



WHO Recommends Lower-Sodium Salt

Source: [WHO](#)

The [WHO](#) has issued guidelines promoting **Lower Sodium Salt Substitutes (LSSS)** to combat [hypertension](#), [cardiovascular diseases \(CVDs\)](#), and **strokes** caused by excessive salt intake.

- These substitutes, containing **potassium chloride, magnesium sulphate, and calcium chloride**, help **lower sodium** without compromising taste.
- Globally, poor diets cause **8 million deaths annually**, with **1.9 million linked to high sodium intake**.

Key Facts About Sodium Salt Consumption:

- **WHO Recommendation:** WHO recommends **less than 5g of salt (2g sodium) per day** for adults.
 - It encourages governments to **integrate LSSS into health programs**, encourage use in processed foods, and **enhance labelling regulations**.
- **India:** India has **high salt intake (10.4g/day)** and **low potassium levels** contributing to hypertension.
 - [FSSAI](#) is implementing sodium reduction policies, **mandating 97% sodium chloride in edible salt**, limiting anticaking agents to 2.2%, and enforcing accurate sodium labeling for "**low sodium**" and "**sodium-free**" claims.

Read More: [Limiting Salt Intake](#)

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