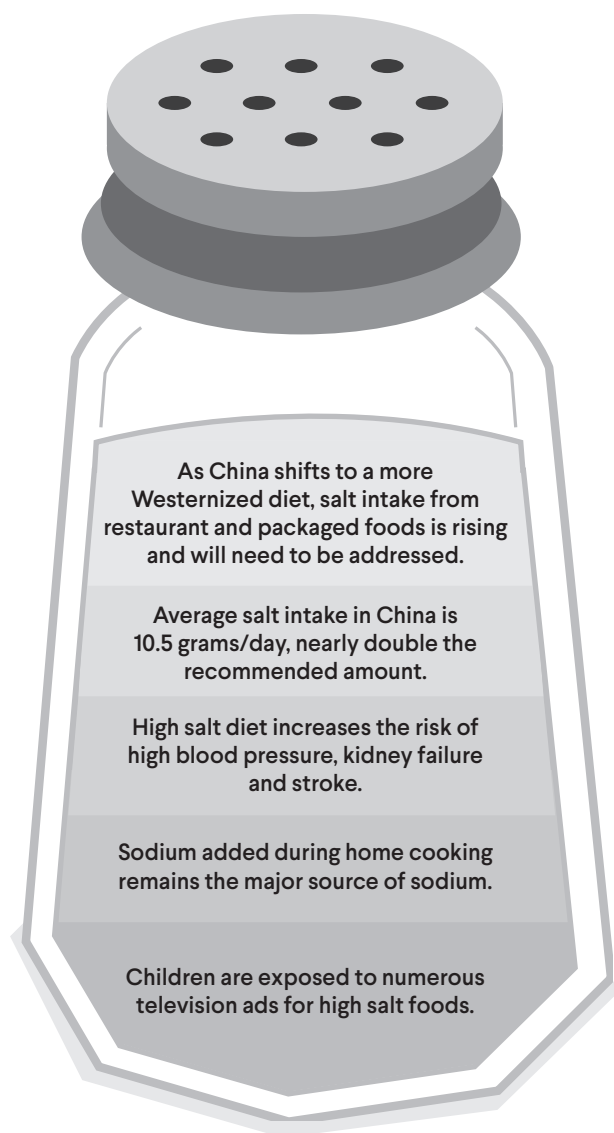


Excess Sodium Kills At Least Four Hundred Thousand People in China Every Year



It is Possible to Reduce Sodium in China

Salt Reduction Policies and Initiatives

- Sodium must be labeled on food products.
- Chinese Dietary Guidelines recommend < 6 g salt/day, which is represented in the Food Guide Pagoda.
- Healthy China 2030: aims to reduce salt intake by 20%.
- In early 2018, optional nutrition guidelines for school meals went into effect, which aim to reduce salt to < 5 g salt/day.
- China Healthy Lifestyle for All Initiative includes education and campaigns to lower sodium intake as well as standards for some food establishments, though impact is still unknown.

Focused Effort Still Needed

- Conduct behavior change communication campaigns to reduce salt use in the home and at restaurants.
- Develop a strong strategy to reduce sodium in packaged foods, including salt reduction targets for industries with high-salt foods.
- Implement and make mandatory nutrition standards that reduce sodium content in foods purchased or distributed by government programs.
- Build upon the successes seen with sodium reduction efforts in Shanghai, Beijing, and Shandong. Preliminary results show up to 25% reduction in salt and lowered blood pressure in Shandong's SMASH program.