

Literatur

1. WHO (World Health Organization) Guideline: sodium intake for adults and children. WHO, Department of Nutrition for Health and Development, Geneva (2012)
2. He FJ, MacGregor GA (2010) Reducing population salt intake worldwide: from evidence to implementation. *Prog Cardiovasc Dis* 52: 363–382
3. Strain JJ, Cashman KD. Minerals and trace elements. In: Gibney MJ, Lanham-New SA, Cassidy A et al. (Hg). *Introduction to human nutrition*. 2. Aufl. Wiley-Blackwell, Chichester (2009), S.188–237
4. Bailey JL, Sands JM, Franch HA. Water, electrolytes, and acid-base metabolism. In: Ross AC, Caballero B, Cousins RJ et al. (Hg). *Modern nutrition in health and disease*. 11. Aufl., Lippincott Williams & Wilkins, Philadelphia (2014), S. 102–132
5. de Wardener, Hugh E, He FJ, Macgregor GA (2004) Plasma sodium and hypertension. *Kidney Int* 66: 2454–2466
6. Titze J (2014) Sodium balance is not just a renal affair. *Curr Opin Nephrol Hypertens* 23: 101–105
7. Titze J, Müller DN, Luft FC (2014) Taking another „look“ at sodium. *Can J Cardiol* 30: 473–475
8. Johner SA, Thamm M, Schmitz R et al. (2015) Current daily salt intake in Germany: biomarker-based analysis of the representative DEGS study. *Eur J Nutr* 54: 1109–1115
9. Schneider R, Eberhardt W, Heseke H et al. Die VERA-Stichprobe im Vergleich mit Volkszählung, Mikrozensus und anderen nationalen Untersuchungen. *Wissenschaftlicher Fachverlag Dr. Fleck, Niederkleen* (1992)
10. Krems C, Walter C, Heuer T et al. Lebensmittelverzehr und Nährstoffzufuhr – Ergebnisse der Nationalen Verzehrsstudie II. In: Deutsche Gesellschaft für Ernährung (Hg). *12. Ernährungsbericht 2012*. Bonn (2012), S. 40–85
11. Mensink GB, Richter A, Stahl A. Bestandsaufnahme: Nährstoffversorgung und Lebensmittelverzehr von Kindern und Jugendlichen in Deutschland. In: Kersting M (Hg). *Kinderernährung aktuell. Schwerpunkte für Gesundheitsförderung und Prävention*. Umschau Verlag, Sulzbach/Ts (2009), S. 40–46
12. Alexy U, Cheng G, Libuda L et al. (2012) 24 h-Sodium excretion and hydration status in children and adolescents – results of the DONALD Study. *Clin Nutr* 31: 78–84
13. Heseke H. Tägliche Energie- und Nährstoffzufuhr bei Säuglingen in VELS. Persönliche Mitteilung vom 28.01.2013, Paderborn
14. Heseke H, Mensink GB. Lebensmittelverzehr und Nährstoffzufuhr im Kindes- und Jugendalter. Ergebnisse aus den beiden bundesweit durchgeführten Ernährungsstudien VELS und EsKiMo. In: Deutsche Gesellschaft für Ernährung (Hg). *Ernährungsbericht 2008*. Bonn (2008), S. 49–93
15. MRI (Max Rubner-Institut) (Hg). *Nationale Verzehrsstudie II*. Karlsruhe (2008)
16. Zimmermann MB (2010) Symposium on „Geographical and geological influences on nutrition“: Iodine deficiency in industrialised countries. *Proc Nutr Soc* 69: 133–143
17. Brown IJ, Tzoulaki I, Candeias V et al. (2009) Salt intakes around the world: implications for public health. *Int J Epidemiol* 38: 791–813
18. ESH/ESC Task Force (2013) 2013 Practice guidelines for the management of arterial hypertension of the European Society of Hypertension (ESH) and the European Society of Cardiology (ESC): ESH/ESC Task Force for the Management of Arterial Hypertension. *J Hypertens* 31: 1925–1938
19. Deutsche Gesellschaft für Kardiologie – Herz- und Kreislaufforschung e. V., Deutsche Hochdruckliga e. V., DHL Deutsche Gesellschaft für Hypertonie und Prävention (Hg). *ESC Pocket Guidelines. Leitlinien für das Management der arteriellen Hypertonie*. Börm Bruckmeier Verlag GmbH (2013). URL: www.hochdruckliga.de/tl_files/content/dhl/downloads/2014_Pocket-Leitlinien_Arterielle_Hypertonie.pdf
