

## Is salt a health risk? 盐会危害健康吗?

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### 本集内容

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### 文字稿

Is salt a health risk?

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Did you know that there's more salt in two slices of many breads than there are in a small packet of crisps?

你知道吗，两片面包的含盐量比一小包薯片的含盐量还多?

The World Health Organisation recommends just under a teaspoon every day for adults.

世界卫生组织建议成年人每日的盐摄入量略低于一茶匙。

But most of us eat over twice that without realising it.

但我们大多数人在没有意识的情况下吃了建议盐摄入量的两倍多。

Most people add extra salt to cooking and their food.

大多数人在烹饪和用餐时会另加盐。

Table salt's chemical name is sodium chloride. It's an essential nutrient.

食盐的化学名称是氯化钠。食盐（氯化钠）是一种人体必需的营养素。

It regulates nerve impulses, muscle contractions and maintains the body's balance of water and minerals.

盐可以调节神经脉冲的传递、肌肉收缩，并维持体内水分和矿物质的平衡。

Too little salt can lead to muscle cramps, nausea and tiredness.

盐摄入不足可能会导致肌肉痉挛、恶心和疲劳。

**But there's lots of hidden salt in ready meals, processed foods and cereals.**

然而，即食餐、加工食品和麦片中含有大量的隐形盐。

**And bread is an essential staple food in many countries – eaten several times a day.**

在许多国家，面包是一种必不可少的主食，每顿饭均可享用。

**Too much salt can cause increased blood pressure, heart and kidney problems, strokes and cancers.**

吃盐过多可能会导致血压升高、心脏和肾脏类疾病并增加中风及肿瘤类疾病的患病风险。

**Now, the WHO wants food producers to reduce salt in foods by 30% by 2030 – saving seven million lives globally.**

现在，世界卫生组织希望食品生产商到 2030 年能将食品中的含盐量减少 30%，从而挽救全球 700 万人的生命。

**They want better, bigger labels on packets and more education.**

世界卫生组织希望食品包装上的营养成分标签能更清晰、字体更大，并向大众普及更多盐摄入量方面的知识。

**So, think twice before you sprinkle the salt.**

所以，撒盐前要三思。

**视频链接**

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230817>