明特定人群和一般大众将每日摄入量减少至1500毫克这一做法有明显益处。该文介绍说，尽管美国人膳食指导委员会想要在2015年的饮食指导方针中建议人们避免高钠饮食，但因学界对钠摄入具体数量存在不同说法，因此委员会不大可能会对钠摄入量设定一个明确的限额。

-资讯来源：《琼斯妈妈》（Mother Jones）杂志

**政府给出的不合理饮食建议**

在美国，政策制定者们告诉人们，脂肪和胆固醇对健康有害。这种宣传让整整两代人美国人少吃了不少蛋类和其他动物产品。如今，脂肪和胆固醇的危害在很短的时间内被相继证明是夸大其辞的。据《脂肪大惊喜：为什么黄油、肉类和奶酪属于健康饮食》一书的作者泰克尔兹介绍，造成这一现象的主要问题是：美国的营养政策长期建立在一门不太牢靠的科学基础上，这门科学就是流行病学，或者说是“观测研究”。在这种研究中，研究者们对很大的人群进行数年的跟踪调查。泰克尔兹解释说，那些固执己见的科学家们并不是说就接受了这些不充分的观测证据，并据此给出中肯的建议，他们只是对自己研究的重要性过分夸大而已。

-资讯来源：《纽约时报》（New York Times）

[**新的饮食指导方针背后有更严格的科学研究做支撑**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f02%2f24%2fupshot%2fbehind-new-dietary-guidelines-better-science.html%3fabt%3d0002%26abg%3d0)

在过去的几十年里，很多饮食建议的科学证据都来源于流行病学研究。而根据这篇文章的说法，流行病学研究可能存在一定缺陷，使得支持那些饮食指导建议的科学证据可能并不是最好的、最全面的。不过，近年来，政府开始着手解决这个问题，其提出的在特定情况下的新的建议和指导方针也更加符合来自于随机对照试验的证据。随机对照试验是一种更加严格的科学研究。越来越多的流行病学数据表明，低盐饮食可能其实对健康反而是有害的。所幸的是，针对这个话题，学界也进行了随机对照试验。2008年进行的一项随机对照实验对患有充血性心脏衰竭的患者进行了研究，发现患者们从低钠饮食换成正常饮食之后，健康状况反而有所改善。去年发表的一篇文章通过对食盐摄入相关的随机对照实验进行系统性的回顾后发现，建议患者减少食盐摄入，或者说降低钠的摄入量，这种做法并没有让患者的死亡率有所改善。

-资讯来源：《纽约时报》（New York Times）

[**校园便利食品****脂肪和钠含量水平过高**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.studlife.com%2fnews%2f2015%2f02%2f16%2fgrab-n-go-food-items-full-of-the-fat-sodium-their-labels-indicate%2f)

在华盛顿大学圣路易斯分校校园内出售的各种便利食品和其他食品包装的营养标签表明，这些食品中脂肪和钠的含量水平不同寻常地高。有几位学生已经对这一问题表达了担心。举例来说，水牛鸡肉卷是该校园内出售的一款非常受欢迎的高钠食物，而其中所含的钠超过了3000毫克---按照当前的推荐摄入量来看，比一整天的摄入县直还要多。该校营养总监康妮•迪克曼说，之所以那么多食品中的钠含量过高，是因为钠这种化学物质是保存面包等食品的主要方式，而且要想提高食物口味、延长保质期， 就得用钠。不过，校园餐饮服务营销和沟通主管艾普瑞尔•鲍威尔说，“如果我们不能找到能够减少钠的使用同时还能保持食物质量的原料，那么我们就需要继续加油去研究、去寻找这种原料。”

-资讯来源：《学生生活》（Student Life）(华盛顿大学圣路易斯分校)

[**南卡罗来纳州安德森市：学生们对于低钠餐厅食品的接受度有待提高**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.greenvilleonline.com%2fstory%2fnews%2flocal%2fpickens-county%2f2015%2f02%2f25%2fanderson-students-trouble-cutting-sodium%2f24005993%2f)

