



A MINUTE OF HEALTH WITH CDC

Where's the sodium?

Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008

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

A dash of salt can liven up any meal, but there is such thing as too much. Excessive sodium consumption is mostly from salt and increases blood pressure, which is a major risk factor for heart disease and stroke. About nine of 10 people in the U.S. consume too much salt. Most of the sodium we eat is not from our salt shakers but already in processed and restaurant foods. Some foods we don't think of as salty, like bread and chicken, can add a lot to our sodium intake. To decrease your sodium intake, compare the nutrition labels when you shop and, when eating out, ask that no salt be added to your meal.

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