



How Much Sodium Do DANNON® Yogurts Supply?

In order for a food to be labeled as "low sodium," it must contain 140 milligrams or less of sodium per labeled serving size and per reference amount customarily consumed. Some DANNON® varieties can be considered "low sodium." DANNON yogurt contains no added salt – only the sodium that is naturally in milk and other ingredients. Please refer to our Nutrition Facts Panel on our packaging for sodium content information. If you have further questions in reference to the sodium in our products please call our Toll Free number 1-877-DANNON US.



Better every day™

REFERENCES:

American Journal of Clinical Nutrition, 1997;
65 supplement, 704S-75.

National Institutes of Health, National Heart,
Lung and Blood Institute, News Release, 1998.

USDA Dietary Guidelines for Americans,
4th Ed., 2000.



FOR MORE INFORMATION, CONTACT:

The Dannon Company, Inc., P.O. Box 90296,
Allentown, PA 18109-0296

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The American Academy of Family Physicians Foundation has favorably reviewed this material through 11/03. Favorable review means that medical information is accurate, but does not imply endorsement of any conclusions presented.



YOU ASKED
ABOUT



SODIUM



THE DANNON
INFORMATION
CENTER

WHAT IS SODIUM?

Sodium is one part of the mineral duo that makes up sodium chloride, or salt. Salt is 40 percent sodium and 60 percent chloride by weight. One teaspoon of salt contains approximately 2,300 milligrams of sodium.

♥ **Sodium is extremely important to the body – it helps maintain the balance of body fluids, regulate blood pressure and control blood volume.**

How Much Sodium is Recommended?

While some sodium is essential for health (about 500 milligrams a day, or approximately 1/5 teaspoon of table salt), most Americans consume far more sodium than is needed. In fact, the average American intake is over 3,000 milligrams of sodium a day, and can be as high as 4,500 milligrams. The Dietary Guidelines for Americans published by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, recommend consuming salt or sodium only in moderation, to total no more than 2,400 milligrams of sodium daily. This number is also the Daily Reference Value (DRV) that appears on the Nutrition Facts panel of food labels. The sodium content of a food is listed both in milligrams and as a percentage of the (DRV).

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What Are Common Sources of Sodium in the Diet?

A small percentage of the sodium in our diet comes from foods that naturally contain sodium, such as dairy products, eggs, vegetables, meat and poultry. A small percentage also comes from the salt and sodium-containing condiments, sauces and seasonings that we add during cooking or at the table. Most of the sodium we consume is from processed foods – baked goods like breads, luncheon and other processed meats, canned foods, and prepared mixed dishes. The salt used in processing these foods enhances flavor, preserves, and affects texture and quality.

What is the Link Between Sodium and Blood Pressure?

About one in four American adults has high blood pressure, also called hypertension, a condition that increases risk of stroke, heart disease, and kidney disease. Because studies show that diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors, the Dietary Guidelines for Americans recommend choosing and preparing foods with less salt. Many Americans are not “salt-sensitive,” that is, eating more or less sodium does not affect their blood pressure. However, the National Heart, Lung, and Blood Institute, U.S. Department of Agriculture, and the American Heart Association recommend a moderate salt intake for all Americans.

