

Nutrition News and Research

Center for Disease Control (CDC) cites bread as the leading culprit in Americans' excess sodium consumption. Although the 2010 U.S. Dietary Guidelines recommend limiting sodium intake to 2,300 milligrams per day, the average American usually consumes about 3,300 milligrams each day, with 9 out of 10 people above the age of 2 ingesting too much salt on a daily basis. This statistic, which was released in a new report from the CDC, is concerning given that excess sodium can cause high blood pressure, which increases the risk for heart disease and stroke.

<http://www.myhealthnewsdaily.com/891-2010-dietary-guidelines-110131.html>

See CDC Report at Web page: <http://www.cdc.gov/VitalSigns/Sodium/index.html>

Which foods are most to blame? The answer might surprise you: breads and rolls. Although a single serving of bread may seem harmless, when eaten several times over the course of the day, the sodium content can add up. According to the CDC, a single slice of white bread can contain as much as 230 milligrams of salt. This is why it is important to look at nutrition labels when purchasing food in order to find options with a good balance of calories, fat and sodium. According to the report, if we could lower our average salt intake by 400 milligrams per person, we could save up to 28,000 deaths and \$7 billion in healthcare costs annually. Read more AT Web page: http://vitals.msnbc.msn.com/_news/2012/02/07/10342463-cdc-9-out-of-10-americans-eat-too-much-salt