南卡罗来纳安德森市第一学区的学生们已经逐渐爱上吃全麦面包和新鲜水果蔬菜，但减少餐厅菜品中的食盐用量则更加困难。据学生营养服务总监黛比•乔伊介绍，自从新的联邦钠摄入指导方针于2014年秋季实施以来，该学区各学校提供的午餐数量每月减少了2000份。以前每份主菜通常平均含钠量为600至800毫克，但是现在被限制到480毫克。她说，造成这一问题的原因，部分是因为食品生产商们还没有开发出钠的可口的替代品。不过，该学区在减钠方面还是取得了一些进展：学生们对一款新的低钠炸薯条的反应积极，而且餐厅员工也已经找到一些办法，通过用香草和香料代替食盐让低钠肉汤依旧美味可口。

-资讯来源：格林维尔在线（Greenville Online）

[**钠摄入水平过高导致高血压**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.jacksonsun.com%2fstory%2flife%2fwellness%2f2015%2f02%2f17%2fhigh-sodium-leads-high-blood-pressure%2f23579585%2f)

在美国，过高的钠摄入量是高血压的主要病因之一。西田纳西州心脏和血管中心的莎拉•克恩近日在杰克逊 - 麦迪逊县综合医院主持了一个关于高血压及其预防和治疗的研讨会。她说，美国有3700万人患有高血压，而他们却没有积极治疗。克恩女士说，加工食品和餐厅食物是最省事的，而要吃一顿低钠的饭菜，则需要费点功夫。她建议人们应当在家做饭，多吃新鲜事物，多吃水果蔬菜，从而降低钠的摄入。她还建议人们应当阅读食品标签上的钠含量信息，而且对蛋黄酱、沙拉酱之类的调味品中所含的钠要格外留意。

-资讯来源：《杰克逊县太阳报》（Jackson Sun）

**以色列的公共卫生项目试图减少食盐消费**

以色列政府实施的一项名为“Efsharibari”（翻译为“健康是可能的”）公共卫生项目已经很快说服了食品生产商们，让他们在接下来五年当中逐渐减少产品中的钠含量水平。Efsharibari项目的重点在于宣传和教育人们，让他们获得更好更均衡的营养，进行更多的体育锻炼，并注重健康生活方式的其他方面。不过，虽然该项目取得了明显的成功，但之前有一个政府部门停止为该项目提供资金。现在，以色列卫生部还没有公布针对Efsharibari项目的新的预算，所以除非新一届政府决定为该项目提供资金支持，否则该项目将在几个月后终止。

-资讯来源：耶路撒冷邮报（Jerusalem Post）

[**三明治里的钠含量为何如此之高**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.everydayhealth.com%2fcolumns%2fjohannah-sakimura-nutrition-sleuth%2fslash-the-salt-in-your-favorite-sandwich%2f)

三明治是美国人午餐的一道重要主食，几乎有一半成年美国人在任何一天都要吃一个三明治。但研究表明，三明治是美国人饮食中含盐量最高的食物之一，在美国人每日总的钠摄入量中贡献了五分之一的量。餐厅提供的三明治是所有三明治中含钠最多的。Panera Bread面包咖啡连锁店里售卖的一份土耳其培根超级三明治中含有高达3000毫克的钠，比2300毫克的一般人群每日钠摄入推荐限额还要高出许多。三明治中含盐过多，这一点不足为奇，因为几乎每层都有一种高钠的原料：每片面包提供100到200毫克的钠，而特制面包或面卷所含的钠则相当于4到5片标准面包片的量。每2盎司份的火腿、火鸡和香肠等冷食可以贡献高达700毫克的钠，而大多数的三明治中所含的冷食则至少有4盎司。再把奶酪算进来，每片奶酪含有120到250毫克不等的钠；还有如蛋黄酱，芥末和奶油酱之类的调味品，每一大汤勺的这些酱汁含钠高达300毫克。把这些都加起来，三明治中总的的钠含量就非常高了。

-资讯来源：“每日健康”网（Everyday Health）

[**钠摄入水平对于心脏健康可能是至关重要的**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.theleafchronicle.com%2fstory%2flife%2fwellness%2f2015%2f02%2f19%2fsodium-can-key-better-heart-health%2f23702309%2f)

