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

97% DO NOT KNOW OR UNDERESTIMATE THEIR SODIUM INTAKE.

75% OF AMERICANS WANT LESS SODIUM IN PROCESSED & RESTAURANT FOODS

AMERICANS’ SODIUM INTAKE COMES FROM:

- 77% Processed and restaurant foods
- 5% Added while cooking
- 12% Naturally occurring
- 6% Added while eating

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.

% of people
0% 5% 10% 15% 20% 25% 30% 35%

do not know 500mg 1000mg 1500mg 2000mg 2500mg 3000mg 3500mg 4000mg

RESULTS FROM AN AMERICAN HEART ASSOCIATION SURVEY OF 1,000 U.S. ADULTS IN NOVEMBER 2013


HEART.ORG/SODIUM

©2014, American Heart Association. 6/14DS8230