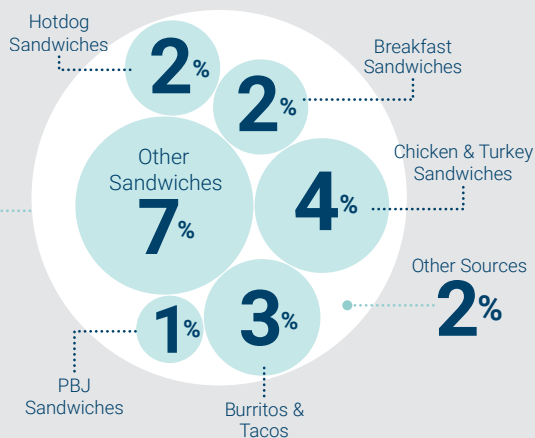


Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older

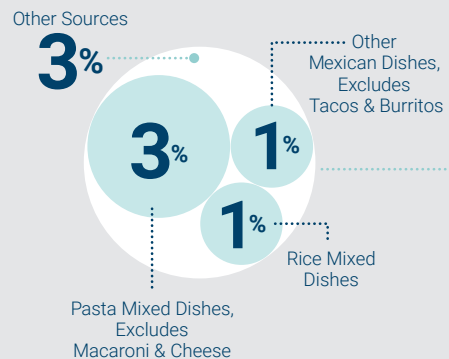
Sodium
Average Intake:
3,393 mg/day



Within Sandwiches:



Within Rice, Pasta & Other Grain-Based Mixed Dishes:



Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.