

75% OF AMERICANS

WANT LESS SODIUM

IN PROCESSED & RESTAURANT FOODS

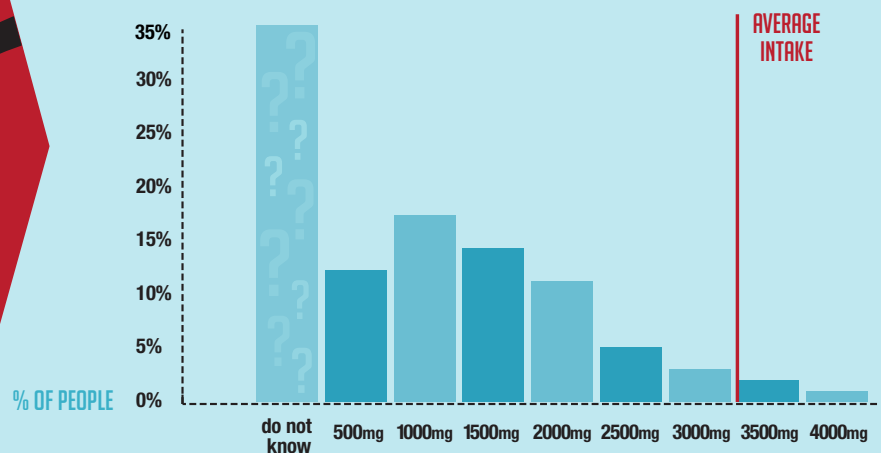
ON AVERAGE, AMERICANS EAT MORE THAN 3,400 MG OF SODIUM DAILY



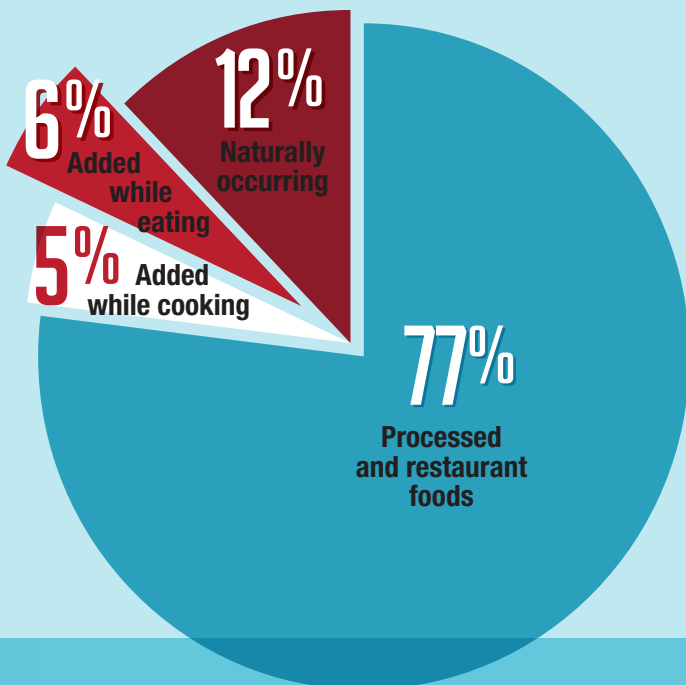
97%

DO NOT KNOW OR UNDERESTIMATE THEIR SODIUM INTAKE.

AMERICANS ESTIMATE THEIR SODIUM INTAKE PER DAY AT:



AMERICANS' SODIUM INTAKE COMES FROM:*



58% have tried to reduce the amount of sodium in their diet.

57% want more choice or control over the sodium content in their food.

56% think the government should play a role in reducing sodium in foods by setting mandatory (31%) or voluntary (25%) limits.

21% incorrectly believe that there are already limits on how much sodium can be added to processed foods.

15% incorrectly believe there are already limits for restaurant foods.

Results from an American Heart Association survey of 1,000 U.S. adults in November 2013
*Mattes and Donnelly, J Am Coll Nutr. 1991;10:383-393

HEART.ORG/SODIUM