对于那些努力想要吃上对于心脏健康有益的饮食的人来说，降低钠的摄入量非常重要这一点已经不是什么秘密。不过，仍然有很多人对钠到底是什么并不清楚，对钠摄入如何影响身体健康也缺乏了解。要想保护你的身体不受与钠摄入过量相关的健康问题的侵扰，最简单的办法就是要控制好你从食杂店购买的食物。一旦人们明白了低钠饮食所需的食材是什么，学习如何制作低钠饮食就变成了一个有趣的探索美食的过程。在饭菜制作过程中添加更多自然香料和香草，可以让饭菜在美味可口的同时，还能对心脏健康有益。

-资讯来源：Leaf-Chronicle日报

[**为什么幼儿不需要特殊食品**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.theglobeandmail.com%2flife%2fhealth-and-fitness%2fhealth-advisor%2fsalt-and-added-sugars-abound-in-toddler-foods%2farticle23121902%2f)

最近，研究人员对美国各地食品店中售卖的各种各类幼儿食品进行了分析研究，并在《儿科学》（*Pediatrics*）杂志上发表了研究报告。研究结果显示，近75%的幼儿食品每份含钠超过210毫克。在为幼儿选择方便食品的时候，父母们应当清楚什么样的食品是可以使用的，而哪些是应当避免的。加拿大卡尔加里的营养咨询师莎拉·瑞莫就如何在家为幼儿制作食品给出了一些建议：在蔬菜和水果买回家后第一时间剁碎并做好，马上让孩子吃；购买个性化大小的奶酪、酸奶和干酪；给孩子提供冷冻豌豆、自制燕麦小食、切碎的煮鸡蛋、或者是涂抹酸奶的法式烤面包片，等等。

[**营养师建议人们食用那些低盐并对心脏健康有益的替代食品**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.kcra.com%2fnews%2flow-sodium-heart-healthy-tips%2f31315246)

在这段视频中，注册营养师温迪·格雷戈尔就如何吃到简便而对心脏健康有益处的食物这一话题分享了他的观点，并给出了一些低钠食谱。格雷戈尔建议大多数时候在家吃，把下馆子的机会留给那些具有特殊意义的时候。

-资讯来源：萨克拉门托KCRA新闻网（KCRA Sacramento）

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2月27日

Hello –

This week’s CDC Salt e-Update includes a new webinar series for public health officials working with food service providers, an update on the Dietary Guidelines Advisory Committee’s Scientific Report, an article that assessed the association of hypertension and sodium intake to the use of the nutrition facts label and the release of new summary data tables from What We Eat in America, NHANES 2011-2012.

**Linking Public Health Efforts to the Art of Food Service**

The CDC’s Division for Heart Disease and Stroke Prevention and the National Network of Public Health Institutes, in collaboration with the Culinary Institute of America, launched a new series of webinars focusing on working with large food service providers and independent restaurants to improve nutrition and reduce sodium in offerings. The first event, titled *Reduce the Salt, Keep the Flavor: Getting Started with Food Service Providers*, broadcasted on Wednesday, February 18 and focused on how change happens in a variety of commercial and non-commercial food service settings as it relates to sodium reduction.

The webinar was recorded and can be found in the [Dialogue4Health web forum archives](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.dialogue4health.org%2fweb-forums%2fdetail%2freduce-the-salt-keep-the-flavor).

**The 2015 Dietary Guidelines Advisory Committee’s Scientific Report, Now Available**

On Thursday, February 19, the Dietary Guidelines Advisory Committee (DGAC) submitted the [*Scientific Report of the 2015 Dietary Guidelines Advisory Committee (Advisory Report*)](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f) to the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA). The report provides a foundation for federal nutrition policy and outlines healthy eating patterns for Americans, including cross-cutting topics of public health importance such as sodium intake. The DGAC and its Sodium Working Group conducted a focused review of dietary sodium and its relationship with blood pressure as well as its relationship with cardiovascular disease. The public is encouraged to submit written comments to the federal government on the Advisory Report. Public comments will be accepted through midnight EDT on April 8, 2015.

