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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 'More'. On the right side of this bar are links for 'Sign Out', 'Folder' (highlighted with a red box), 'Preferences', 'Languages', 'Help', and 'Exit'. Below the navigation bar, the user's name 'Valeria's Folder' is shown with a 'Back' link. The main content area is titled 'My Folder: Articles' and shows '1-3 of 3' items. A list of content types is on the left: '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)', and 'Web Pages (0)'. Red arrows point to 'Articles (3)' and 'Saved Searches (1)'. The main article displayed is '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. The abstract discusses the high dietary salt intake in Lebanon and its impact on hypertension, aiming to determine salt levels in bread and consumption by the population. The article is from PLoS ONE, 6/12/2025, Vol. 20 Issue 6, p1-11. The interface also includes a 'Delete Items' button, a 'Print' button, and a 'Share' button.

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


Academic Journal

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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Grazie!

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