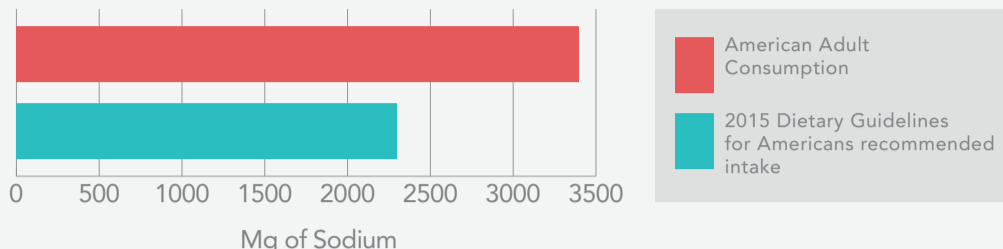


Confused About Salt?

Some food companies and trade organizations suggest high intakes of salt are safe or lower intakes of salt are dangerous, generating conflicting reports in the media and fueling consumer confusion about the health benefits of moderate salt consumption.

Get the facts.

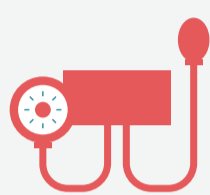
American adults consume on average more than 3,400 mg of sodium per day compared to the 2015 Dietary Guidelines for Americans recommended intake of less than 2,300 mg per day.



American school-aged kids consume, on average, more than

3,100 mg
of sodium per day.

Nine out of ten kids eat too much salt.



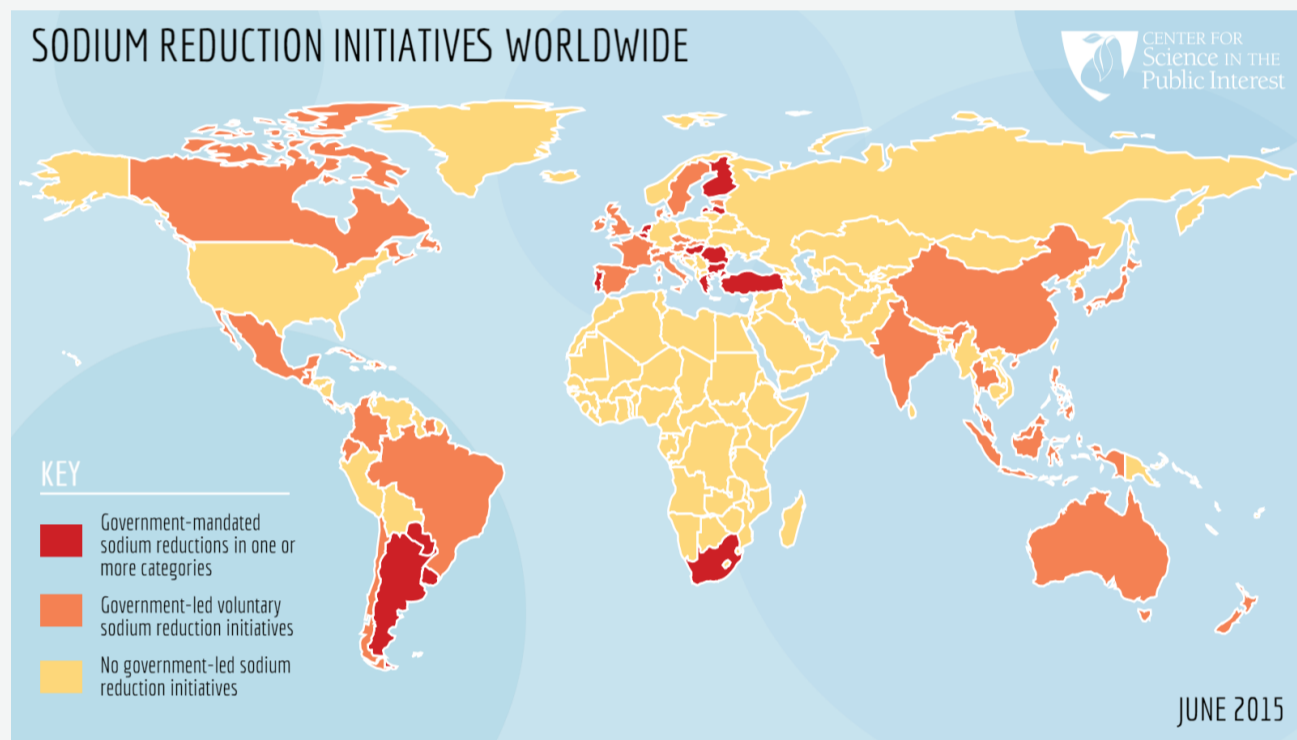
High salt intake increases risk for high blood pressure.

High blood pressure is considered the "silent killer:"

- High blood pressure increases the risk of heart disease, the leading cause of death among Americans.
- High blood pressure in childhood often leads to high blood pressure in adulthood, and is linked to early development of heart disease and risk for premature death.
- 1 out of 3 American adults has high blood pressure.
- High blood pressure costs over **\$40 billion** per year in direct health care expenses. Overall, heart disease costs more than **\$200 billion** per year.

More than 50 countries have adopted voluntary or mandatory reductions in the salt content of certain foods

SODIUM REDUCTION INITIATIVES WORLDWIDE



More than 100 peer-reviewed studies support recommendations to reduce salt to moderate levels

What do the experts say?

Many expert bodies have reaffirmed the evidence on the negative health impact of excessive salt consumption and recommend reducing salt to moderate levels.



The American Heart Association reviewed studies that reported inconsistent findings regarding sodium and cardiovascular disease and found an average of three to four methodological issues per study.

Problems with conflicting studies on salt.

Not designed to look at salt intake and heart disease.

Use a single urine sample instead of 24-hour sampling.

Include people with pre-existing disease who eat less food, and thus less salt.

No follow-up to determine cardiovascular events.

Study too small.

Compare groups of people who consume different levels of salt (i.e., men consume more food, and thus more salt, than women).

Participants' diets not comparable to the U.S.

Who will you take diet advice about salt from: health experts and researchers or food companies?

www.CSPInet.org

www.heart.org/salt