[Click here to read the conclusions and review of evidence for sodium, saturated fat and added sugars.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f11-chapter-6%2fdefault.asp)

[Click here to submit and/or view comments.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2fdga2015%2fcomments%2f)

**Hypertensive Adults Use the Nutrition Facts Label for Sodium Information**

A study in New York used data from the 2010 New York City Community Health Survey Heart Follow-Up Study to examine the association between hypertension and frequency of use of the Nutritional Facts label for sodium information. The study also assessed whether frequent use of the Nutrition Facts label in people with hypertension is associated with lower sodium intake. Actual sodium intake was assessed using 24-hour urine samples and information regarding the use of the Nutrition Facts label was obtained through a questionnaire. Results indicated that individuals with hypertension were more likely to frequently refer to the Nutrition Facts label for sodium information (adjusted odds ratio 1.71, 95% CI 1.07 to 2.73). However, sodium intake did not differ between frequent vs non-frequent use of the Nutrition Facts label for sodium information (7.7gm salt/day vs 7.6gm salt/day; P=0.92) for this group.

[Read the article.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.andjrnl.org%2farticle%2fS2212-2672(14)01360-4%2fabstract)

**Announcing Release of National Dietary Survey Products**

The Food Surveys Research Group of the United States Department of Agriculture released new summary data tables from What We Eat in America, NHANES 2011-2012. The table of *Nutrient Intakes per 1000 Kilocalories* was added, as well as tables of *Nutrient Intakes from Restaurants,* which provide population estimates for percent reporting, mean amounts and percentages of selected nutrients from foods and beverages obtained from all restaurants, full service restaurants and quick service restaurants. According to the data report, the mean sodium amount (mg) per 1000 kcal consumed per individual, ages 2 and over, in the United States was 1,659 mg. Individuals ages 2 and over, who reported at least one food or beverage item from ‘All Restaurants’, consume 49 percent of sodium intake from all restaurants. Data was further analyzed by family income (% Federal poverty threshold), income (in dollars), race and gender.

[Access the entire set of data tables here](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.ars.usda.gov%2fServices%2fdocs.htm%3fdocid%3d18349).

**February 14–27, 2015**

[**At Chipotle, Sodium and Calories Can Quickly Add Up**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2finteractive%2f2015%2f02%2f17%2fupshot%2fwhat-do-people-actually-order-at-chipotle.html%3f_r%3d1%26abt%3d0002%26abg%3d1)

Most meals at Chipotle Mexican Grill have more than 1,000 calories and nearly a full day’s worth of sodium based on current recommendations. A steak burrito with a side order of chips, for example, contains 117% more sodium than the daily recommended limit. Various condiments can also add up quickly: The fresh tomato salsa has just 20 calories, but contains 210 milligrams of sodium—more sodium than a 1-ounce bag of Lay’s potato chips. Chris Arnold, Chipotle’s communications director, said the company is aware of the nutrition of all its ingredients but does not track information about each order. “We don’t manage our menu around individual nutrients,” he said. – New York Times

[**What to Look for in the Upcoming *Dietary Guidelines for Americans* Report**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.motherjones.com%2fblue-marble%2f2015%2f02%2fsalt-sugar-chicken-what-look-upcoming-dietary-guidelines-report)

Every 5 years, the U.S. Departments of Agriculture and Health and Human Services revise their recommendations for the American diet, influencing doctors’ health advice, food labels, and what goes into school lunches. The 2015 guidelines will draw on input from the Dietary Guidelines for Americans Committee, which may weigh in on items ranging from recommended meat consumption, cholesterol, added sugar, and dietary sodium. “Sodium is ubiquitous in the food supply,” the Committee noted at its December 2014 meeting. (The Committee’s February 2015 [scientific report](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f) published after this article.) Although a 2013 report by the Institute of Medicine stated that reducing sodium intake is important for heart health, it also asserted that there is insufficient evidence of benefits in reducing sodium intake to 1,500 milligrams daily for specific subgroups or for the general population. According to the article, although the Committee seems to want to advise against higher sodium diets for the 2015 guidelines, these mixed findings about levels make it unlikely that the Committee will set a new defined limit. – Mother Jones

[**The Government’s Bad Diet Advice**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f02%2f21%2fopinion%2fwhen-the-government-tells-you-what-to-eat.html%3fpartner%3drss%26emc%3drss%26_r%3d0)

