

## SALT! Shaking out fact from fiction

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**S**ALT! Shaking out fact from fiction. Lowering sodium intake has been part of the dietary guidelines for decades and is widely recommended as part of healthy eating advice. The conventional view is that eating too much sodium raises blood pressure, thereby increasing the risk for cardiovascular disease. Lately, the benefits of sodium reduction are being hotly debated. Nutrition professionals need to understand the science behind the controversy. This session will evaluate the latest research with both sides of the debate presented. After this presentation, attendees will be able to:

1. Cite the prevalence and medical sequelae of hypertension both in the U.S. and globally
2. Identify the mechanism of action: how salt is related to blood pressure and cite the major scientific evidence supporting the reduction of excess sodium in the diet as a risk factor for hypertension
3. Identify the “salty 10” foods representing 44% of Americans’ sodium intake
4. Provide evidence-based lifestyle intervention tips for preventing and treating hypertension

### Biography

Janet Bond Brill is a leading diet, nutrition and fitness author, educator and practitioner, and author of the bestselling book, *Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol In 4 Weeks Without Prescription Drugs*. Her second book, *Prevent a Second Heart Attack* (Three Rivers Press 2011) is followed by her most recent book, *Blood Pressure Down* (Three Rivers Press 2013). She has been published in noted scientific journals including the *International Journal of Sport Nutrition* and the *International Journal of Obesity* as well as the *American Journal of Lifestyle Medicine*. She also has published and been quoted in leading consumer publications including *Shape*, *Prevention*, and *Men’s Health*. A founding member of the AND Weight Management Practice Group, and longtime member of SCAN, VN and NE practice groups, She reviews articles submitted for the *Internatl. Journal of Obesity and Preventive Medicine* journals. She also is a frequent guest nutrition expert on the national television show *The Balancing Act* (Lifetime). She is dedicated to her field and to the broader goal of promoting optimal health and preventing diet and lifestyle related disease. She is a spokesperson for the American Heart Association Go Red for Women movement and a longtime member of the Circle of Red and Cor vitae societies.

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