

# BALANCING FLAVOR AND HEALTH

## Overcoming Challenges in Sodium Reduction

### A COMPLEX PROBLEM

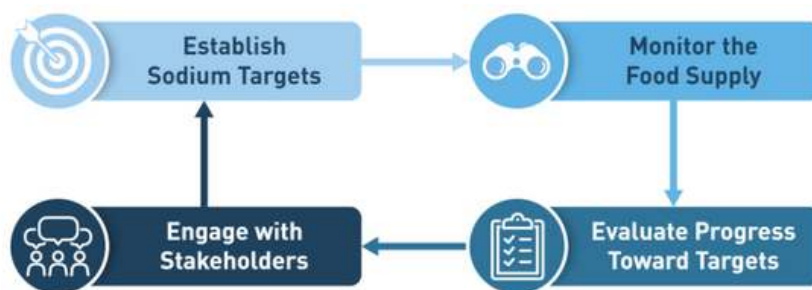


- Americans consume **50% more sodium than recommended** daily
- High sodium intake from **processed foods** contribute to high blood pressure, a **leading risk factor for heart disease**

Reducing sodium in these products is a complex but essential step toward improving public health

### TARGETS & TIMELINES

- The *Food and Drug Administration* calls for **voluntary sodium reduction in packaged and prepared foods**
- Phase II targets a **20% reduction** in packaged and processed foods by 2028
- FDA will **monitor progress** and **adjust targets** as needed to improve public health



### MULTIPLE STRATEGIES

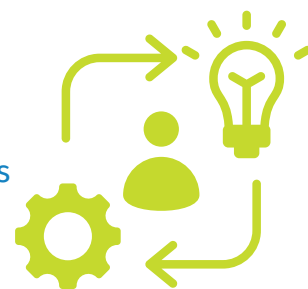
Multiple sodium-reduction strategies are crucial for achieving progress

#### Technical Approaches in Prepared & Packaged Foods

- Modify salt crystal structure
- Gradually decrease salt content
- Enhance flavor without sodium
- Partial salt replacement with potassium chloride

#### Food Preparation Approaches in Restaurant Foods

- Reduce or replace high-sodium ingredients
- Reduce portion of high sodium options
- Offer diverse salt levels
- Promote lower sodium options



### COLLABORATION IS KEY

**Healthcare professionals** can play a **pivotal role** in supporting the food industry's mission to decrease sodium in the food supply

#### Public Health Advocacy & Education

- Partner with industry** on public health initiatives
- Educate** patients about the risks of high sodium diets

#### Policy Influence & Research

- Advocate** for achievable sodium reduction policies
- Support data sharing** and research partnerships among industry, academia and government

#### Patient-Centered Care & Consumer Empowerment

- Advise** patients on lower-sodium dietary choices and **provide supportive resources**
- Consider** the broader factors influencing food choices