

SODIUM MATH

Follow the recommendations from the Dietary Guidelines for Americans

Numbers to Know:

Here's a guide to the sodium numbers you need to know...

1000 mg: This is the amount of sodium you should consume if you want to lower your blood pressure.

1500 mg: This is the maximum amount of sodium that you should get if you have high blood pressure or are at risk for developing high blood pressure.

2300 mg: This is the maximum amount of sodium that most people should eat each day, as recommended by the Dietary Guidelines for Americans.

3440 mg: This is the amount of sodium that most Americans consume, every single day. Note how much higher it is than the recommendations above.

Where Is Sodium?

Lots of foods contain hidden amounts of sodium, especially packaged foods and restaurant meals. According to the Dietary Guidelines for Americans, "Only a small proportion of total sodium intake is from sodium inherent in foods or from salt added in home cooking or at the table. Most sodium consumed in the United States comes from salts added during commercial food processing and preparation."

Take a look at the chart below. Do these sources surprise you?

