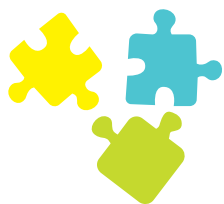


# DATA SHARING:

## The Key to Effective Sodium Reduction Policy



DATA IS A VITAL PIECE OF THE PUZZLE TO CREATE A HEALTHIER FUTURE

### Measuring What We Eat

- *What We Eat in America* and the *National Health and Nutrition Examination Survey* collaboratively collect comprehensive dietary data, including biological markers for verification, to accurately assess nutrient intake and inform public health initiatives.
- Using these tools, we know **Americans consume 50% more sodium than recommended** for cardiovascular health



### ENHANCING FOOD COMPOSITION DATA

The United States Department of Agriculture's USDA FoodData Central is a **comprehensive source of food composition data**, providing information on multiple distinct data types, including branded foods.



| FOODDATA CENTRAL  | GLOBAL BRANDED FOODS DATABASE   |
|---|---|
| Provides <b>comprehensive nutrient data</b> from diverse sources, including analytical, historical, calculated, and experimental data from the published literature | Provides <b>nutrient and ingredient label data</b> from packaged foods                                |
| Nutrient information resource for researchers, healthcare professionals, and consumers  | Data is <b>voluntarily provided</b> by the food industry  |
| <b>Varied sources</b> , including food manufacturers, government agencies, and academic institutions  | Contains over 450,000 food items, including private label foods and <b>covers 80% of US food sold</b> |
| <b>Broad scope</b> with a wide variety of foods   | Used by researchers to monitor the nutrition of the food supply and inform food policy                |



Leveraging these datasets allows researchers and policy makers to **access the most comprehensive and accurate information** about sodium in the food supply to inform public health.

### DATA SHARING IS A KEY STRATEGY TO EFFECTIVELY IMPROVE PUBLIC HEALTH

By **sharing data with the USDA**, food manufacturers ensure the data **accurately reflects the nutrition of our food supply** and captures sodium reduction efforts.

This leads to **evidence based policy development** benefitting consumers, public health and the food industry.



Visit Sodium Webinar Series and Expert Convening at [www.iafns.org](http://www.iafns.org) for more information