

Salt of the Earth

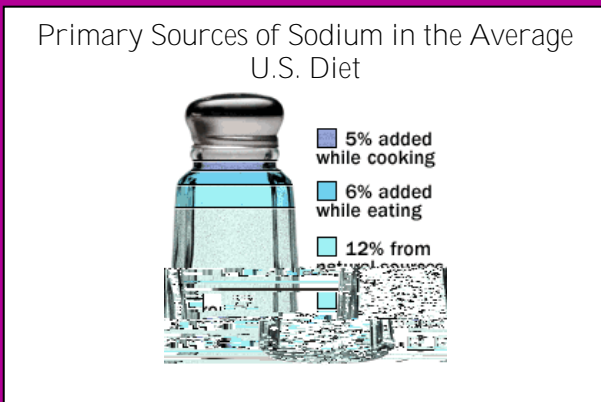
Reducing Sodium in the U.S. Diet

OVERVIEW

One in 10 cardiovascular deaths worldwide have been attributed to consuming too much sodium.¹ High sodium intake is associated with high blood pressure.² About 1 in 3 adults living in the U.S. have high blood pressure³ and only half have their high blood pressure under control.⁴ Alarming, many youth are also being diagnosed with high blood pressure.⁵ This common condition increases the risk for heart disease and stroke, two leading causes of death in the U.S.³

One in 10 cardiovascular deaths have been attributed to sodium intake of greater than 2,000 milligrams a day.⁶ On average, that level is exceeded by 99.2 percent of the world's adults.⁶ In the U.S., it is estimated that 66,508 deaths, 9.5 percent of all cardiometabolic deaths, were attributed to high sodium diets.⁷

The American Heart Association advocates for a multifaceted, stepwise reduction in sodium consumption in the diet. The association further recommends a simultaneous sustained commitment by the food and restaurant industries to reduce the amount of salt added to the food supply.



AMOUNT OF SODIUM IN THE U.S. DIET

On average Americans consume 3,440 mg of sodium per day.⁸ Only a small amount of total sodium intake comes from sodium naturally occurring in foods (14 percent), from salt added in home cooking (6 percent), or at the table (5 percent).⁹ More than 70 percent of the sodium Americans consume comes from processed, prepackaged, and restaurant foods.⁸ Mixed dishes including burgers, sandwiches,

