

# Sodium Reduction in Communities Program



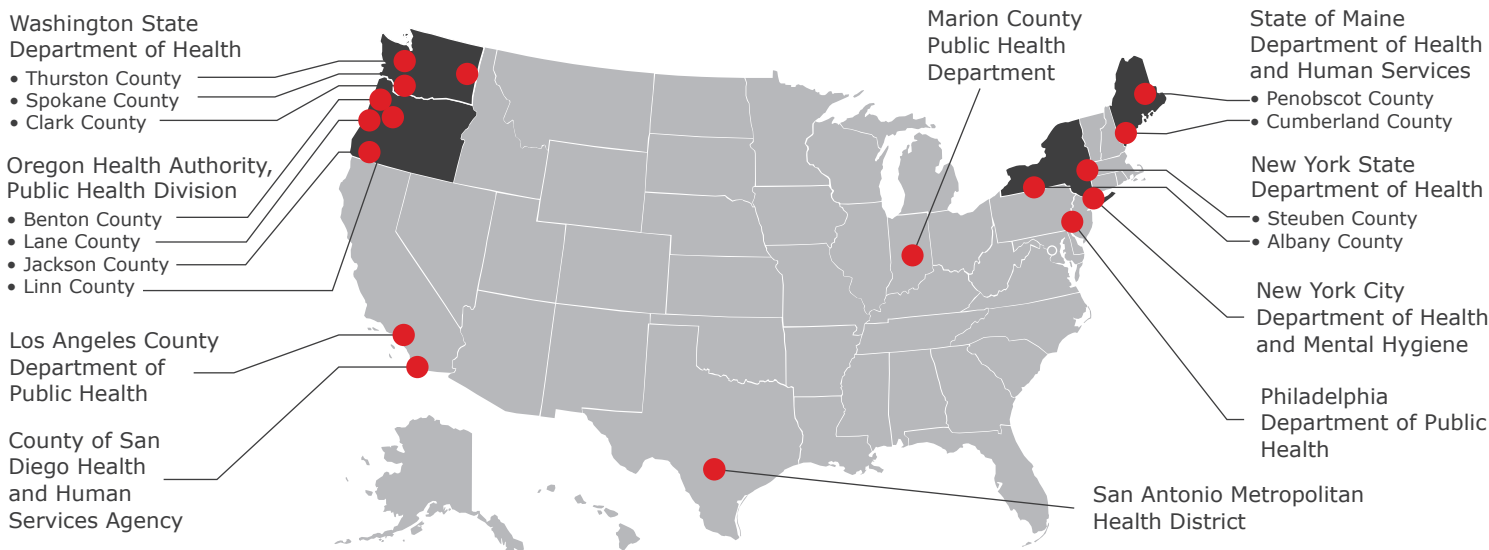
## Why reduce sodium?

High intake of dietary sodium is associated with elevated blood pressure that increases the risk of heart disease and stroke.<sup>1</sup> Heart disease and stroke are the first and fifth leading causes of death in the United States.<sup>2</sup> In 2013, CDC awarded funds through a cooperative agreement to help communities increase access to healthier food choices through the Sodium Reduction in Communities Program (SRCP).

## What are examples of sodium reduction strategies?

- ⚡ Develop and implement food service guidelines/nutrition standards.
- ⚡ Implement strategies that enhance selection of lower sodium foods.
- ⚡ Implement menu and/or meal modifications to reduce sodium.
- ⚡ Offer complementary venue-specific consumer information activities.

## Who was awarded?



## Awardees may choose to work in four defined food service venues



### Hospitals

- ⚡ Hospital systems.
- ⚡ Independent hospitals.

Reduced sodium content by\*:

**34%**



### Congregate meals

- ⚡ Senior meals.
- ⚡ Food banks.
- ⚡ Detention facilities.
- ⚡ Early childcare centers.

Reduced sodium content by\*:

**32%**



### Worksites

- ⚡ Public work settings.
- ⚡ Private work settings.

Reduced sodium content by\*:

**57%**



### Restaurants

- ⚡ Take-out restaurants.
- ⚡ Pubs.
- ⚡ Bistros.
- ⚡ Other cafés.









