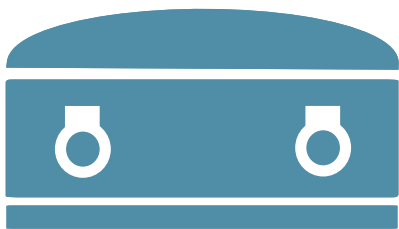


SODIUM: BY THE NUMBERS



Sodium contributes to
500,000 deaths
per year

Nearly every fast food item contains
over

10%

of our daily sodium



\$18 Billion

could be saved annually by reducing
sodium intake to

2,300 mg/day



11 million cases

of high blood pressure can be attributed
to high sodium



39%

of people claim to avoid salt
in their diet

Increasing exercise and reducing
sodium intake can extend lifespans
by up to

5.5 years

for the average
American adult

