

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 *2010 Dietary Guidelines for Americans* recommend limiting sodium intake to 1,500 milligrams (mg) per day for people 51 and older, African Americans, and those who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults.⁷
- All others should reduce sodium intake to less than 2,300 mg per day.⁷
- Nearly all American adults consume more sodium than they need; most consume more than twice their recommended limit each day.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

SALT STATS

Sources

- ¹Institute of Medicine. Dietary reference intakes for water, potassium, sodium chloride, and sulfate. Washington, DC: National Academies Press; 2004.
- ²Mattes RD, Donnelly D. Relative contributions of dietary sodium sources. *J Am Coll Nutr*. 1991;10:383–93.
- ³Roger VL, Go AS, Lloyd-Jones DM, Adams RJ, Berry JD, Brown TM, et al. Heart disease and stroke statistics—2011 update: a report from the American Heart Association. *Circulation*. 2011; 123: e18–e209. Epub 2010 Dec 15.
- ⁴Chobanian AV, Bakris GL, Black HR, Cushman WC, Green LA, Izzo JL Jr., et al. The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure: the JNC 7 report. *JAMA*. 2003;289(19):2560–72. Epub 2003 May 14.
- ⁵Centers for Disease Control and Prevention. High blood pressure [Internet]. Available at: <http://www.cdc.gov/bloodpressure>.
- ⁶Danaei G, Ding EL, Mozaffarian D, Taylor B, Rehm J, Murray CJ, et al. The preventable causes of death in the United States: comparative risk assessment of dietary, lifestyle, and metabolic risk factors. *PLoS Med*. 2009;6(4):e1000058.
- ⁷U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th edition, Washington, DC: U.S. Government Printing Office; 2010.
- ⁸Centers for Disease Control and Prevention. Sodium intake among adults—United States, 2005–2006. *MMWR*. 2010 Jun 25;59(24):746–9.
- ⁹Palar K, Sturm R. Potential societal savings from reduced sodium consumption in the U.S. adult population. *Am J Health Promot*. 2009 Sep-Oct;24(1):49-57.

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov
Publication date: 05/2011