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**国际新闻**

[**快餐食品中的钠仍旧是健康的隐形杀手**](http://www.smh.com.au/lifestyle/diet-and-fitness/salt-remains-hidden-killer-in-fast-foods-20140406-366rb.html)

尽管快餐食品的咸味比过去淡了，但很多食品，比如比萨饼和汉堡包，仍旧存在含盐量较高的问题。因此，进一步对这些食品减盐的呼声依然不断。来自悉尼大学和乔治全球健康研究所的研究人员在对必胜客(Pizza Hut)、汉堡王(Hungry Jack’s)、肯德基(KFC)、麦当劳(McDonald’s)、赛百味(Subway)和达美乐比萨(Domino’s Pizza)等六家大型快餐食品连锁在2009至2012年间的所售食物的钠含量进行分析之后，将相关研究报告发表在《澳大利亚医学杂志》(Medical Journal of Australia)上。报告显示，尽管上述快餐连锁餐厅所售食品中平均钠含量以每年2%到3%的速度在降低，但对许多产品来说，一份产品中所含的钠就已经达到了成人每天钠摄入量的推荐量。“钠含量水平的略微下降令人鼓舞，但这种下降很容易被餐品份量加大的趋势所抵消，”该项研究的主要作者伊丽莎白·邓福德（Elizabeth Dunford）如是说。资讯来源：《悉尼先驱晨报》(The Sydney Morning Herald)

[**盐是坏东西吗？**](http://www.thehindu.com/features/metroplus/Food/is-salt-a-villain/article5848342.ece)

印度陈奈市阿波罗医院的雷迪博士(Dr. Y. V. C. Reddy) 说，人体消耗的盐过多或者过少，都会对健康产生不利影响，因此，适度是关键。他还认为：对一个正常个体来说，每天摄入超过4到6克的盐（约等于1500到2300毫克的钠），就已经是过量了。雷迪博士说，钾盐可以供普通人用来做钠盐的替代品。心脏保健医生普利亚·克卡灵格姆（Dr. Priya Chockalingam）说，吃含丰富钾盐的食物如香蕉、西红柿及低脂奶制品对心脏健康有好处，因为钾盐能够帮助肾脏将人体多余的钠排泄掉。资讯来源：《印度教徒报》（Hindu）

**新研究/调研成果**

**是时候放松钠的指导摄入量标准了吗？有些医生说：别太着急**

根据对发表在《美国高血压杂志》（American Journal of Hypertension）上过往研究进行的一项新的文献回顾研究，人们饮食中钠的最佳含量到底应当是多少，这个标准的浮动余地或许要比我们以前认为的大很多。该荟萃分析的结论表明，过低和过高的钠摄入量都与死亡风险增加相关。该项研究的作者还认为，每日钠消耗量保持在从约2600毫克至5000毫克这个范围中的任何一点，同钠消耗量低于或高于这个范围相比较来说，对健康是更加有利的。这个标准的上限比目前2300毫克的每日钠摄入推荐量比起来要高很多，而且比美国人平均每日3400毫克的钠消耗量还要高。不过，该研究的主要作者尼尔斯·格劳达尔（Niels Graudal）对有关降低钠摄入量有助于高血压人群降低血压方面的压倒性证据也表示认同。然而，一些公共卫生专家则说，该项研究的结论不足为凭。“并没有可信的证据表明，在推荐范围内的较低的钠摄入量是有害的，” 约翰霍普金斯大学韦尔奇预防医学流行病学和临床研究中心的主任劳伦斯·阿佩尔博士（Dr. Lawrence Appel）指出。他还指出，新近发表在[《循环》](http://www.ncbi.nlm.nih.gov/pubmed/24415713)（[*Circulation*](http://www.ncbi.nlm.nih.gov/pubmed/24415713)）杂志上的一项长期研究发现，钠摄入量与心血管疾病有直接的关系。据阿佩尔所说，钠摄入的底线应当是这样的：为了改善心脏健康，我们就必须改善血压控制，而“降低钠摄入量是实现血压控制目标的关键。” 资讯来源：美国国家公共电台（NPR）

