

Food Technologists Can Change the World - for Better or for Worse

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Sodium in Packaged Foods



<http://www.shopwell.com/safeway-spaghetti-rings-in-tomato-sauce/canned-pasta/p/2113035043>

1 cup
990 mg



<http://www.hungry-man.com/products/>

1 meal, 454 g
1,610 mg



<http://www.stouffers.com/products/detail.aspx?id=175&c=56#>

1 meal, 454g
1280 mg



<http://www.lachoy.com/products/sauces.jsp>

1 Tbsp
920 mg



Chicken Vegetable

<http://www.nissinfoods.com/products/CupNoodles>

1 cup, 64 g
1,480 mg



<https://www.redbaron.com/original-crust-singles-pizza.htm>

1 small pizza, 167 g
1,110 mg

Daily Value is 2,400 mg

High-Sodium Restaurant Foods

Denny's Lumberjack Slam

3,010 mg

(2 eggs, 2 pancakes, grits w/marg.,
toast, ham, 2 strips bacon, 2 links)



Lumberjack Slam®

<http://www.dennys.com/#/menu>

Reuben sandwich (from deli)

3,270 mg

Dunkin' Donuts Salt Bagel

3,380 mg



P.F. Chang's Combo Lo Mein

3,400 mg



Daily Value is 2,400 mg



Vegetable Beef Soup	1,550 mg
Bourbon Chicken Skillet	3,040 mg
Seasoned Fries	1,010 mg
Apple Pie	580 mg

Total: 6,180 mg

Voluntary Sodium Changes

2005 – 2011

402 Packaged foods: -3.5%

78 Fast foods: +2.6%

(mg/100g)

NYC Sodium Targets

Food	Sodium (mg/100g)		
	<i>Now</i>	<i>2012</i>	<i>2014</i>
Bread, rolls	485	440	360
Breakfast cereals	608	490	370
Dry soups	820	700	570

Lots of Low-hanging Fruit

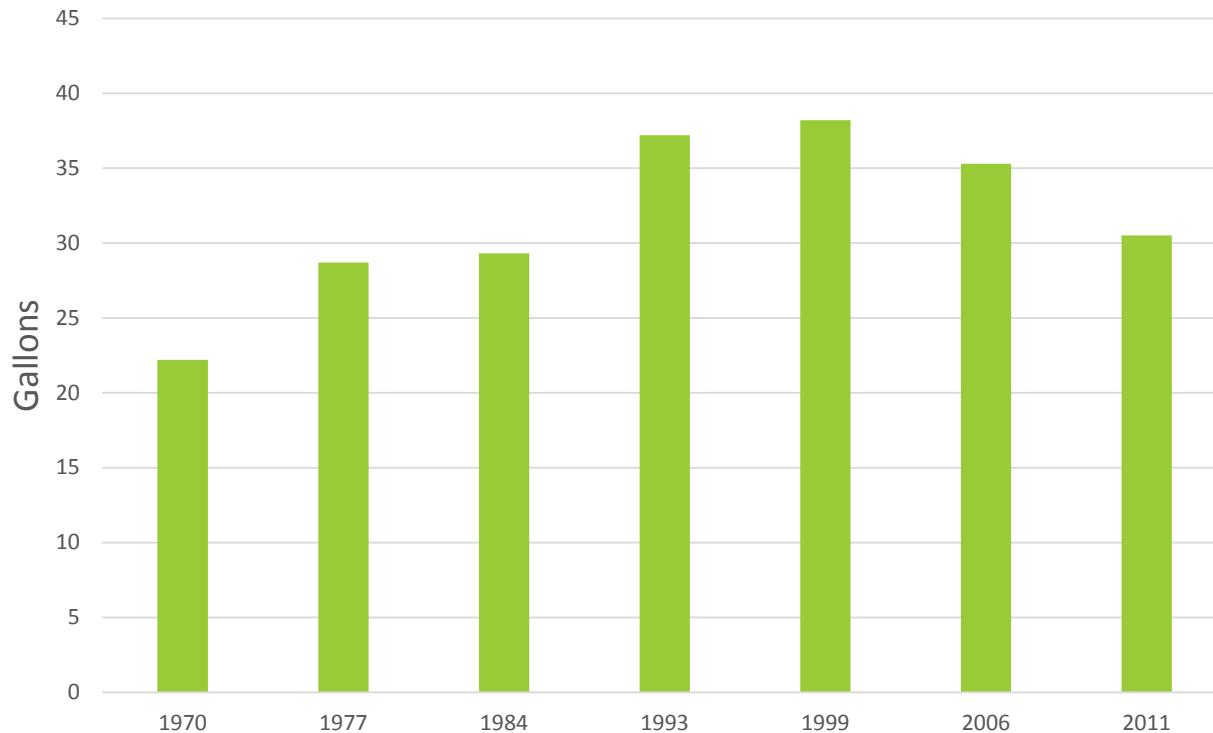
Sodium Content: Brand Variation

Great Value sliced Swiss cheese has *2 times as much sodium* as **Safeway's**.

