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World Health Organization calls for laws to nations to reduce salt

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Pressure industria.Exceso Salt: blood pressure, heart attacks, stroke. Crop salt 15% prevent 9 million deaths in 2015. In the U.S. would save 32 billion dollars. Responsibility for food and beverage manufacturers need 1, 5 grams initiated vivir.Campañas

WORLD HEALTH ORGANIZATION CALLS LAW THE NATIONS TO REDUCE THE SAL

Governments around the world could save health care costs and prevent millions of premature deaths, if they introduce legislation to reduce levels of salt in food, said a senior aide nutritional World Health Organization (WHO).

Franco Cappuccio, head of the collaborating center of WHO for nutrition, said that voluntary measures in the food industry had resulted in some progress, but "now lawmakers should take the scientific evidence on salt and induce changes in taste nations."

"There is total consensus that salt is bad for us, we eat too much and we should consume less," he added.

Regulatory Approach

"So there is a broad spectrum to consider a regulatory approach to strengthen and sustain the voluntary measures," he added.

· Industry pressure

Synthesized a professor of cardiovascular medicine at the Warwick University, which is based on WHO's nutrition center, "the powerful pressure of the beverage industry and food, whose earnings are growing thanks to the added salt, delayed efforts decrease consumption.

Excess Salt: blood pressure, heart attacks, strokes

Reducing salt intake helps lower blood pressure substantially, which in turn lowers the risk of heart attacks and strokes (CVA). Hypertension is the leading cause of death worldwide, with 7, 5 million deaths per year.

Crop salt 15% prevent 9 million deaths in 2015

A study in 2007 analyzed all the evidence available so far and found that cutting salt intake by 15 percent could prevent about 9 million deaths by 2015.

10% reduction would save 32 billion U.S. dollars

Other Jobs in March showed that a reduction of just 10 percent in the United States would save 32 billion dollars in health costs, avoiding hundreds of thousands of heart attacks and stroke.

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Great Britain: an adult consumes 8, 6 grams daily

There is little doubt that we eat too much salt. In Britain, the average adult consumption is about 8, 6 grams per day, while in the United States is 10 grams, almost twice as suggested by WHO.

We need 1, 5 grams to live

Until the recommendation of the United Nations agency to eat 5 grams of salt is well over 1, 5 grams we need to live.

"Most of the salt consumed in the Western world, in fact, about 80 percent comes from salt added to foods and only 20 percent comes from salt or salt used for cooking," said Cappuccio .

· Multinational

"In terms of freedom of the consumer, actually we have no choice. In short, multinationals feed most of the world," he added.

· Responsibility for food and drink manufacturers

Food manufacturers use salt to enhance the flavor of the food that would otherwise be tasteless, increase thirst and make people drink more soda and increase profits from meat products.

However, the expert acknowledged that there are some positive aspects.

Campaigns in the United States and Great Britain

In the United States, the Department of Health of the City of New York is leading a "National Initiative for Reduction of Salt" for cities, states and health organizations to work with food manufacturers and restaurants to reduce by 20 percent the amount of salt in the next five years.

In Britain, public campaigns and the efforts of the Food Standards Agency, to work with manufacturers to promote reduced use of salt, helped the average daily intake dropped to 8, from about 6 grams 10 grams a decade ago.

"We know from scientific studies that if you reduce the salt a little every day, every week and every month (...) you can enjoy food with less salt, remarked Cappuccio.

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