

THE ALIGNMENT OF NATIONAL/INTERNATIONAL SODIUM GUIDELINES WITH CURRENT EVIDENCE: A CAHS FORUM

(8) Martin O'Donnell, National University of Ireland. "Recent observations - PURE and other data"

Dr O'Donnell created the following chart in an attempt to depict areas of Consensus and Uncertainty:

		Systolic Blood Pressure		
		<130mmHg	130-140mmHg	>140/90mmHg
Sodium Intake	>4.6g/day (>2 teaspoons salt)			
	2.3-4.6g/day (1-2 teaspoons salt)			
	< 2.3g/day (< 1 teaspoon salt)			

	Consistent evidence and consensus on clear need for sodium reduction
	Inconsistent evidence, but most agree that modest sodium reduction may be reasonable within this range in those with hypertension
	Very inconsistent and conflicting evidence. No consensus on whether sodium should be reduced to this range in any population