其他一些媒体对该项研究亦有报道，包括：[NBC《今日秀》](http://www.today.com/health/salty-problem-too-much-or-too-little-sodium-may-be-2D79473507)节目（[NBC’s TODAY](http://www.today.com/health/salty-problem-too-much-or-too-little-sodium-may-be-2D79473507)），[《妇女健康杂志》](http://www.womenshealthmag.com/nutrition/what-is-the-daily-sodium-intake)（[Women’s Health Magazine](http://www.womenshealthmag.com/nutrition/what-is-the-daily-sodium-intake)），美国[每日健康新闻](http://consumer.healthday.com/public-health-information-30/centers-for-disease-control-news-120/cdc-salt-guidelines-too-low-for-good-health-study-suggests-686408.html)（[HealthDay](http://consumer.healthday.com/public-health-information-30/centers-for-disease-control-news-120/cdc-salt-guidelines-too-low-for-good-health-study-suggests-686408.html)），[FoodNavigator-USA.com](http://www.foodnavigator-usa.com/Trends/Sodium-reduction/Normal-sodium-intake-range-may-be-the-healthiest-study)网站（[FoodNavigator-USA.com](http://www.foodnavigator-usa.com/Trends/Sodium-reduction/Normal-sodium-intake-range-may-be-the-healthiest-study)），[美国今日医学新闻](http://www.medicalnewstoday.com/articles/274856.php)（[Medical News Today](http://www.medicalnewstoday.com/articles/274856.php)），[美国肾和泌尿学新闻](http://www.renalandurologynews.com/low-high-sodium-intake-tied-to-mortality-risk/article/341621/)（[Renal & Urology News](http://www.renalandurologynews.com/low-high-sodium-intake-tied-to-mortality-risk/article/341621/)），[Prevention.com](http://www.prevention.com/food/healthy-eating-tips/dangers-not-eating-enough-salt)网站（[Prevention.com](http://www.prevention.com/food/healthy-eating-tips/dangers-not-eating-enough-salt)）等。

**其它信息**

[**食盐：那些实际上并不会对健康产生不利影响的食物**](http://www.mensjournal.com/health-fitness/nutrition/salt-foods-that-arent-actually-bad-for-you-20140401)

根据美国公共利益科学中心（the Center for Science in the Public Interest）的一项新的研究，如果能将美国人钠的摄入量减少一半，每年将会挽救大约十五万人的生命。但是，人是需要一些钠的，尤其对于那些希望在剧烈体力活动中有良好表现的人来说。该研究报告指出，人们饮食中造成过量钠摄入的罪魁祸首是那些隐藏在白面包和意面酱之类的食物中的钠。然而该报告并未考虑到那些身体绝对需要盐、而盐摄入量却可能不足的那部分特殊人群，包括马拉松、长途自行车骑行、长距离游泳或铁人三项竞赛的练习者们。“即便是你在训练过程中喝了一瓶加入了电解质的运动饮料，你身体失去的盐分还是要比吸收的多，” 运动营养师艾丽西亚·肯迪格（Alicia Kendig）说。艾丽西亚·肯迪格的工作，就是为专业和业余的铁人三项运动员、自行车运动员和赛跑运动员设计营养计划。“你需要钠的支持，因为钠能够帮助你的身体更多更快地吸收液体。”不过，考虑到许多零食点心（从其它方面来看，这些食品也是健康的）都含钠--比如，一份4盎司的软干酪通常含钠460毫--从事长距离运动的运动员并不需要在他们的饮食中刻意加盐。资讯来源：《男士杂志》（Men’s Journal）

[**六种方法让你对健康进行大扫除**](http://health.usnews.com/health-news/blogs/eat-run/2014/04/04/6-ways-to-spring-clean-your-health)

这篇文章提供了六种方法，让你对自己的健康习惯进行“大扫除”，其中包括“清理饮食”的建议。钠、糖和脂肪如果能够有节制地添加使用，会提高健康饮食的口感；但如果使用过量，就会对健康造成非常不利的影响。人们应当找到减少使用这些食品添加物的方法，从而能够适当使用，而不是摄入过量的钠和热量。该文章建议人们在不使用盐的情况下尝试用新鲜的香草来为食物增加风味。资讯来源：美国新闻与世界报道（U.S. News & World Report）

