**SODIUM INTAKE GUIDELINES (AHA)**

**What should my daily sodium intake be?**

The American Heart Association (AHA) recommends no more than 2,300 milligrams (mgs) a day and **an ideal limit of no more than 1,500 mg per day for most adults**.

Because the average American’s sodium intake is so excessive, even cutting back to no more than 2,400 milligrams a day will significantly improve blood pressure and heart health.

More than 75 percent of the sodium Americans eat comes from some processed, prepackaged and restaurant foods – **not from the salt shaker**.

To get the details on sodium as a part of a healthy diet, [check out our scientific statement](http://circ.ahajournals.org/content/early/2016/10/27/CIR.0000000000000462).

**Here are the approximate amounts of sodium in a given amount of table salt:**

* 1/4 teaspoon salt = 575 mg sodium
* 1/2 teaspoon salt = 1,150 mg sodium
* 3/4 teaspoon salt = 1,725 mg sodium
* 1 teaspoon salt = 2,300 mg sodium