

Sodium Reduction & Public Health Strategies



IAFNS catalyzes the creation of scientific knowledge by funding external researchers and convening experts. IAFNS brings together diverse perspectives from across the food and beverage ecosystem.

- Delivering on the vibrant promise of food and nutrition science requires transcending conventional barriers across disciplines and sectors.

IAFNS Sodium in Foods & Health Implications Committee hosted an Expert Dialogue on March 14, 2024, to identify the research, education and collaboration needed to further advance this important area of public health.

The IAFNS Expert Dialogue on Sodium Reduction and Public Health Strategies brought together over 60 experts from over 40 organizations. The dialogue began with an in-depth, 7-part webinar series and continued with an informed discussion. The experts discussed current research and practices on sodium reduction in the food supply to advance effective public health strategies.

Key Takeaways:

- Additional research is needed to advance sodium reduction strategies especially in some categories like meats and cheeses where there are food safety and quality challenges.
- Current messages to limit dietary sodium do not take into account the benefits of potassium, an under-consumed nutrient, which helps mitigate the effects of sodium on blood pressure.
- Regular collaboration across sectors is needed to further advance public health related to sodium and potassium intake.

Participating Organizations included:

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| • US FDA | • Center for Dairy Research | • American Society for Nutrition |
| • Health Canada | • Iowa State University | • Academy for Nutrition & Dietetics |
| • USDA | • University of Toronto | • American Diabetes Association |
| • CDC | • University of Wisconsin | • American Heart Association |
| • NIH | • Monell Chemical Senses | • Reagan Udall Foundation |

This science-focused event brought together experts with shared interests. Public health is advanced and strengthened by a global understanding of approaches and perspectives across the scientific community.



The IAFNS Sodium in Foods & Health Implications Committee focuses on the development and communication of sodium research on foods, food patterns and health implications across demographics.

- The committee supports applied clinical or epidemiological research to improve the understanding of sodium in foods and the relationship to estimates of intake.

The Sodium in Foods & Health Implications Committee organized a special 7-part webinar series in early 2024. This series was background for the convening of over 60 experts to exchange information, share strategies, and inspire ideas for evidence-based advancements in this complex area of public health.

Sodium Webinar Series

- What's New: Sodium Intake & Public Health
- What Manufacturers are Doing to Reduce Sodium
- Lessons Learned: Opportunities and Challenges to Monitoring Sodium
- Effects of Sodium Reduction on Food Safety and Quality
- Leveraging Innovation to Address Technical Challenges of Reducing Sodium
- Benefits of Potassium Substitution for Public Health
- Why is Reducing Sodium So Hard? Sensory Science, Consumer Insights & Culinary Solutions

IAFNS Sodium Committee includes representatives from:

- Campbell's
- Cargill, Inc.
- ConAgra Brands
- General Mills, Inc.
- Hershey Company
- Kraft Heinz
- Nestle'
- U.S. Department of Agriculture
- Washington State University
- Johns Hopkins University
- New York University

IAFNS mobilizes Government, Industry and Academia to drive, fund and lead actionable science in support of public health.

Join us in connecting, collaborating, and catalyzing science that matters! Together, we can ensure credible science drives and informs decision making – from policy makers to consumers.

For information on IAFNS, please connect with us! science@iafns.org.

IAFNS Expert Dialogue on Sodium Reduction & Public Health Strategies