



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

### *Easy on the Salt*

*Advice and Action to Reduce Dietary Sodium Among Adults With and Without Hypertension — Behavioral Risk Factor Surveillance System, United States, 2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Salt is necessary to keep our bodies functioning, but too much sodium can have negative consequences. Nearly nine in 10 Americans ingest too much salt. Excess consumption can cause high blood pressure, which increases the risk for heart disease. Adults should consume no more than 2300 milligrams of sodium per day, a little less than a teaspoon. Foods high in sodium include restaurant foods, like pizza and hamburgers, and processed products, like lunch meats. Fresh fruits and vegetables and fresh or frozen meats are typically low in sodium. Check food labels to avoid foods high in sodium. Talk with your healthcare provider about managing sodium intake.

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

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*