



More Consumers Want Sodium Limits Set by Food Companies and Restaurants **Survey results suggest majority think government should be involved**

A new survey commissioned by the American Heart Association (AHA), reveals that a growing majority of Americans believe the government should be involved in setting limits on the amount of sodium added to food by food companies and restaurants.

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.

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. According to the survey, 62 percent of participants believe that the government should be involved in setting limits on the amount of sodium added to food by food companies and restaurants.

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
- 74% of survey participants prefer less sodium in processed foods
- 72% of survey participants want restaurants to reduce the amount of sodium in their offerings

Concerns over the amount of sodium in the food supply, prompted the Food and Drug Administration to release draft voluntary sodium targets last year for a variety of foods. The agency appealed to the food industry to decrease salt in their products to levels that will help the public stick to a daily goal of no more than 2,300 milligrams of sodium, which can have a sizeable health impact. The association recommends Americans go even further and consume less than 1,500 milligrams for ideal cardiovascular health.

Excess sodium can cause a whole range of cardiovascular problems including high blood pressure. 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](#).