

BLOOD PRESSURE CONTROL: WHAT MATTERS? TOO MUCH SODIUM

WHY

Research shows a strong dose-dependent relationship between dietary salt intake and elevated blood pressure. When salt intake is reduced, blood pressure begins to fall in just weeks, with the largest improvement in blood pressure readings occurring in those people with high blood pressure.



WHAT

The average American consumes 3,400 mgs of sodium every day, but the 2017 hypertension guidelines suggest 1500 mg a day for those with high blood pressure. More than 70% of the sodium we consume comes from processed foods and restaurant meals - not the salt shaker at the dinner table.



Visit
[cdc.gov/salt](https://www.cdc.gov/salt)
for more
information



HOW

Avoid high-salt foods like canned soups, processed sandwich meats, chips, crackers, and pretzels. Eat fresh fruits and vegetables and choose low- or no-salt varieties of canned or frozen vegetables. Use salt-free herbs and spices to flavor food at home.

