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The New EBSCOHost Interface

Changes to the Personal Area

From 21 July, EBSCOHost will have a new look!

You will still be able to access all the available databases, and if you have a MyEBSCO account, you can continue using your login credentials

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What happens to saved content? Everything saved in the **Articles** and **Saved Search** folders will be migrated to the new platform

The screenshot displays the EBSCOhost user interface. At the top, a blue navigation bar contains links for 'New Search', 'Publications', 'CINAHL Subject Headings', 'Evidence-Based Care Sheets', 'Quick Lessons', and a 'More' dropdown. On the right side of this bar are 'Sign Out', a 'Folder' button (highlighted with a red box), 'Preferences', 'Languages', 'Help', and 'Exit'. Below the navigation bar, the user is identified as 'Valeria's Folder' with a 'Back' link. The main content area is titled 'My Folder: Articles' and shows '1-3 of 3' items, 'Page: 1', and a 'Delete Items' button. A list of items is displayed, starting with '1. Determination of salt contents of bread types and estimation of salt intake from bread in Lebanon.' The abstract and subjects for this article are provided. On the left sidebar, a list of folders includes 'My Folder', 'Articles (3)', 'Images (0)', 'Videos (0)', 'Companies (0)', 'Pages (0)', 'eBooks (0)', 'audioBooks (0)', 'Checkouts (0)', 'Holds (0)', 'Notes (0)', 'Other Content Sources (0)', 'Persistent Links to Searches (1)', 'Saved Searches (1)' (highlighted with a red arrow), 'Search Alerts (0)', 'Journal Alerts (0)', and 'Web Pages (0)'. At the bottom of the sidebar are links for 'My Custom' and 'Shared By'. On the right side of the main content area, there are buttons for 'Print', 'E-mail', 'Save as File', and 'Export'.

New Search Publications CINAHL Subject Headings Evidence-Based Care Sheets Quick Lessons More

Sign Out Folder Preferences Languages Help Exit

EBSCOhost Valeria's Folder Back

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My Folder: Articles

1-3 of 3

Page: 1

Select / deselect all Delete Items

1. Determination of salt contents of bread types and estimation of salt intake from bread in Lebanon.

By: Barakat, Nathalie; Olabi, Ammar; Nasreddine, Lara; Ismaeel, Hussain; Kharroubi, Samer; Jaoude, Layal Abou; Zeidan, Mona; Rajeh, Caroline; Toufeili, Imad. PLoS ONE. 6/12/2025, Vol. 20 Issue 6, p1-11. 11p. Abstract: Background. High dietary salt intake is a major risk factor for hypertension, which strongly predisposes affected individuals to cardiovascular diseases and stroke. Most populations consume more salt than the upper limit set by the WHO at 5 g/day. Bread is a major contributor to salt intake, and reducing bread salt is the most effective approach for reducing the ingestion of salt by populations. Aims: This work aims to determine the salt levels of bread marketed in Lebanon, bread consumption by the Lebanese population, and the bread's contribution to daily salt intake. Methods: One hundred and sixty-two samples of the breads consumed in Lebanon were collected from 45 bakeries, and their salt levels were determined by atomic absorption spectrophotometry. The bread consumption was estimated from a cross-sectional survey of 1048 individuals, and their salt intakes were computed using the determined levels of bread salt. The proportion of breads samples meeting the WHO-recommended salt levels was computed, and the salt intakes were determined and benchmarked against the WHO cut-offs. Results: The least salty and saltiest breads were the white pita and markouk, with mean salt levels of 1.46g/100g and 2.77g/100g, respectively. The breads meeting the WHO-recommended salt levels ranged between 7.1% and 12%. The total bread consumption was 176.27 ± 216.73 g/day with white pita being the most consumed at 96.63 ± 175.44 g/day. The salt intake from bread at 2.86 ± 3.83 g/day amounted to 57.2% of the WHO limit for daily salt intake. Conclusions: The breads spanned wide ranges of salt content and differed markedly in their contribution to salt intake. White pita was the most consumed and contained the least salt thereby making it the chief contributor to salt intake from bread. Interestingly, the analyzed breads indicated the availability of products that meet the WHO-recommended targets for salt thereby providing an impetus for reducing bread salt by stealth. [ABSTRACT FROM AUTHOR] DOI: 10.1371/journal.pone.0325857. (AN: 185920062), Database: Food Science Source

