

**Sodium Intake Reassessed for 2007-2008:** Result of Discontinuation of Data Processing Step on Salt Adjustment, Mean Amounts Consumed per Individual<sup>1</sup>, in the United States, 2007-2008 and 2009-2010

Gender and age (years)	2007-2008				2009-2010			
	Sample size	Sodium <sup>2</sup> (adjusted)		Sodium <sup>3</sup> (reassessed)		Sample size	Sodium <sup>4</sup>	
		mg	(SE)	mg	(SE)		mg	(SE)
<b>Males:</b>								
2 - 5.....	455	2265	(39.5)	2339	(44.7)	452	2331	(70.6)
6 - 11.....	550	3169	(104.4)	3238	(104.9)	588	3062	(62.4)
12 - 19.....	607	3990	(129.2)	4093	(131.1)	672	4211	(156.9)
20 - 29.....	409	4363	(174.1)	4561	(184.2)	450	4376	(111.7)
30 - 39.....	451	4231	(89.3)	4382	(89.5)	455	4533	(105.3)
40 - 49.....	412	4391	(156.9)	4591	(159.2)	481	4588	(162.5)
50 - 59.....	431	4030	(175.9)	4207	(175.7)	470	4253	(151.7)
60 - 69.....	459	3517	(123.1)	3678	(128.3)	449	3900	(80.2)
70 and over.....	500	3012	(116.8)	3215	(117.7)	484	3205	(72.7)
20 and over...	2662	4043	(80.3)	4224	(81.3)	2789	4243	(42.9)
<b>Females:</b>								
2 - 5.....	377	2189	(67.4)	2251	(67.7)	409	2283	(57.0)
6 - 11.....	571	2717	(95.9)	2802	(95.4)	566	2875	(66.1)
12 - 19.....	549	3013	(143.6)	3096	(137.3)	593	2958	(95.5)
20 - 29.....	409	3009	(119.6)	3107	(118.3)	524	3217	(74.3)
30 - 39.....	482	3058	(154.7)	3161	(161.6)	499	3050	(63.1)
40 - 49.....	466	3027	(121.4)	3143	(132.2)	555	3014	(74.1)
50 - 59.....	413	2936	(105.9)	3031	(108.3)	429	2992	(79.9)
60 - 69.....	465	2674	(71.6)	2795	(70.9)	453	2891	(79.1)
70 and over.....	523	2364	(57.5)	2543	(58.8)	513	2588	(65.3)
20 and over...	2758	2884	(40.1)	3000	(42.7)	2973	2980	(29.9)
<b>Males and females:</b>								
2 and over...	8529	3330	(52.1)	3460	(54.1)	9042	3463	(19.4)

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Race/ethnicity and age (years)	2007-2008				2009-2010			
	Sample size	Sodium <sup>2</sup> (adjusted)		Sodium <sup>3</sup> (reassessed)		Sample size	Sodium <sup>4</sup>	
		mg	(SE)	mg	(SE)		mg	(SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	295	2111	(58.5)	2166	(58.6)	305	2295	(71.4)
6 - 11.....	336	2980	(111.4)	3063	(106.9)	371	2920	(75.7)
12 - 19.....	360	3705	(151.5)	3799	(157.3)	425	3584	(133.5)
20 and over...	2548	3478	(67.3)	3631	(69.4)	2786	3627	(35.8)
2 and over...	3539	3402	(65.8)	3539	(69.0)	3887	3511	(19.8)
<b>Non-Hispanic Black:</b>								
2 - 5.....	182	2389	(114.7)	2452	(109.3)	150	2492	(63.0)
6 - 11.....	295	3107	(98.7)	3173	(98.6)	229	3032	(100.0)
12 - 19.....	311	3154	(101.6)	3224	(108.5)	275	3348	(135.7)
20 and over...	1136	3270	(92.0)	3389	(89.5)	1025	3358	(59.8)
2 and over...	1924	3178	(58.4)	3281	(57.0)	1679	3273	(48.4)
<b>Hispanic<sup>5</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	217	2228	(165.8)	2331	(174.9)	237	2157	(73.2)
6 - 11.....	291	2667	(114.7)	2731	(109.6)	337	2824	(96.5)
12 - 19.....	270	3247	(106.1)	3337	(102.6)	340	3454	(133.6)
20 and over...	930	3270	(70.3)	3370	(66.9)	1062	3368	(73.4)
2 and over...	1708	3097	(49.8)	3192	(46.8)	1976	3206	(74.1)
<i>All Hispanic</i>								
2 - 5.....	308	2260	(132.4)	2355	(137.2)	332	2189	(72.7)
6 - 11.....	437	2715	(95.9)	2783	(95.4)	474	2913	(84.3)
12 - 19.....	431	3239	(84.3)	3322	(87.3)	482	3434	(81.5)
20 and over...	1525	3269	(47.1)	3389	(47.1)	1647	3417	(50.5)
2 and over...	2701	3114	(33.3)	3221	(32.4)	2935	3252	(49.3)