20. Neuhauser H, Thamm M, Ellert U (2013) Blutdruck in Deutschland 2008–2011. *Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz* 56: 795–801
21. Neuhauser HK, Rosario AS, Thamm M et al. (2009) Prevalence of children with blood pressure measurements exceeding adult cut-offs for optimal blood pressure in Germany. *Eur J Cardiovasc Prev Rehabil* 16: 195–200
22. Gößwald A, Schienkiewitz A, Nowossadeck E et al. (2013) Prävalenz von Herzinfarkt und koronarer Herzkrankheit bei Erwachsenen im Alter von 40 bis 79 Jahren in Deutschland: Ergebnisse der Studie zur Gesundheit Erwachsener in Deutschland (DEGS1). *Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz* 56: 650–655
23. Statistisches Bundesamt. *Gesundheit. Todesursachen in Deutschland 2014*. Fachserie 12, Reihe 4, Wiesbaden (2016)
24. Plass D, Vos T, Hornberg C et al. (2014) Trends in disease burden in Germany—results, implications and limitations of the Global Burden of Disease Study. *Dtsch Arztebl Int* 111: 629–638
25. He FJ, Li J, Macgregor GA (2013) Effect of longer-term modest salt reduction on blood pressure. *Cochrane Database Syst Rev* 4: CD004937
26. Graudal NA, Hubeck-Graudal T, Jurgens G (2011) Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride. *Cochrane Database Syst Rev* 11: CD004022
27. WHO. *Effect of reduced sodium intake on blood pressure, renal function, blood lipids and other potential adverse effects*. WHO Press, Geneva (2012)
28. Mozaffarian D, Fahimi S, Singh GM et al. (2014) Global sodium consumption and death from cardiovascular causes. *N Engl J Med* 371: 624–634
29. WHO (World Health Organization) (Hg). *Effects of reduced sodium intake on cardiovascular disease, coronary heart disease and stroke*. WHO Press, Geneva (2012)
30. WHO. *Effect of reduced sodium intake on blood pressure and potential adverse effects in children*. WHO Press, Geneva (2012)
31. Aburto NJ, Ziolkovska A, Hooper L et al. (2013) Effect of lower sodium intake on health: systematic review and meta-analysis. *BMJ* 346: f1326
32. Luft FC, Rankin LI, Bloch R et al. (1979) Cardiovascular and humoral responses to extremes of sodium intake in normal black and white men. *Circulation* 60: 697–706
33. Weinberger MH (1996) Salt sensitivity of blood pressure in humans. *Hypertension* 27: 481–490
34. Obarzanek E, Proschan MA, Vollmer WM et al. (2003) Individual blood pressure responses to changes in salt intake: results from the DASH-Sodium trial. *Hypertension* 42: 459–467
35. Ruppert M, Diehl J, Kolloch R et al. (1991) Short-term dietary sodium restriction increases serum lipids and insulin in salt-sensitive and salt-resistant normotensive adults. *Klin Wochenschr* 69(Suppl 25): 51–57

36. Skrabal F, Herholz H, Neumayr M et al. (1984) Salt sensitivity in humans is linked to enhanced sympathetic responsiveness and to enhanced proximal tubular reabsorption. *Hypertension* 6: 152–158
37. McCallum L, Lip S, Padmanabhan S (2015) The hidden hand of chloride in hypertension. *Pflugers Arch* 467: 595–603
38. Kotchen TA (2005) Contributions of sodium and chloride to NaCl-induced hypertension. *Hypertension* 45: 849–850
39. Gasowski J, Cwynar M (2013) There is more to salt than just a pinch of sodium. *Hypertension* 62: 829–830
40. Sacks FM, Svetkey LP, Vollmer WM et al. (2001) Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. DASH-Sodium Collaborative Research Group. *N Engl J Med* 344: 3–10
41. MacGregor GA, Markandu ND, Sagnella GA et al. (1989) Double-blind study of three sodium intakes and long-term effects of sodium restriction in essential hypertension. *Lancet* 2: 1244–1247
