

Twenty-five food categories explain 70 percent of salt intake

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"A variety of commonly consumed foods contributes to U.S. sodium intake, emphasizing the importance of [sodium reduction](#) across the food supply," the authors write.

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(HealthDay)—For U.S. persons, 70 percent of dietary sodium comes from 25 food categories, with bread the top contributor, according to research published in the March 31 issue of the U.S. Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*.

Zerleen S. Quader, M.P.H., from the CDC in Atlanta, and colleagues used data from the dietary intake portion of the National Health and Nutrition Examination Survey, 2013 to 2014, What We Eat in America, to analyze the percentage sodium contribution of selected food categories and source of [sodium intake](#).

The researchers found that 70 percent of [dietary sodium](#) consumed by persons in the United States came from 25 food categories in 2013 to 2014, with bread the top contributor, accounting for 6 percent of sodium consumed. Most sodium consumed was from food obtained at stores; the highest sodium density was seen for food obtained at restaurants.

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