

Sodium restriction probably not helpful in CHF

In patients with chronic heart failure, restricting dietary sodium to <2 grams/day does not reduce death or hospitalization compared with 2-3 grams/day.¹

However, the average sodium consumption in New Zealand is about 8.5 grams/day.

Of note, Yanomamo Indians in South America traditionally ate 0.023 grams/day and do not have an age-related rise in blood pressure.

Reference:

1. [Sodium Restriction in Heart Failure: Beneficial or pouring salt in the wound?](#) Tools for Practice #368 (2024)

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