**Sodium Intake Reassessed for 2007-2008:** Result of Discontinuation of Data Processing Step on Salt Adjustment, Mean Amounts Consumed per Individual<sup>1</sup>, in the United States, 2007-2008 and 2009-2010 (*continued*)

Family income in dollars and age (years)	2007-2008				2009-2010			
	Sample size	Sodium <sup>2</sup> (adjusted)		Sodium <sup>3</sup> (reassessed)		Sample size	Sodium <sup>4</sup>	
		mg	(SE)	mg	(SE)		mg	(SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	295	2457	(86.3)	2552	(90.1)	347	2383	(36.1)
6 - 11.....	378	2976	(125.5)	3063	(127.6)	373	3176	(109.1)
12 - 19.....	379	3214	(145.3)	3297	(151.0)	384	3439	(108.9)
20 and over...	1830	3151	(78.5)	3297	(81.8)	1884	3452	(49.6)
2 and over...	2882	3107	(63.9)	3238	(67.4)	2988	3355	(43.7)
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	335	2204	(65.9)	2280	(65.8)	308	2316	(112.5)
6 - 11.....	462	3059	(96.6)	3115	(103.0)	449	2849	(57.4)
12 - 19.....	439	3681	(202.1)	3790	(204.4)	499	3376	(137.4)
20 and over...	2112	3479	(79.2)	3628	(80.7)	2215	3583	(45.2)
2 and over...	3348	3390	(81.1)	3522	(81.9)	3471	3432	(31.3)
<b>\$75,000 and higher:</b>								
2 - 5.....	152	2150	(83.3)	2179	(81.0)	150	2198	(71.3)
6 - 11.....	221	2878	(108.0)	2958	(97.7)	253	2922	(152.2)
12 - 19.....	246	3511	(179.2)	3593	(172.6)	280	3861	(187.7)
20 and over...	1055	3670	(80.3)	3815	(78.3)	1198	3729	(69.9)
2 and over...	1674	3493	(55.8)	3618	(51.8)	1881	3601	(42.6)
<b>All Individuals<sup>6</sup>:</b>								
2 - 5.....	832	2230	(45.1)	2298	(47.2)	861	2308	(43.5)
6 - 11.....	1121	2933	(71.4)	3010	(71.0)	1154	2971	(49.0)
12 - 19.....	1156	3505	(100.9)	3599	(101.5)	1265	3562	(109.4)
20 and over...	5420	3430	(57.7)	3576	(59.8)	5762	3589	(29.2)
2 and over...	8529	3330	(52.1)	3460	(54.1)	9042	3463	(19.4)

**Sodium Intake Reassessed for 2007-2008:** Result of Discontinuation of Data Processing Step on Salt Adjustment, Mean Amounts Consumed per Individual<sup>1</sup>, in the United States, 2007-2008 and 2009-2010 (*continued*)