42. He FJ, MacGregor GA (2006) Importance of salt in determining blood pressure in children: meta-analysis of controlled trials. *Hypertension* 48: 861–869
43. Chen X, Wang Y (2008) Tracking of blood pressure from childhood to adulthood: a systematic review and meta-regression analysis. *Circulation* 117: 3171–3180
44. Stokes J, Kannel WB, Wolf PA et al. (1989) Blood pressure as a risk factor for cardiovascular disease. The Framingham Study – 30 years of follow-up. *Hypertension* 13(5 Suppl): 113–118
45. Whelton PK, Appel LJ (2014) Sodium and cardiovascular disease: what the data show. *Am J Hypertens* 27: 1143–1145
46. Rahimi K, Emdin CA, MacMahon S (2015) The epidemiology of blood pressure and its worldwide management. *Circ Res* 116: 925–936
47. Lewington S, Clarke R, Qizilbash N et al. (2002) Age-specific relevance of usual blood pressure to vascular mortality: a meta-analysis of individual data for one million adults in 61 prospective studies. *Lancet* 360: 1903–1913
48. Whitworth JA (2003) 2003 World Health Organization (WHO)/International Society of Hypertension (ISH) statement on management of hypertension. *J Hypertens* 21: 1983–1992
49. Hooper L, Bartlett C, Smith GD et al. (2004) Advice to reduce dietary salt for prevention of cardiovascular disease. *Cochrane Database Syst Rev* 1: CD003656
50. Adler AJ, Taylor F, Martin N et al. (2014) Reduced dietary salt for the prevention of cardiovascular disease. *Cochrane Database Syst Rev* 12: CD009217
51. Strazzullo P, D'Elia L, Kandala NB et al. (2009) Salt intake, stroke, and cardiovascular disease: meta-analysis of prospective studies. *BMJ* 339: b4567
52. Li X, Cai X, Bian P et al. (2012) High salt intake and stroke: meta-analysis of the epidemiologic evidence. *CNS Neurosci Ther* 18: 691–701
53. IOM (Institute of Medicine) (Hg). Sodium intake in populations. The National Academy Press, Washington, DC (2013)
54. Eeuwijk J, Oordt A, Vonk Noordegraaf-Schouten M. Literature search and review related to specific preparatory work in the establishment of dietary reference values for phosphorus, sodium and chloride. EFSA Supporting publication EN-502 (2013)
55. Graudal N, Jürgens G, Baslund B et al. (2014) Compared with usual sodium intake, low- and excessive-sodium diets are associated with increased mortality: a meta-analysis. *Am J Hypertens* 27: 1129–1137
56. O'Donnell M, Mente A, Rangarajan S et al. (2014) Urinary sodium and potassium excretion, mortality, and cardiovascular events. *N Engl J Med* 371: 612–623
57. Cook NR (2014) Sodium and cardiovascular disease. *N Engl J Med* 371: 2134
58. Batuman V (2014) Sodium and cardiovascular disease. *N Engl J Med* 371: 2134–2135
59. Mozaffarian D, Singh GM, Powles J (2014) Sodium and cardiovascular disease. *N Engl J Med* 371: 2138–2139
60. Alderman MH (2010) Reducing dietary sodium: the case for caution. *JAMA* 303: 448–449
61. De Bacquer D, De Backer G, De Buyzere M et al. (1998) Is low serum chloride level a risk factor for cardiovascular mortality? *J Cardiovasc Risk* 5: 177–184
62. McCallum L, Jeemon P, Hastie CE et al. (2013) Serum chloride is an independent predictor of mortality in hypertensive patients. *Hypertension* 62: 836–843
63. WCRF (World Cancer Research Fund), AICR (American Institute for Cancer Research) (Hg). Food, nutrition, physical activity, and the prevention of cancer: a global perspective. Washington DC (2007)
64. WCRF (World Cancer Research Fund), AICR (American Institute for Cancer Research) (Hg). Policy and action for cancer prevention. Food, nutrition, and physical activity: a global perspective. Washington DC (2009)
