

SALT



STATS

Salt in Our Diets

- 90 percent of the sodium we eat comes in the form of salt.¹
- 77 percent of a person's salt intake comes from restaurant or processed food; only 6 percent is added at the table and only 5 percent during cooking.²
- Many foods that contribute a significant amount of sodium in the diet do not taste particularly salty, such as breads and cheeses. Some of these foods are deceptively high in salt; others are lower in salt content but frequently consumed.

Salt and Blood Pressure

- As sodium intake rises, so does blood pressure.¹
- Nearly 68 million U.S. adults (1 in 3) have high blood pressure.³
- High blood pressure increases the risk for heart disease and stroke.⁴
- High blood pressure usually has no warning signs or symptoms, so many people do not know they have it.⁵
- 1 in 2 adults with high blood pressure does not have it under control, and 1 in 3 does not receive any treatment.³
- If all Americans followed the recommended limits for sodium, national rates for high blood pressure would drop by a quarter, saving tens of thousands of lives each year.⁶

Recommended Sodium Limits

- The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 milligrams (mg) of sodium each day as part of a healthy eating pattern.⁷
- However, the average daily sodium intake among individuals aged 2 years and older in the U.S. is more than 3,400 mg per day, significantly higher than the recommended daily maximum.⁸

The Cost of Cardiovascular Disease

- Cardiovascular disease (CVD) includes heart disease, stroke, and other vascular diseases.
- CVD is the leading cause of death in the United States.³
- Every 39 seconds, an adult dies of CVD.³
- 1 in every 6 U.S. health care dollars is spent on CVD.³
- 800,000 U.S. adults die of CVD each year; 150,000 of them are younger than 65.³
- Reducing average population sodium intake to 1,500 mg per day may save \$26 billion health care dollars and reduce cases of hypertension by 16 million.⁹

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Sources

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