

# Salt intake

ENLACE **SALT INTAKE** SODIUM REDUCTION POLICIES TECHNICAL NOTES ABOUT

Worldwide, the largest number of diet-related deaths, an estimated 1.89 million each year, is associated with excessive sodium intake, a well-established cause of raised **blood pressure** and increased risk of **cardiovascular diseases**. The global mean sodium intake is estimated to be 4,310 mg per day (10.78 g of salt per day), which far exceeds the physiological requirement and is more than double the World Health Organization (WHO) recommendation of fewer than 2,000 mg of sodium (equivalent to less than 5 g of salt) per day in adults.

This visualization allows users to examine the level and trends of annual estimates of the mean population salt intake (grams per day) in adults aged 25 years and older by sex in the Region of the Americas from 1990 to 2019.



## Salt consumption: level across countries

Mean population salt intake, adults aged 25+ (grams per day) across countries of the Americas, Both sexes, 2019.