For two generations, Americans ate fewer eggs and other animal products because policy makers told them that fat and cholesterol were bad for their health. Now, both teachings have been disproved in quick succession. The main problem, according to Nina Teicholz, author of *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*, is that nutrition policy has long relied on a weak kind of science: epidemiological, or “observational,” studies, in which researchers follow large groups of people over many years. Teicholz explained that instead of accepting this evidence as an inadequate basis for sound advice, strong-willed scientists overstated the significance of their studies. – New York Times

[**Behind New Dietary Guidelines, Better Science**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f02%2f24%2fupshot%2fbehind-new-dietary-guidelines-better-science.html%3fabt%3d0002%26abg%3d0)

For decades, most of the evidence for many dietary recommendations has come from epidemiologic studies. According to this article, such studies can be flawed, leading to dietary guidelines that may not be based on the best available evidence. But recently, the government has started to address that problem, proposing new guidelines that in some cases are more in line with evidence from randomized controlled trials, a more rigorous form of scientific research. A growing body of epidemiologic data indicates that low salt diets might actually be unhealthy, but there are randomized controlled trials on this topic: A 2008 trial studying patients with congestive heart failure found that moving from a low sodium diet to a normal diet could improve health outcomes, and a systematic review of randomized controlled trials of salt intake published last year found that advising patients to cut down on salt, or reducing sodium intake, did not improve mortality outcomes. – New York Times

[**Campus Grab-n-Go Food Items Full of Fat and Sodium**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.studlife.com%2fnews%2f2015%2f02%2f16%2fgrab-n-go-food-items-full-of-the-fat-sodium-their-labels-indicate%2f)

Unusually high levels of sodium, calories, and fat found on the nutrition labels of various “grab-n-go” and other food items sold on the campus of Washington University in St. Louis have caused several students to express concerns. One example of a popular, high sodium food item on campus is the buffalo chicken wrap, which contains more than 3,000 milligrams of sodium — more than an entire day’s worth based on current recommendations. Connie Diekman, director of university nutrition, said that the reason the sodium content is so high in many food items is that the chemical is the main way to preserve bread and is necessary for taste and a longer shelf life. However, director of marketing and communications for dining services April Powell said, “If we can’t find [ingredients] that reduce the amount of sodium and still maintain the quality of the food, then we need to keep doing our research.” – Student Life (Washington University in St. Louis)

[**Anderson, South Carolina, Students Having Trouble Reducing Sodium**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.greenvilleonline.com%2fstory%2fnews%2flocal%2fpickens-county%2f2015%2f02%2f25%2fanderson-students-trouble-cutting-sodium%2f24005993%2f)

Students at Anderson School District 1 in South Carolina have learned to love whole wheat and fresh fruits and vegetables. But reducing salt in the cafeteria has been more difficult. The number of meals served in district schools has fallen by about 2,000 per month since new federal guidelines on sodium went into place during fall 2014, according to Debbie Joye, director of student nutrition services. Previously, entrees typically contained an average of 600 to 800 milligrams of sodium, Joye said, but entrees are now limited to 480 milligrams. She said that part of the problem has been that food manufacturers have not developed palatable alternatives. However, the district is making some progress: Students reacted positively to a new lower sodium type of French fry, and staff have found ways to flavor low sodium broths with herbs and spices in place of salt. – Greenville Online

[**High Sodium Leads to High Blood Pressure**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.jacksonsun.com%2fstory%2flife%2fwellness%2f2015%2f02%2f17%2fhigh-sodium-leads-high-blood-pressure%2f23579585%2f)

High sodium intake is one of the leading causes of high blood pressure in the United States. Sara Keen of West Tennessee Heart and Vascular Center recently led a talk at Jackson-Madison County General Hospital about high blood pressure and how to manage it. She said that more than 37 million Americans have high blood pressure and are not taking care of it. Keen said that processed and restaurant foods are the easiest to prepare and eat, and it can take effort to eat a lower sodium diet. She recommended cooking at home, eating fresh foods, and eating more fruits and vegetables as ways to cut back on sodium. She also recommended reading the sodium content on food labels and being aware of sodium in condiments like mayonnaise and salad dressings. – Jackson Sun