**[降血压最佳食品](http://health.usnews.com/health-news/health-wellness/slideshows/the-best-foods-for-lowering-your-blood-pressure)**

根据二月份发表在《美国医学会杂志》（*JAMA）*上的一项研究，富含钾元素而又低钠的植物类食品能帮助降低血压。该研究的作者尼尔·巴纳德（Neal Barnard）给出了一些自然降低血压的方法。巴纳德说，成人每天消耗的钠应当低于1500毫克。我们可以尝试使用诸如肉桂、胡椒、咖喱粉和香菜等香料和香草为食物增味，而不是往食物中加盐。认真阅读食品标签也很有帮助；我们应当特别注意包装食品、小吃和罐头食品中的盐含量，因为一份这样的食物中的钠含量可能就能够满足我们一整天对钠的需求量了。除此之外，巴纳德还建议大家尽量避免吃高钠的食物，比如包装小食品、薯片、罐头食品、奶酪等。资讯来源：美国新闻与世界报道（U.S. News & World Report）

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**March 28–April 10, 2014**



[**Sodium Remains Hidden Killer in Fast Foods**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.smh.com.au%2flifestyle%2fdiet-and-fitness%2fsalt-remains-hidden-killer-in-fast-foods-20140406-366rb.html)

Though fast foods are becoming less salty, many items, such as pizza and hamburgers, still contain very high levels of salt, prompting calls for targets to achieve further reductions. Examining sodium levels between 2009 and 2012 on the menus of six large fast food chains—Pizza Hut, Hungry Jack’s, KFC, McDonald’s, Subway, and Domino’s Pizza—researchers from the University of Sydney and the George Institute for Global Health report in the *Medical Journal of Australia* that although the average sodium content of menu items decreased at a rate of between 2% to 3% per year, many products contained an adult’s entire recommended daily sodium intake in a single serving. The small reduction in sodium levels is encouraging but “could easily be undone by the trend towards larger portion sizes,” said lead author Elizabeth Dunford. – The Sydney Morning Herald

[**Is Salt a Villain?**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.thehindu.com%2ffeatures%2fmetroplus%2fFood%2fis-salt-a-villain%2farticle5848342.ece)

Consuming too much or too little sodium could adversely impact people’s health; hence, moderation is the key, says Dr. Y. V. C. Reddy of Apollo Hospital in Chennai, India. More than 4 to 6 grams of salt per day (about 1500 to 2300 milligrams of sodium) is excessive for a normal individual, he added. Potassium salt can be used as a substitute in normal individuals, said Dr. Reddy. Eating potassium-rich items such as bananas, tomatoes, and low fat dairy products has a heart-healthy effect, because it helps the kidneys remove excess sodium from the body, said Dr. Priya Chockalingam, a cardiac wellness physician.– The Hindu



[**Time to Relax the Sodium Guidelines? Some Docs Say Not So Fast**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.npr.org%2fblogs%2fthesalt%2f2014%2f04%2f03%2f298745563%2ftime-to-relax-the-sodium-guidelines-some-docs-say-not-so-fast)

When it comes to the optimal amount of sodium in people’s diets, there may be more leeway than previously thought, according to a new review of past studies published in the *American Journal of Hypertension*. Both low and high sodium intakes are associated with increased risk of death, the meta-analysis concludes. The study authors also argue that consuming anywhere from about 2,600 milligrams up to almost 5,000 milligrams of sodium per day is associated with more favorable health outcomes, compared with lower or higher consumption. This is far higher than the current recommended daily limit of 2,300 milligrams of sodium—as well as Americans’ average daily consumption of 3,400 milligrams. However, lead author Niels Graudal agrees with the overwhelming evidence that lowering sodium can help people with hypertension lower their blood pressure. Conversely, some public health experts say these findings are off base: “There is no credible evidence that a low sodium intake, in the recommended range, is harmful,” noted Dr. Lawrence Appel, Director of the Welch Center for Prevention, Epidemiology, and Clinical Research at Johns Hopkins. He points to a recent long-term study published in the journal [*Circulation*](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpubmed%2f24415713) that finds a direct relationship between sodium intake and cardiovascular disease. According to Appel, the bottom line is this: In order to improve heart health, we have to improve blood pressure control, and “lowering sodium intake is key to achieving this goal.” – NPR

