



## **A MINUTE OF HEALTH WITH CDC**

### *Living a Less Salty Life*

*Adults for Whom Lower Sodium Recommendation was Applicable — United States, 1999–2006*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Americans eat too much salt. A diet high in sodium, or salt, can raise blood pressure and high blood pressure is a major risk factor for heart disease and stroke. People with high blood pressure, African-Americans, and middle-aged and older adults should eat no more than 1,500 milligrams of sodium a day. The average American consumes more than twice this amount. Most of the sodium in our diet comes from packaged, processed, and restaurant foods. To improve health, adults should be aware of the salt content of their foods, choose foods lower in sodium, and eat more fresh fruits and vegetables.

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

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