

ONLINE SODIUM RESOURCES

www.cdc.gov/salt

Reducing Sodium in Congregate and Home Delivered Meals

The majority of sodium in our diets comes from packaged and restaurant food (not the salt shaker) and is a direct result of food processing. Even foods that may not taste salty can be major sources of sodium. Research has found that reduced sodium intake can lower blood pressure and control hypertension in older individuals.

The Centers for Disease Control and Prevention (CDC) is working on public health strategies at the national, state, and local levels to improve cardiovascular health. To support one of CDC's goals—population-wide sodium reduction—the agency has identified resources to help organizations reduce the sodium content of congregate and home delivered meals for older adults. Sodium reduction is an important part of Million Hearts®, the U.S. Department of Health and Human Services' initiative to prevent 1 million heart attacks and strokes by 2017, co-led by CDC and the Centers for Medicare & Medicaid Services. Although not exhaustive, this document provides an overview of available resources related to sodium reduction in older adults.

For more information about sodium reduction, visit www.cdc.gov/salt.

Guides and Toolkits

Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement

To help create healthier food environments, this [CDC resource](#) provides practical guidance to states and localities to use when developing, adopting, implementing, and evaluating a food procurement policy.

Under Pressure: Sodium Reduction

[These guides](#) offer practical strategies for sodium reduction in different environments, including worksites, hospitals, schools, and those that serve older adults. Sample strategies include promoting more healthful food items through

marketing and incentives, implementing nutrient standards for meals and competitive foods, and establishing a comprehensive food policy.

Nutrition Service Providers Guide for Older Adults

The purpose of [this document](#) is to assist implementation of the *Dietary Guidelines for Americans* in the Older Americans Act nutrition programs. The document covers menu planning, food purchasing, food production, and food service.

Menu Planning

[This document](#) aims to increase compliance with the *Dietary Guidelines for Americans* for meals served to seniors and contains sample menus consistent with the guidelines.

Older Americans Nutrition Program Toolkit

[This toolkit](#) aims to assist Older Americans Act nutrition programs and the Aging Network improve programs serving older adults.



Under Pressure

Strategies for Sodium Reduction in Institutionalized Environments



Under Pressure

Strategies for Sodium Reduction in Worksites



Under Pressure

Strategies for Sodium Reduction in the Hospital Environment



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Fact Sheets and Other Publications



Getting older. Living healthier. Feeling better. Start today with the *Dietary Guidelines for Americans*

[This document](#), intended for seniors, contains guidelines for healthy eating and physical activity.

Sodium Controlled Diet for Meals on Wheels Clients

[This document](#) discusses sodium in the Meals on Wheels program.

Lowering Sodium in Menu Items for Seniors

[This document](#) describes an initiative by Schenectady County Public Health Services in Schenectady County, New York, to reduce sodium in meals served at senior centers and through the home delivered meals program.

Schenectady County Program Lowers Sodium in Menu Items for Seniors

[This document](#) describes in more detail the initiative by Schenectady County Public Health Services in Schenectady County, New York, to reduce sodium in meals served at senior centers and through the home delivered meals program.

Sodium and Potassium

[This document](#) contains background information on sodium and potassium intake and tips for seniors to reduce their intake of sodium and increase their intake of potassium.

Savor the Flavor with Less Sodium

[This document](#) offers tips for older adults and their caregivers to reduce sodium in their meals.

Sodium Reduction Strategies for Meals Prepared for Older Adults

Included as part of a [special supplement](#) highlighting the work of CDC's Sodium Reduction in Communities Program and published in the *Journal of Public Health Management and Practice*, [this article](#) describes lessons learned from implementing sodium reduction strategies in programs providing meals to older adults.

Other Resources



State Laws Related to Dietary Sodium

[This document](#) from the National Conference of State Legislators contains statutes, regulations, and policies expressly authorized in state laws and promulgated by executive agencies through December 31, 2011.

Federal Nutrition Services for Older Adults

Congregate Nutrition Services and Home-Delivered Nutrition Services provide [meals and related nutrition services](#) to older adults.

National Resource Center on Nutrition and Aging

The National Resource Center on Nutrition and Aging provides [resources](#) for organizations implementing nutrition sections of the Older Americans Act.

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