



Salud y calidad de vida

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Health

The World Health Organization recommends legislation to reduce salt usage

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Reducing salt intake helps lower blood pressure substantially

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Governments around the world could save health care costs and prevent millions of premature deaths if they introduce legislation to reduce salt levels 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 that lawmakers must now seize the scientific evidence on salt and induce changes in the tastes of the nations.

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

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

But Cappuccio, professor of cardiovascular medicine at the Warwick University, which is based on WHO's nutrition center, said the powerful pressure of the beverage industry and food, whose earnings are growing thanks to the added salt, it took the efforts to reduce consumption.

Reducing salt intake helps lower blood pressure substantially, which in turn reduces the risk of heart attacks and strokes (CVA). Hypertension is the leading cause of death worldwide, with 7.5 million deaths per year.

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

Other Jobs in March showed that a reduction of just 10 percent in the United States could prevent hundreds of thousands of heart attacks and strokes and allow the government to save 32,000 million dollars in health costs.

There is little doubt that it is eaten with too much salt. Until the recommendation of the United Nations agency to eat 5 grams of salt in excess of the 1.5 grams that 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 .

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

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Food manufacturers use salt to enhance the taste of food that would otherwise be tasteless, thirst and to raise the consumers drink more soft drinks and increased profits from meat products. However, he acknowledged that there were some positive aspects.

"We know from scientific studies that reducing salt intake a little each day, every week, every month you can control the palate," said Cappuccio.

Source: World Health Organization



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