



## A MINUTE OF HEALTH WITH CDC

### *Say No to Excess Salt*

*Prevalence of Excess Sodium Intake — United States, 2009–2012*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Hypertension is a leading cause of heart disease and stroke and occurs in nearly one in three U.S. adults. Reducing salt intake can lower blood pressure, helping to prevent and treat hypertension. Experts recommend consuming less than 2,300 milligrams of sodium per day. Unfortunately, about 90 percent of Americans consume too much. Major sources include foods like bread, deli meats, and soups. Choose lower sodium versions of these foods and foods naturally low in sodium like fresh fruits and vegetables. Healthy food choices can help prevent many of the leading causes of illness and death. Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*