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More Consumers Want Sodium Limits On Processed and Restaurant Food **Survey results suggest majority want less sodium in processed foods**

DALLAS— According to a new [survey](#) commissioned by the American Heart Association (AHA), the growing majority of people prefer less sodium in processed foods.

The food industry adds salt and sodium to foods before they even reach your table. About three-quarters of the sodium in the American diet comes from processed, prepackaged, and restaurant foods. The sodium in just one of these meals can often contain more than the recommended amount for an entire day.

The [AHA recommends](#) eating only 1,500 mgs of sodium each day for ideal health. However, the average American eats more than 3,400 mgs of sodium daily.

With more people wanting to [break up with salt](#), it comes as no surprise that the number of survey participants who want control over the amount of sodium in food is trending upward. In June 2016, the Food and Drug Administration, a government organization, released draft voluntary sodium targets for a variety of foods. According to the survey, the growing majority of people (74% of survey participants) prefer less sodium in processed foods.

The survey also found:

- 64% of survey participants report ever trying to reduce the amount of sodium in their diet (up from 58% in 2013)
- 60% of survey participants want more choice or control over the amount of sodium in their food
- 62% of survey participants think the government should be involved in setting limits on the amount of sodium added by food companies and restaurants to their food.

Excess sodium can cause a whole range of cardiovascular problems including [high blood pressure](#) and clot formations. With heart disease being the No. 1 killer of all Americans, something as simple as reducing sodium intake can significantly reduce risk.

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About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization

dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).