# Reducing Sodium in Children's Diets PSA (:60)

You're probably aware that high blood pressure is a major risk factor for heart disease and stroke. Did you know that a high sodium diet in children can lead to high blood pressure later on? Nine out of 10 U.S. children eat more sodium than recommended, and about one in six has elevated blood pressure. The taste for salt is established at a young age.

Parents and caregivers: Help lower sodium by influencing the way foods are produced, sold, prepared, and served.

- Compare Nutrition Fact labels to choose the lowest sodium option before you buy.
- Model healthy eating for your children by having a diet rich in fruits and vegetables without added sodium.
- Request lower sodium choices when eating out.
- And ask your grocery manager to provide more low sodium options of your family's favorite foods.

To learn more, visit cdc.gov/vitalsigns.