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Nota di contenuto	""Front Matter""; ""Reviewers""; ""Preface""; ""Contents""; ""Summary""; ""1 Introduction""; ""2 Sodium Intake Reduction: An Important But Elusive Public Health Goal""; ""3 Taste and Flavor Roles of Sodium in Foods: A Unique Challenge to Reducing Sodium Intake""; ""4 Preservation and Physical Property Roles of Sodium in Foods""; ""5 Sodium Intake Estimates for 2003-2006 and Description of Dietary Sources""; ""6 The Food Environment: Key to Formulating Strategies for Change in Sodium Intake""; ""7 The Regulatory Framework: A Powerful and Adaptable Tool for Sodium Intake Reduction"" ""8 Committee's Considerations and Basis for Recommendations"" ""9 Recommended Strategies to Reduce Sodium Intake and to Monitor Their Effectiveness""; ""10 Next Steps""; ""Committee Member Biographical Sketches""; ""Appendix A: Acronyms, Abbreviations, and Glossary"";

""Appendix B: Government Initiatives and Past Recommendations of the National Academies, the World Health Organization, and Other Health Professional Organizations""; ""Appendix C: International Efforts to Reduce Sodium Consumption""; ""Appendix D: Salt Substitutes and Enhancers""

""Appendix E: Background on the National Health and Nutrition Examination Surveys and Data Analysis Methods""""Appendix F: Sodium Intake Tables""; ""Appendix G: National Salt Reduction Initiative Coordinated by the New York City Health Department""; ""Appendix H: Federal Rulemaking Process""; ""Appendix I: Nutrition Facts Panel""; ""Appendix J: State and Local Sodium Labeling Initiatives""; ""Appendix K: Approach to Linking Universal Product Code (UPC) Sales Data to the Nutrition Facts Panel""; ""Appendix L: Public Information-Gathering Workshop Agenda""; ""Index""

Sommario/riassunto

"Reducing the intake of sodium is an important public health goal for Americans. Since the 1970s, an array of public health interventions and national dietary guidelines has sought to reduce sodium intake. However, the U.S. population still consumes more sodium than is recommended, placing individuals at risk for diseases related to elevated blood pressure. Strategies to Reduce Sodium Intake in the United States evaluates and makes recommendations about strategies that could be implemented to reduce dietary sodium intake to levels recommended by the Dietary Guidelines for Americans. The book reviews past and ongoing efforts to reduce the sodium content of the food supply and to motivate consumers to change behavior. Based on past lessons learned, the book makes recommendations for future initiatives. It is an excellent resource for federal and state public health officials, the processed food and food service industries, health care professionals, consumer advocacy groups, and academic researchers."
--Publisher's description.
