

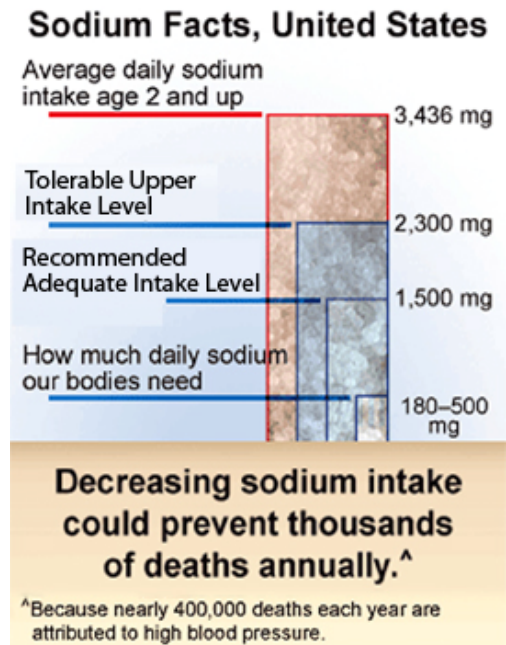
# Living Well Tip of the Week

## Americans Consume Too Much Sodium (Salt)

Sodium intake from processed and restaurant foods contributes to increased rates of high blood pressure, heart attack, and stroke. Decreasing sodium intake to within recommended limits could prevent thousands of deaths annually. (CDC.gov)

Research shows a dose-dependent relationship between consuming too much salt and elevated blood pressure. When salt intake is reduced, blood pressure begins decreasing for most people within a few days to weeks. Populations who consume diets low in salt do not experience the increase in blood pressure with age that is seen in most Western countries.

**Did You Know?** The vast majority of the sodium consumed is from processed and restaurant foods; only a small portion is used in cooking or added at the table.



**Living Well Health Manager, UT System provides a wealth of resources dedicated to your better health. Access our private portal at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and learn more about improving your diet by knowing what is best for you and your family to consume.**