



Canadians Consume Too Much Salt

(July 15, 2009) In a 2004 [Canadian Community Health Survey](#), researchers found that among people aged 19-70, 85% of men and 60% of women consumed more sodium than was recommended.¹ For adults aged 51-70, recommended sodium intake is 1,300 mg, while adults aged 70+ should consume even less (1,200 mg). This survey also indicated that in 2004 Canadian men too in an average of 4,100 mg of sodium daily, while women consumed 2,900 mg. This results in almost one-third more than the recommended limit, when the population is considered as a whole.

High salt intake can cause serious health problems, including hypertension and cardiovascular disease. Even people who are not salt-sensitive in their 20s are more vulnerable these types of health problems as they reach their 40s and 50s. According to [Blood Pressure Canada](#), more than 90% of Canadians who live to be about 80 years old will develop high blood pressure unless they take steps to reduce their sodium intake and increase their level of physical activity.

According to the Globe and Mail (June 2009), we're still consuming excessive amounts of salt - and most of us don't even know it. It's the hidden health risk that's threatening even our children. See the links below to explore the four-part investigation on salt consumption in Canada and potential food industry solutions.

The Globe and Mail's "[Salt](#)" series:

Part 1: Under Pressure

Part 2: Hunting for the Salt Gene

Part 3: The Taste of Things to Come

Part 4: How Canada is Losing the War on Salt

[Hard to Shake: Culinary Alternatives → Don't pass the salt](#)

¹ CBC's 2007 article, [Canadians stuffing too much salt in diets, StatsCan says](#).