[**Israel Public Health Project Works to Reduce Salt Consumption**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.jpost.com%2fIsrael-News%2fHealth%2fPublic-health-project-works-to-reduce-salt-consumption-promote-better-nutrition-healthy-lifestyle-391208)

An Israeli government project called Efsharibari—translated as “Health Is Possible”—has quietly persuaded food manufacturers to gradually reduce sodium in their products over the next 5 years. Efsharibari has been focused on awareness and educational projects to promote better nutrition, more exercise, and other aspects of a healthy lifestyle. However, despite the program’s apparent success, one government ministry previously stopped funding the program, and now the Health Ministry has not renewed Efsharibari’s budget, so the project will end in a few months unless a new government decides to fund the program. – Jerusalem Post

[**How the Sodium in Sandwiches Quickly Adds Up**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.everydayhealth.com%2fcolumns%2fjohannah-sakimura-nutrition-sleuth%2fslash-the-salt-in-your-favorite-sandwich%2f)

Sandwiches are a mealtime staple—nearly half of U.S. adults eat one on any given day. But research shows that sandwiches are one of the saltiest foods in the U.S. diet, contributing about one-fifth of Americans’ total daily sodium intake. Restaurant sandwiches are the worst offenders. A Bacon Turkey Bravo Sandwich at Panera Bread has almost 3,000 milligrams of sodium, well above the 2,300-milligram daily sodium limit recommended for the general population. It makes sense that sandwiches are loaded with salt because nearly every layer is a high sodium ingredient: Bread provides 100 to 200 milligrams per slice, and specialty breads and wraps can supply the sodium equivalent of 4 to 5 standard slices. Cold cuts like ham, turkey, and salami contribute up to 700 milligrams per 2-ounce serving, and most sandwiches have at least double that amount. When cheese is factored in, at 120 to 250 milligrams per slice, as well as condiments like mayo, mustard, and creamy signature sauces at up to 300 milligrams per tablespoon, the sodium can very quickly add up. – Everyday Health

[**Sodium Can Be Key to Better Heart Health**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.theleafchronicle.com%2fstory%2flife%2fwellness%2f2015%2f02%2f19%2fsodium-can-key-better-heart-health%2f23702309%2f)

For those working to maintain heart-healthy diets, it is no secret that lowering sodium intake is important. However, many people remain unaware of exactly what sodium is and how it affects the body. The easiest way for people to protect their bodies from health conditions related to sodium intake is to manage which foods they buy from the grocery store. Once people are aware of what to look for in a low sodium diet, learning how to cook becomes a culinary adventure. Adding more natural spices and herbs to meals can create delicious, heart-healthy dishes rich in flavor. – Leaf-Chronicle

[**Why Toddlers Do Not Need Special Food**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.theglobeandmail.com%2flife%2fhealth-and-fitness%2fhealth-advisor%2fsalt-and-added-sugars-abound-in-toddler-foods%2farticle23121902%2f)

Recently, researchers in the journal *Pediatrics* reported on their examination of a wide range of toddler foods available in grocery stores in the United States. Results revealed that almost 75% of toddler dinners had more than 210 milligrams of sodium per serving. Parents need to know what to look for and what to avoid when it comes to convenience foods for toddlers. Sarah Remmer, a consulting dietitian in Calgary, Canada, gives these tips for preparing snacks at home for toddlers: Chop veggies and fruits as soon as they are brought home to have them ready for quick serving; buy individual-sized cheese, yogurt, and cottage cheese; and offer frozen peas, homemade granola bites, chopped hard-boiled eggs, and French toast strips with yogurt. – Globe and Mail

[**Dietician Recommends Low Sodium, Heart Healthy Alternatives**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.kcra.com%2fnews%2flow-sodium-heart-healthy-tips%2f31315246)

In this video, registered dietician Wendy Gregor shares ideas for easy, heart-healthy meals, including low sodium recipes. Gregor recommends eating at home most of the time and saving restaurant meals for special occasions. – KCRA Sacramento

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*For questions or comments, or to be added to or removed from this communication, contact Hadley Hickner at* [*HHickner@cdc.gov*](mailto:HHickner@cdc.gov).