Confused About Salt?

Some food companies and trade organizations support high intakes of salt as 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.

High salt intake increases risk for high blood pressure.

High blood pressure increases the risk of heart disease, the leading cause of death among Americans.

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 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.

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

Who will you take diet advice about salt from:

health experts and researchers or food companies?

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