

SODIUM WARNING LABEL POLICY

High blood pressure, high blood cholesterol, and obesity are known risk factors for heart disease and stroke.

ABOVE THE LIMIT

The recommended daily limit for sodium is 2,300 milligrams per the FDA. Unfortunately for Americans' health, many individual menu items at popular restaurants contain more than 1,500 to 2,000 milligrams of sodium.

EQUITY-CENTERED POLICY

The disproportionate access to healthy foods in Black neighborhoods is a primary determinant of obesity disparity. In the U.S., Black people have higher rates of hypertension than their white counterparts.

CUYAHOGA COUNTY

The prevalence of high blood pressure in Ohio is 34.5%. Cuyahoga County is ranked among the least healthy counties in Ohio (Lowest 0%-25%). Nearly two-fifths (38%) of Cuyahoga County adults have been diagnosed with high blood pressure, and 38% have high blood cholesterol.



A salt shaker icon on items containing 1,500 milligrams of sodium—more than half the recommended daily limit—can help consumers make healthier food choices.

- Restaurant and processed food contribute more than two-thirds of the daily dietary sodium intake.
- While consumers can control how much salt they use at the table, pre-added salt cannot be taken out. Consumers deserve more control over their health and more information when they order a meal instead of the food service establishment deciding for them.
- In 2020, Cleveland became one of the first cities to prioritize consumer choice by passing a policy making low-fat milk, water, and 100% fruit juice the default beverage in restaurant kid's meals.
- Salt warnings on food service establishment menus can only further the public's journey toward improving its overall health.