This study was covered in several other outlets, including [NBC’s TODAY](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.today.com%2fhealth%2fsalty-problem-too-much-or-too-little-sodium-may-be-2D79473507), [Women’s Health Magazine](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.womenshealthmag.com%2fnutrition%2fwhat-is-the-daily-sodium-intake), [HealthDay](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fconsumer.healthday.com%2fpublic-health-information-30%2fcenters-for-disease-control-news-120%2fcdc-salt-guidelines-too-low-for-good-health-study-suggests-686408.html), [FoodNavigator-USA.com](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.foodnavigator-usa.com%2fTrends%2fSodium-reduction%2fNormal-sodium-intake-range-may-be-the-healthiest-study), [Medical News Today](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.medicalnewstoday.com%2farticles%2f274856.php), [Renal & Urology News](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.renalandurologynews.com%2flow-high-sodium-intake-tied-to-mortality-risk%2farticle%2f341621%2f), and [Prevention.com](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.prevention.com%2ffood%2fhealthy-eating-tips%2fdangers-not-eating-enough-salt).



[**Salt: Foods that Aren’t Actually Bad for You**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fwww.mensjournal.com%2fhealth-fitness%2fnutrition%2fsalt-foods-that-arent-actually-bad-for-you-20140401)

Reducing sodium consumption by half in the United States would save an estimated 150,000 lives a year, according to a study from the Center for Science in the Public Interest. But people need some salt, especially if they want to perform well in strenuous physical activities. The report points to the main culprit of excess sodium in people’s diets: sodium hidden in things like white bread and pasta sauce. The report, however, doesn’t consider the special segment of the population who may not consume enough salt when their bodies absolutely need it, including those training for marathons, taking lengthy bike rides, swimming long distances, or competing in triathlons. “Even if you’re drinking a bottle of electrolyte-laced sports drink during a workout, you’re still losing more salt than you take in,” says Alicia Kendig, a sports dietitian who designs nutrition programs for professional and amateur triathletes, cyclists, and runners. “You need that sodium back because it enables the body to absorb more fluids faster.” Nonetheless, considering that many otherwise healthy snacks are filled with sodium—for instance, a 4-ounce serving of cottage cheese typically contains 460 milligrams—long-distance athletes do not need to add salt to anything. – Men’s Journal

[**Six Ways to Spring Clean Your Health**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fhealth.usnews.com%2fhealth-news%2fblogs%2feat-run%2f2014%2f04%2f04%2f6-ways-to-spring-clean-your-health)

This article offers six ways to “spring clean” health habits, including the recommendation to “de-clutter your diet.” Used sparingly, added sodium, sugars, and fats enhance a healthy diet with flavor; used excessively, they are overwhelming. People should find ways to reduce use of these additives so they can get back to using them with purpose, rather than cluttering up their diet with excessive sodium and calories. The article suggests experimenting with fresh herbs to add flavor without the use of salt. – U.S. News & World Report

[**The Best Foods for Lowering Your Blood Pressure**](https://mail.cn.cdc.gov/owa/redir.aspx?C=bmyrBNWSTkavuis0NyaSXx4rqdiKLNEIj2vJldE6owIGNIJIwjHNMnOkXGpavUFPrLO9rAw7XOk.&URL=http%3a%2f%2fhealth.usnews.com%2fhealth-news%2fhealth-wellness%2fslideshows%2fthe-best-foods-for-lowering-your-blood-pressure)

A plant-based diet high in potassium and low in sodium can help lower blood pressure, according to a study published in *JAMA* in February. Study author Neal Barnard provides some tips on how to naturally lower blood pressure. Adults should consume less than 1,500 milligrams of sodium per day, Barnard says. Instead of adding salt to meals, people can experiment with spices and herbs such as cinnamon, pepper, curry powder, and cilantro. Reading nutrition labels can also help; people should pay particular attention to sodium content in packaged meals, snacks, and canned food, which can supply a day’s worth of sodium in one serving. In addition, Barnard recommends avoiding high sodium choices, such as packaged snack foods, potato chips, canned products, and cheese. – U.S. News & World Report

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