A MINUTE OF HEALTH WITH CDC

Watch Your Salt

Dietary Sodium Intake Compared with Recommended Intake — United States 2005–2008

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This program is presented by the Centers for Disease Control and Prevention.

Counting calories is good, but it's not the only thing you need to watch in your diet. Too much salt can lead to high blood pressure and increase your risk for heart disease and stroke, two of the leading causes of death and disability in the United States. Certain groups — older-aged people; African Americans; and those with high blood pressure, diabetes, and kidney disease — need to be even more careful about how much salt they consume. To lower your sodium intake, cut down on processed and restaurant foods and eat more freshly prepared foods. Ask your health care provider for more information on a low-sodium diet.

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