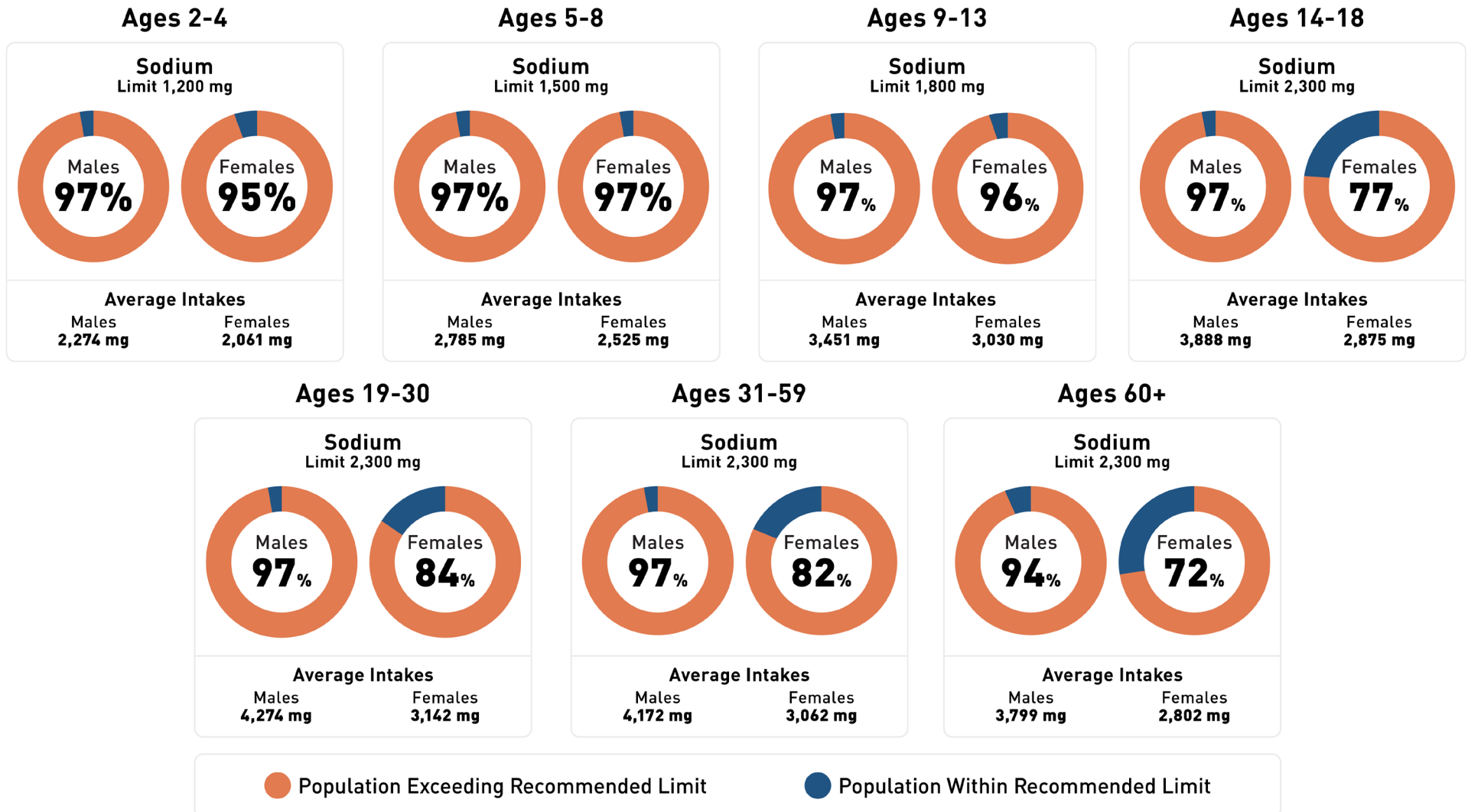


Population Exceeding Recommended Sodium Limit

Americans consume more sodium than is recommended. The following are average daily intakes by age, relative to recommended limits.



Source: Dietary Guidelines for Americans, 2020-2025