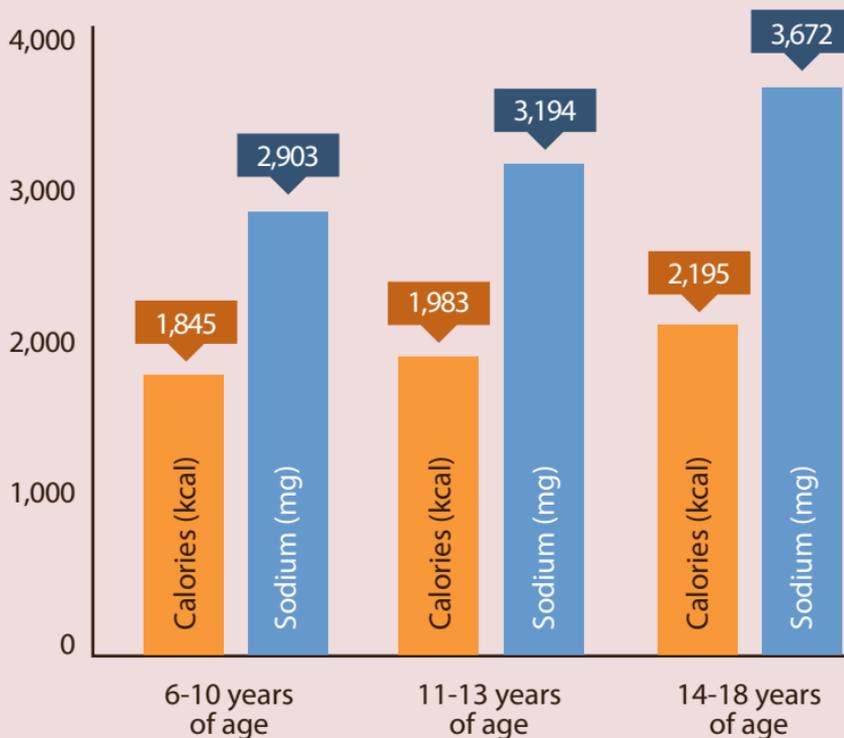


# How much sodium do children eat?

Most children are eating too much sodium daily, and teens are consuming foods higher in sodium than younger children.



**The 2010 Dietary Guidelines for Americans recommend that children eat less than 2,300 mg per day.**

SOURCES: CDC Vital Signs. September, 2014. [cdc.gov/vitalsigns](http://cdc.gov/vitalsigns).

National Health and Nutrition Examination Survey, United States, 2009–2010.