

Center for Food Safety and Applied Nutrition - Constituent Update

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FDA Issues Draft Guidance to Industry for Voluntarily Reducing Sodium

June 1, 2016

The U.S. Food and Drug Administration (FDA) today issued [draft guidance](#) for public comment that provides voluntary sodium reduction targets for the food industry. The draft short-term (2-year) targets seek to decrease sodium intake to about 3,000 mg per day. The long-term (10-year) targets seek to reduce sodium intake to 2,300 milligrams per day. The targets, which cover nearly 150 food categories, are intended to complement many existing efforts by food manufacturers, restaurants and food service operations to reduce sodium in foods.

Americans consume almost 50 percent more sodium than what most experts recommend. One in three individuals has high blood pressure, which has been linked to diets high in sodium and is a major risk factor for heart disease and stroke. The majority of sodium intake comes from processed and prepared foods.

The comment period on this draft guidance opens June 2, 2016. Although comments are accepted at any time, to ensure that the agency considers comments on this draft guidance before it begins work on the final version of the guidance, submit comments within 90 days (by August 31, 2016) on Issues 1 through 4 listed in section IV of the notice announcing the availability of the draft guidance and within 150 days (by October 31, 2016) on Issues 5 through 8 listed in section IV of this notice. Submit electronic comments to <http://www.regulations.gov>. Submit written comments to the Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, rm. 1061, Rockville, MD 20852. All comments should be identified with the docket number FDA-2014-D-0055, as listed in the notice of availability that publishes in the *Federal Register*.

For More Information

- [Sodium Reduction At A Glance \(includes Questions & Answers\)](#)
- [Draft Guidance for Industry: Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods](#)
- [Federal Register Notice Announcing the Draft Guidance](#)
- [Blog: Reducing Sodium in the Food Supply](#)