

**Whereas 1** it is estimated that Canadians consume on average 3092 mg of sodium a day, more than double the recommended amount of 1200 to 1500mg a day for most adults; and

**Whereas 2** our food habits are established from birth and many children consume excess sodium; and

**Whereas 3** consumption of too much sodium on a regular basis can contribute to high blood pressure; which is a major risk factor for heart attack, stroke, heart failure and kidney disease; and

**Whereas 4** it is estimated that about 80% of sodium in the diet of Canadians comes from processed food; and

**Whereas 5** in 2007 the Canadian Government created the Sodium Working Group, chaired by Health Canada, to develop a national sodium reduction strategy; therefore be it

**Resolved 1** that the National Council of Women of Canada adopt as policy that the reduction of sodium intake be part of a national strategy to improve the health of Canadians; and be it further

**Resolved 2** that the National Council of Women of Canada urge the Government of Canada to:

- a. take all necessary measures to follow the recommendations of the Sodium Reduction Strategy which is to be published in 2010; and
- b. ensure that the Public Health Agency of Canada:
- c. provides leadership in educating Canadians of the dangers of excessive intake of sodium; and
- d. develops a strategy and regulations for reduction of sodium in processed foods, and

iii adopt a colour coding system to indicate the level of sodium in products.