Reduced sodium content by\*:

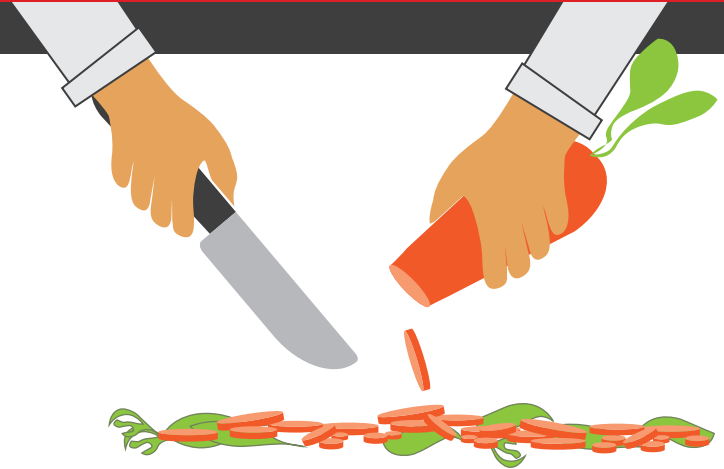
**32%**

\* Represents only the meals/food items targeted for sodium reduction within specific entities; data from the first two years (2012-2015) of the program period and for select programs only.



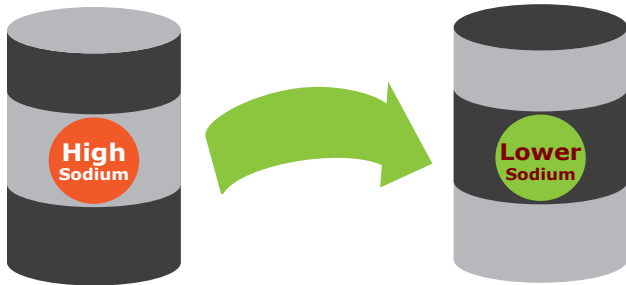
# What Are Some Effective Sodium Reduction Strategies?

% Sodium Reduction*	Example Recipe Modifications	Venue
95%	Removed jerk seasoning in fish with pasta.	
91%	Reduced added salt in snap peas.	
90%	Removed chicken base, carrots, and peas in steamed rice.	
73%	Reduced sauce in cole slaw.	
71%	Replaced sauce with house-made low-sodium sauce and fresh chicken in cashew chicken.	
54%	Replaced seasoning with house-made seasoning in beef chili.	
50%	Changed burger seasoning in hamburger.	
34%	Developed new sauce recipe in meat with sauce.	











## Recipe modification is

changing the composition of a recipe or product including changing cooking techniques, addressing the use of condiments, changing serving sizes, and cooking from scratch.



## Product replacement or substitution is

when a buyer selects a lower sodium food product alternative from a supplier based on product specifications.

% Sodium Reduction*	Example Product Replacement/Modification	Venue
91%	Low-sodium diced tomatoes in zucchini and tomato dish	
82%	Low-sodium broth in chicken noodle soup	
81%	Low-sodium base in rice pilaf	
80%	Fresh chicken and new side in breaded chicken meal	
73%	Low-sodium chicken base paste in chicken with white wine sauce	
71%	Use of fresh broccoli instead of canned in beef and broccoli	
37%	Use of chevre over feta in spinach salad	
30%	Use of chevre over feta in quinoa salad	

**Limitations:** The reporting for this Annual Progress Report period was voluntary, and not all data were collected from all awardees. This infographic is only presenting two of the four sodium reduction strategies and the awardees that reported the largest sodium reduction. The infographic will be updated when final reporting for Round 2 of the SRCP cooperative agreement is complete and will include all awardees.

\* Data from the first 2 years of the program period.

1. Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. Washington, DC: National Academies Press; 2005.  
 2. Kochanek KD, Murphy SL, Xu J, Arias E. *Mortality in the United States, 2013*. NCHS Data Brief, No. 178. Hyattsville, MD: National Center for Health Statistics, Centers for Disease Control and Prevention, US Department of Health and Human Services; 2014.