65. D'Elia L, Rossi G, Ippolito R et al. (2012) Habitual salt intake and risk of gastric cancer: A meta-analysis of prospective studies. *Clin Nutr* 4: 489–498
66. Matkovic V, Ilich JZ, Andon MB et al. (1995) Urinary calcium, sodium, and bone mass of young females. *Am J Clin Nutr* 62: 417–425
67. Cappuccio FP, Kalaitzidis R, Duneclift S et al. (2000) Unravelling the links between calcium excretion, salt intake, hypertension, kidney stones and bone metabolism. *J Nephrol* 13: 169–177
68. Lin P, Ginty F, Appel LJ et al. (2003) The DASH diet and sodium reduction improve markers of bone turnover and calcium metabolism in adults. *J Nutr* 133: 3130–3136
69. Doyle L, Cashman KD (2004) The DASH diet may have beneficial effects on bone health. *Nut Rev* 62: 215–220
70. Cashman KD (2007) Diet, nutrition, and bone health. *J Nutr* 137: 2507S–2512S
71. Teucher B, Dainty JR, Spinks CA et al. (2008) Sodium and bone health: impact of moderately high and low salt intakes on calcium metabolism in postmenopausal women. *J Bone Miner Res* 23: 1477–1485
72. RKI (Robert Koch-Institut) (Hg). Verbreitung von Krebserkrankungen in Deutschland. Robert Koch-Institut, Berlin (2010)
73. United States Department of Agriculture (USDA). Scientific Report of the 2015 Dietary Guidelines Advisory Committee, 2015. URL: www.health.gov/dietary-guidelines/2015-scientific-report/ Zugriff: 11.01.16
74. Nordic Council of Ministers (Hg). Nordic nutrition recommendations 2012. 5. Aufl., Kopenhagen (2014)
75. WHO (World Health Organization) (Hg). European Food and Nutrition Action Plan 2015–2020. Kopenhagen (2014)
76. Rose G (2001) Sick individuals and sick populations. *Int J Epidemiol* 30: 427–432
77. Knorrp L, Kroke A (2010) Salzreduktion als bevölkerungsbezogene Präventions-

- maßnahme. *Ernährungs Umschau* 57: 410–415
78. MacMahon S, Peto R, Cutler J et al. (1990) Blood pressure, stroke, and coronary heart disease. Part 1, Prolonged differences in blood pressure: prospective observational studies corrected for the regression dilution bias. *Lancet* 335: 765–774
79. Elliott P, Stamler J, Nichols R et al. (1996) Intersalt revisited: further analyses of 24 hour sodium excretion and blood pressure within and across populations. Intersalt Cooperative Research Group. *BMJ* 312: 1249–1253
80. Girgis S, Neal B, Prescott J et al. (2003) A one-quarter reduction in the salt content of bread can be made without detection. *Eur J Clin Nutr* 57: 616–620
81. Hendriksen MAH, Verkaik-Kloosterman J, Noort MW et al. (2015) Nutritional impact of sodium reduction strategies on sodium intake from processed foods. *Eur J Clin Nutr* 69: 805–810
82. Kloss L, Meyer JD, Graeve L et al. (2015) Sodium intake and its reduction by food reformulation in the European Union — A review. *NFS Journal* 1: 9–19
83. European Commission (Hg). Implementation of the European salt reduction framework. (2012)
84. Kanzler S, Hartmann C, Gruber A et al. (2014) Salt as a public health challenge in continental European convenience and ready meals. *Public Health Nutr* 17: 2459–2466
85. He FJ, Macgregor GA (2015) Reducing population salt intake—time for global action. *J Clin Hypertens (Greenwich)* 17: 10–13
86. Dötsch-Klerk M, Goossens W, Meijer GW et al. (2015) Reducing salt in food; setting product-specific criteria aiming at a salt intake of 5 g per day. *Eur J Clin Nutr* 69: 799–804
87. Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung, Schweizerische Gesellschaft für Ernährung (Hg). Referenzwerte für die Nährstoffzufuhr. 2. Aufl., 1. Ausgabe, Bonn (2015)

DOI: 10.4455/eu.2016.012