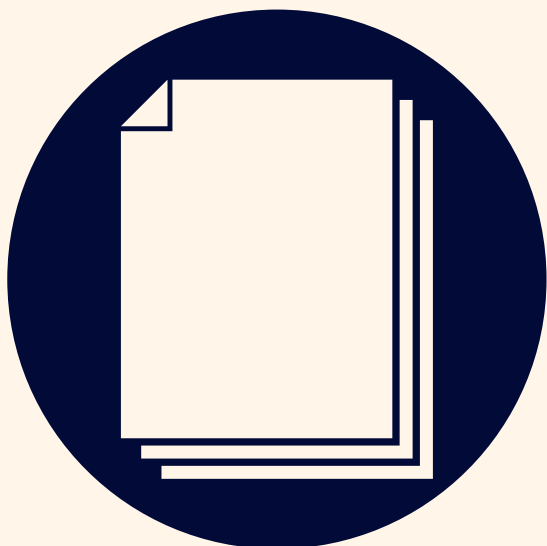


Why Watch Your Sodium?



A prospective study in Finland showed that for each 2,400 mg increase in 24-hour urinary sodium, cardiovascular disease mortality increased by 36% and total mortality increased by 22% (Lancet 20091; 357: 848-51).

Worldwide hypertension is the #1 risk factor for earlier mortality in middle-aged and older adults.

Cutting down on sodium is important to heart health and can have a positive impact on blood pressure.



The Dietary Guidelines for Americans recommend that people consume no more than **2300 mg** of sodium every day. People who are age 51 and older, who are African-American, or who have high blood pressure, diabetes, or chronic kidney disease should get no more than **1500 mg** of sodium per day.