Report released to reduce salt in processed food

Stillwater, Okla. – April 23, 2010

The Institute of Medicine released a report by an expert committee recommending the Food and Drug Administration set standards for salt added to processed foods and prepared meals.

The report indicates Americans, on average, consume 50 percent more sodium than the maximum amount that is recommended. When compared to the amounts considered adequate for daily consumption, the level of sodium being consumed by Americans equates to almost 125 percent the levels recommended.

“The committee’s task was to consider what would be the best means to reduce sodium levels in the U.S. diet,” said Christina DeWitt, FAPC food chemist. “It was determined that voluntary methods would not be sufficient as there had been more than 40 years of voluntary efforts to reduce sodium, and data clearly shows in that time period sodium intake rose steadily over a period of years and has remained steady at the current levels for nearly a decade.”

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