



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

### *More to Consider Than the Salt Shaker*

*Sodium Intake: Quantities and Food Sources — United States, 2005–2006*

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

Do you frequently eat at restaurants? How much of your food comes out of a package? These foods are often loaded with sodium. Consuming too much sodium can contribute to high blood pressure, stroke, heart disease, and kidney disease. A recent CDC study found that more than 90 percent of adults consume more sodium than they need. Sodium is found in high quantities in foods, such as canned vegetables and soups, frozen dinners, and instant flavored rice and cereal. To choose products that are lower in sodium, read nutrition labels, focus on fresh or frozen fruits and vegetables, and use salt-free products or herbs.

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