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## **ASN SUPPORTS VOLUNTARY SODIUM REDUCTION TARGETS**

**June 1, 2016**—The American Society for Nutrition (ASN) supports the U.S. Food and Drug Administration’s release of draft guidance that provides voluntary sodium reduction targets. Too much sodium in the diet can contribute to high blood pressure, a risk factor for cardiovascular and other diseases. Most Americans currently consume nearly 50 percent more than the proposed 10-year target of 2,300 mg per day. ASN supports the rationale to ultimately reduce sodium intake to no more than 2,300 mg of sodium per day, as this number reflects the best available scientific evidence on the relationship between sodium and health outcomes at this time.

“The voluntary reduction targets for sodium intake are a step in the right direction for improving public health” stated ASN President Marian L. Neuhouser, PhD, RD. “We appreciate existing efforts by the food industry to reduce sodium in processed and prepared foods and believe that the voluntary sodium reduction targets will help to amplify these efforts.”

*ASN is the authoritative voice on nutrition and publisher of The American Journal of Clinical Nutrition, The Journal of Nutrition, and Advances in Nutrition. Established in 1928, ASN’s more than 5,000 members in more than 75 countries work in academia, practice, government and industry. ASN advances excellence in nutrition research and practice through its publications, education, public affairs and membership programs, reaching over 36 million individuals annually. Visit us at [www.nutrition.org](http://www.nutrition.org).*