



## **Federal Update:**

### **Voluntary FDA Sodium Reduction Recommendations Released**

**What happened:** The Food and Drug Administration (FDA) has proposed Phase II voluntary targets to reduce sodium in over 150 categories of packaged foods and restaurant foods.

**Why it's important:** The guidance is Phase II of the FDA's sodium reduction efforts and builds on the Phase I sodium reduction targets issued in Oct. 2021. The new draft targets represent anywhere from a 1%-58% reduction from the current marketplace sodium levels, with the majority of restaurant food categories having a 20%-35% reduction goal over the next 3 years.

**Phase I update:** The FDA also released preliminary findings on progress toward achieving the 2021 Phase I sodium reduction targets between 2010 and 2022, which called for around 10%-20% reductions depending on food category. They found that since 2010, 35% of restaurant food categories have decreased in sodium while 49% of restaurant food categories have increased in sodium. The agency said it will issue a complete evaluation of the industry's progress to the Phase I targets when the data from 2024 is available. The FDA has said it anticipates regular evaluations of sodium in the food supply every 3 years.

**What's next:** The Association has expressed to the FDA the industry's concern with these steep Phase II reductions and explained that challenges within our supply chain make it difficult to meet these goals. The Association continues to push for realistic timelines, credible data, and better understanding of restaurant supply chains.