Subjects: Atomic absorption spectroscopy; Hypertension risk factors; Bread; Food consumption; Stroke; Cardiovascular diseases; Commercial Bakeries; Commercial bakeries and frozen bakery product manufacturing; Dry Pasta, Dough, and Flour Mixes Manufacturing from Purchased Flour; Other specialty-line food merchant wholesalers

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My Folder

Articles (3)

Images (0)

Videos (0)

Companies (0)

Pages (0)

eBooks (0)

audioBooks (0)

Checkouts (0)

Holds (0)

Notes (0)

Other Content Sources (0)

Persistent Links to Searches (1)

Saved Searches (1)

Search Alerts (0)

Journal Alerts (0)

Web Pages (0)

My Custom New

Shared By Add

Print

E-mail

Save as File

Export

What should I do **before 21 July**? If you have content saved in other folders - especially in the **My Custom** folder—you'll need to move it into either **Articles** or **Saved Searches** if you want it to be retained in your new personal area.

[New Search](#) [Publications](#) [CINAHL Subject Headings](#) [Evidence-Based Care Sheets](#) [Quick Lessons](#) [More ▾](#) [Sign Out](#) [Folder](#) [Preferences](#) [Languages ▾](#) [Help](#) [Exit](#)

Valeria's Folder [?](#) [Back](#) UNIVERSITA DEGLI STUDI DI TORINO

My Folder

Articles (3)

Images (0)

Videos (0)

Companies (0)

Pages (0)

eBooks (0)

audioBooks (0)

Checkouts (0)

Holds (0)

Notes (0)

Other Content Sources (0)

Persistent Links to Searches (1)

Saved Searches (1)

Search Alerts (0)

Journal Alerts (0)

Web Pages (0)

My Custom [?](#) [New](#)

Shared By [?](#) [Add](#)

My Folder: Articles

1-3 of 3

Page: 1

☐ Select / deselect all [Delete Items](#)

☐ 1. [Determination of salt contents of bread types and estimation of salt intake from bread in Lebanon.](#)

By: Barakat, Nathalie; Olabi, Ammar; Nasreddine, Lara; Ismaeel, Hussain; Kharroubi, Samer; Jaoude, Layal Abou; Zeidan, Mona; Rajeh, Caroline; Toufeili, Imad. PLoS ONE. 6/12/2025, Vol. 20 Issue 6, p1-11. 11p. Abstract: Background: High dietary salt intake is a major risk factor for hypertension, which strongly predisposes affected individuals to cardiovascular diseases and stroke. Most populations consume more salt than the upper limit set by the WHO at 5 g/day. Bread is a major contributor to salt intake, and reducing bread salt is the most effective approach for reducing the ingestion of salt by populations. Aims: This work aims to determine the salt levels of bread marketed in Lebanon, bread consumption by the Lebanese population, and the bread's contribution to daily salt intake. Methods: One hundred and sixty-two samples of the breads consumed in Lebanon were collected from 45 bakeries, and their salt levels were determined by atomic absorption spectrophotometry. The bread consumption was estimated from a cross-sectional survey of 1048 individuals, and their salt intakes were computed using the determined levels of bread salt. The proportion of breads samples meeting the WHO-recommended salt levels was computed, and the salt intakes were determined and benchmarked against the WHO cut-offs. Results: The least salty and saltiest breads were the white pita and markouk, with mean salt levels of 1.46g/100g and 2.77g/100g, respectively. The breads meeting the WHO-recommended salt levels ranged between 7.1% and 12%. The total bread consumption was 176.27 ± 216.73 g/day with white pita being the most consumed at 96.63 ± 175.44 g/day. The salt intake from bread at 2.86 ± 3.83 g/day amounted to 57.2% of the WHO limit for daily salt intake. Conclusions: The breads spanned wide ranges of salt content and differed markedly in their contribution to salt intake. White pita was the most consumed and contained the least salt thereby making it the chief contributor to salt intake from bread. Interestingly, the analyzed breads indicated the availability of products that meet the WHO-recommended targets for salt thereby providing an impetus for reducing bread salt by stealth. [ABSTRACT FROM AUTHOR] DOI: 10.1371/journal.pone.0325857. (AN. 185920062). Database: Food Science Source

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For detailed information, see EBSCO's help page:

***How can I access my classic user interfaces MyEBSCO data from
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Need help?:

Contact your library:

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- Medicine: bfm@unito.it
- Luigi Einaudi Campus: biblioteca.bobbio@unito.it
- Psychology: biblioteca.psicologia@unito.it
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Thank you!

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