



Industry News - AM **CDC fingers 10 high-sodium food culprits. Guess who?**

By Lisa M. Keefe on 2/8/2012

Cold cuts/cured meats, pizza and "meat mixed dishes" are among the food categories called out by the Centers for Disease Control and Prevention as contributing most to a high-sodium American diet, the federal agency said in an early release of its *Morbidity and Mortality Weekly Report*.

Noting that most of the U.S. population takes in way more sodium than daily guidelines recommend, researchers analyzed the sources of sodium contained in data collected from more than 7,200 participants aged 2 years and older in the "What We Eat In America" survey done in 2007 and 2008.

The CDC found that 10 food categories contributed 44 percent of the sodium consumed. The categories are:

- Bread and rolls
- Cold cuts/cured meats
- Pizza
- Poultry
- Soups
- Sandwiches
- Cheese
- Pasta mixed dishes
- Meat mixed dishes
- Savory snacks

For most of the categories, more than 70 percent of sodium consumed came from foods obtained at a store. For pizza and poultry, respectively, 51 percent and 27 percent of sodium consumed came from foods obtained at fast food or pizza restaurants, according to *MMWR*. Mean sodium consumption per calorie consumed was significantly greater for foods and beverages bought from fast food, pizza or other restaurants as compared with stores.

The CDC notes that high sodium consumption contributes to high blood pressure, which in turn is a major risk factor for heart disease and stroke, the nation's first and fourth leading causes of death. Knowing which foods are most often contributing factors, the agency says, may lead food manufacturers and restaurants to reduce excess sodium added to foods before purchase; states and localities to implement policies to reduce sodium in foods served in institutional settings; and doctors to counsel most patients to check food labels and select foods lower in sodium.