Family income as % of Federal poverty <sup>7</sup> threshold and age (years)	2007-2008				2009-2010			
	Sample size	Sodium <sup>2</sup> (adjusted)		Sodium <sup>3</sup> (reassessed)		Sample size	Sodium <sup>4</sup>	
		mg	(SE)	mg	(SE)		mg	(SE)
<b>Under 131% poverty:</b>								
2 - 5.....	386	2425	(73.6)	2514	(75.9)	431	2373	(44.5)
6 - 11.....	468	2931	(104.8)	3028	(105.3)	496	3203	(114.5)
12 - 19.....	450	3262	(133.6)	3395	(147.5)	503	3467	(107.4)
20 and over...	1506	3152	(74.4)	3290	(80.9)	1755	3467	(46.7)
2 and over...	2810	3086	(57.8)	3215	(64.8)	3185	3346	(39.3)
<b>131-185% poverty:</b>								
2 - 5.....	90	2140	(149.7)	2222	(143.2)	93	2303	(98.6)
6 - 11.....	138	3598	(358.3)	3659	(355.1)	145	2669	(60.5)
12 - 19.....	129	3792	(275.3)	3873	(269.3)	162	3171	(179.6)
20 and over...	694	3273	(114.8)	3399	(111.1)	743	3336	(76.8)
2 and over...	1051	3289	(124.0)	3403	(120.1)	1143	3196	(57.4)
<b>Over 185% poverty:</b>								
2 - 5.....	298	2158	(55.6)	2208	(56.2)	266	2254	(75.8)
6 - 11.....	446	2882	(74.4)	2943	(70.0)	422	2881	(98.7)
12 - 19.....	473	3583	(175.0)	3654	(170.9)	482	3684	(163.7)
20 and over...	2735	3571	(54.8)	3724	(55.8)	2730	3685	(34.8)
2 and over...	3952	3454	(46.5)	3587	(45.1)	3900	3566	(25.8)
<b>All Individuals<sup>6</sup>:</b>								
2 - 5.....	832	2230	(45.1)	2298	(47.2)	861	2308	(43.5)
6 - 11.....	1121	2933	(71.4)	3010	(71.0)	1154	2971	(49.0)
12 - 19.....	1156	3505	(100.9)	3599	(101.5)	1265	3562	(109.4)
20 and over...	5420	3430	(57.7)	3576	(59.8)	5762	3589	(29.2)
2 and over...	8529	3330	(52.1)	3460	(54.1)	9042	3463	(19.4)

## Footnotes

- <sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.
- <sup>2</sup> **Adjusted for salt use in food preparation.** Estimates of sodium intake, as released in *What We Eat in America*, NHANES 2007-2008 included a data processing step applied after dietary data collection. In that step, the salt content of designated foods likely to be home prepared was adjusted downward, based on the reported frequency of salt use in cooking or preparing foods in the household.
- <sup>3</sup> **Reassessment of sodium intake.** Data processing step of salt adjustment was not applied; estimates include salt added in cooking or food preparation as assumed in the nutrient profiles for foods in FNDDS 4.1. Data are presented to allow comparison with sodium intakes released previously that were adjusted for salt use in food preparation.
- <sup>4</sup> **Data processing step discontinued.** Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.
- Details about the data processing step of salt adjustment and its discontinuation available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).
- <sup>5</sup> A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- <sup>6</sup> Includes persons of all income levels or with unknown family income.
- <sup>7</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

## Abbreviations

SE standard error.

## Notes

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008 and 2009-2010. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Databases for Dietary Studies 4.1 and 5.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which are based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 and Release 24, respectively.

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Sodium Intake Reassessed for 2007-2008: Result of Discontinuation of Data Processing Step on Salt Adjustment, Mean Amounts Consumed per Individual, in the United States, 2007-2008 and 2009-2010. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).