Arby's curly fries has *3 times as much sodium* as an equal weight of **McDonald's** fries.

Honey Nut Cheerios has *2 times as much sodium* as **Barbara's Honest O's Honey Nut**.

Consumption of Sugar Drinks

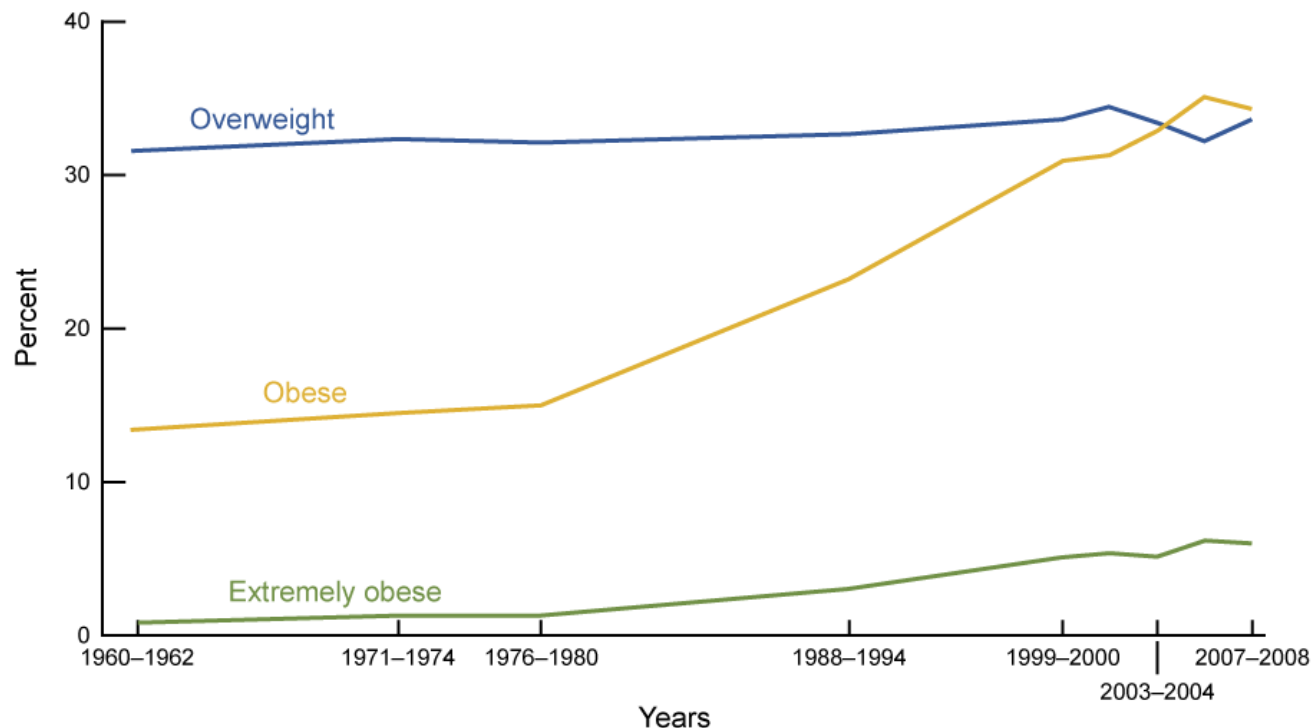


1998 – 2012 per capita sales:

- Coca-Cola: 33% decrease; Pepsi-Cola: 49% decrease
- Carbonated sugar drinks: 22% decrease
- Overall sugar drinks: 10% decrease

Obesity Rates

Figure 2. Trends in overweight, obesity, and extreme obesity among adults aged 20–74 years: United States, 1960–2008



NOTE: Age-adjusted by the direct method to the year 2000 U.S. Census Bureau estimates, using the age groups 20–39, 40–59, and 60–74 years. Pregnant females were excluded. Overweight is defined as a body mass index (BMI) of 25 or greater but less than 30; obesity is a BMI greater than or equal to 30; extreme obesity is a BMI greater than or equal to 40.

SOURCE: CDC/NCHS, National Health Examination Survey cycle I (1960–1962); National Health and Nutrition Examination Survey I (1971–1974), II (1976–1980), and III (1988–1994), 1999–2000, 2001–2002, 2003–2004, 2005–2006, and 2007–2008.

Fruit/Veggie Consumption

2002: 724 pounds/person

2011: 675 pounds/person