CDC Vital signs Reducing Sodium in Children’s Diets



Infograhics and other information on the risks of high salt intake and ways to reduce consumption among children.

About 9 in 10 US children eat more sodium than recommended. Most sodium is in the form of salt, as a part of processed foods. A high sodium diet can lead to high blood pressure. About 1 in 6 children ages 8-17 years has raised blood pressure. High blood pressure is a major risk factor for heart disease and stroke. Lowering sodium in children’s diets today can help prevent heart disease tomorrow, especially for those who are overweight.

The taste for salt is established through diet at a young age. Parents and caregivers can help lower sodium by influencing the way foods are produced, sold, prepared, and served. The pressure is on to keep blood pressure down 1 in 6 children has raised blood pressure, which can be lowered in part by a healthy diet, including less sodium.

As a parent and caregiver, you can…