



A MINUTE OF HEALTH WITH CDC

Easy on the Salt

Sodium Intake Among Adults – Selected States, the District of Columbia, and Puerto Rico, 2013

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

About nine out of 10 U.S. adults eat more sodium than is recommended for a healthy diet, increasing their risk for high blood pressure, a major risk factor for heart disease and stroke. Nearly 50 percent of people are taking steps to reduce sodium in their diet.

You can help prevent or control high blood pressure by reducing your dietary sodium. Limit processed and restaurant foods that are high in sodium and eat a diet rich in fresh fruits and vegetables. Check nutrition labels and buy lower-sodium versions of favorite foods. Talk with your health care provider about eating a low-sodium diet.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.