

SODIUM FACTS

Get the latest data from the CDC and the Dietary Guidelines for Americans

Where is Sodium?

According to the CDC, “Americans get most of their daily sodium, more than 75%, from processed and restaurant foods.”

Furthermore, roughly 40% of all the sodium in the American diet comes from just 10 different types of foods, which are...

- Bread and rolls
- Cured meats/cold cuts
- Pizza
- Poultry
- Soup
- Sandwiches
- Cheese
- Pasta dishes
- Meat dishes
- Snacks

The Dietary Guidelines for Americans has some great advice about reducing sodium intake, and a one of the best ideas is to check the Nutrition Facts label and choose the food with the lowest sodium content.

Exploring Sodium Intake:

Even though the Dietary Guidelines for Americans recommend that people should eat less than 2,300 mg of sodium per day, most people eat far more than that, averaging 3,400 mg per day!

Men generally consume more sodium than women. In fact, the Dietary Guidelines for Americans has revealed that “For all adult men, the average intake is 4,240 mg, and for adult women, the average is 2,980 mg per day.”

Children are also getting too much sodium every day. Did you know that almost 9 out of 10 kids consume too much sodium daily? This is bad news for their health!

