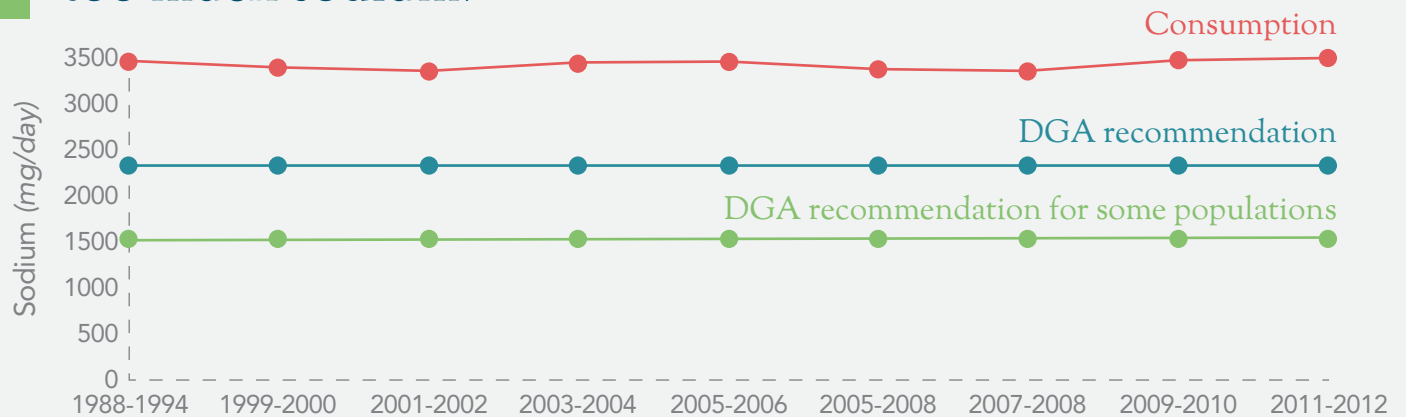


Sodium Facts

1

Despite recommendations, Americans consume too much sodium.



2

Nearly nine out of ten adults consume too much sodium daily.

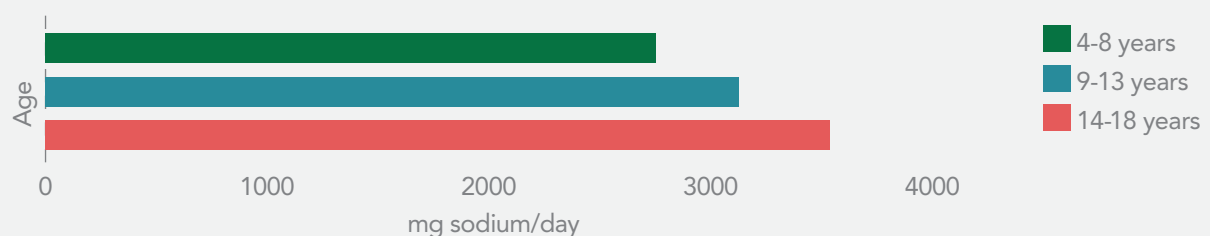


Percent of adults who consume 2,300 mg or more of sodium daily

White, non-Hispanic adults	89.8%
Black, non-Hispanic adults	84.6%
Hispanic adults	88.6%

3

On average, children ages four to eighteen years consume too much sodium.



4

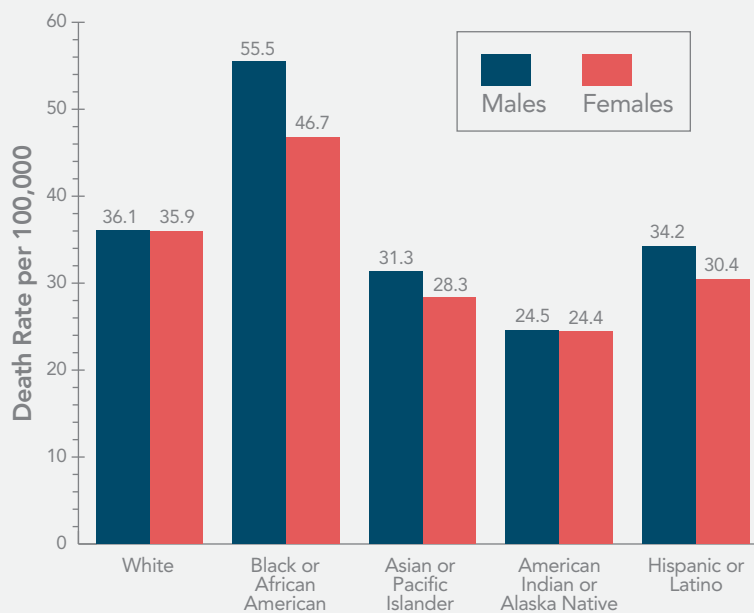
Seventy-one percent of the sodium in Americans' diets comes from restaurant and packaged foods.



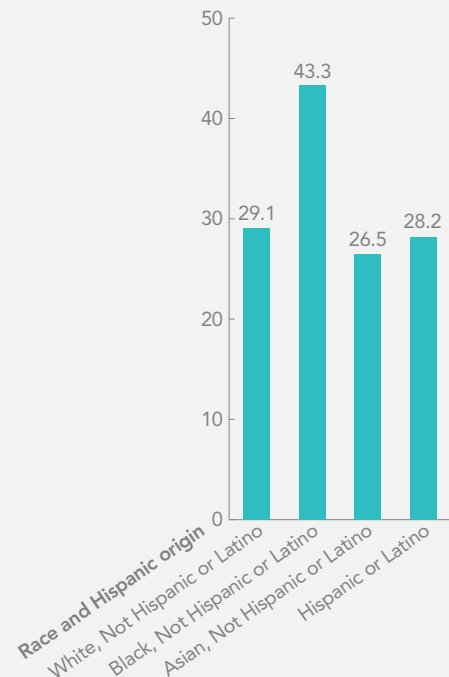
5

Stroke and Hypertension

Age-adjusted death rates for stroke by sex and race/ethnicity, 2015



Age-specific and age-adjusted prevalence of hypertension among adults aged 20 and over: United States, 2011-2014



6

A reduction of **1,200 mg of sodium** per day would save **44,000-92,000** lives and **\$10 billion-\$24 billion** in health-care costs annually.