



American Heart Association.

Healthy for Good™

HOLD THE SALT

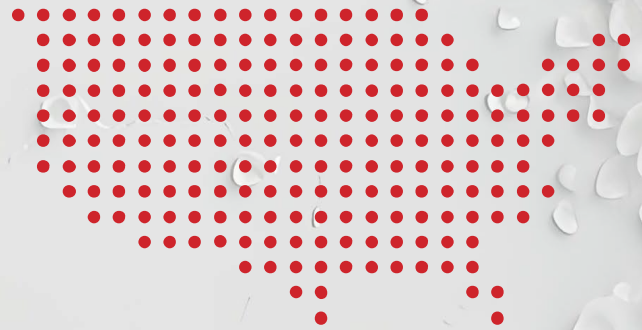
Many Americans are fed up with high sodium in our food landscape. Just how fed up?

Americans want to break up with salt...

78% of parents want less sodium in processed foods

74% of Americans want less sodium in processed foods

72% of Americans want less sodium in restaurant foods



...and they support government action to make it happen



62%

of **consumers believe the government should be involved in setting limits** on the amount of sodium added by food companies and restaurants.



85%

of **people support policies that further reduce sodium in foods served in school cafeterias.**

LUCKILY, THEY'VE GOT SCIENCE ON THEIR SIDE.

The vast majority of studies support the need for sodium reduction. And the small handful of studies that don't support sodium reduction have questionable methodology.

Americans' sodium intake comes from:



More than
70%
Processed and
restaurant foods



14%
Naturally
occurring

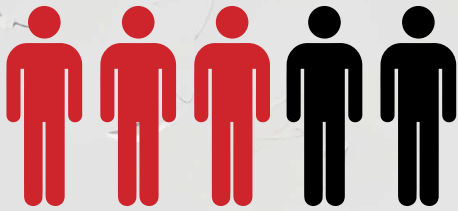


6%
Added while
cooking



5%
Added while
eating

And they're ready to take control.



The survey found that
60% (3 out of 5 respondents)
want more control over
the amount of sodium in
the food they buy at the
store and in a restaurant.



Nearly two-thirds of
Americans (**64%**)
have tried to reduce
their sodium
consumption.

Learn more about how you can control your sodium intake at heart.org/Sodium.