

## COMMITTEE ON SODIUM

### Objectives:

The Committee on Sodium works to compile and disseminate state-of-the-science information on sodium consumption and its health outcomes.

### Committee Activities:

The sodium and health debate has escalated over the past decade. ILSI North America identified the critical need to clarify the current state of dietary exposure to sodium, as well as potassium, which decreases sodium's effect on blood pressure. Utilizing widely-trusted federal data, ILSI North America documented dietary intake levels and food sources, including processed and unprocessed foods and whether the foods are consumed in or away from home. These timely resources are being disseminated in several papers, and have already been presented to the National Academies of Science panel on reducing sodium in the food supply, the 2010 Dietary Guidelines Advisory Committee, the Pan American Health Organization, to registered dietitians at the annual meeting of the American Dietetic Association (ADA), as well as to attendees of the 2010 Experimental Biology meeting. In 2011, the committee is supporting a new project with the University of Washington, using linear programming, "*Helping Americans Achieve 2010 Dietary Guidelines for Potassium and Sodium.*" The committee also organized a scientific session for the ADA FNCE meeting in September 2011.

### Committee Members:

Campbell Soup Company  
Cargill, Incorporated  
ConAgra Foods, Inc.  
H.J. Heinz Company  
Kellogg Company  
Kraft Foods Inc.  
Mars, Incorporated  
Nestlé USA  
PepsiCo Inc.  
Sara Lee Corporation  
Unilever

### Science Advisors and Liaisons:

John DeSimone, PhD  
*Virginia Commonwealth University*  
Suzanne Harris, PhD  
*International Life Sciences Institute*  
Christine Taylor, PhD  
*National Institutes of Health,  
Office of Dietary Supplements*

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