**A pinch of evidence on how to cut salt intake**

**David Roberts for Evidently Cochrane November 2016**

**References**

 Bates B, Cox L, Maplethorpe N, Mazumder A, Nicholson S, Page P, Prentice A, Rooney K, Ziauddeen N, Swan G, on behalf of Public Health England. National Diet and Nutrition Survey: assessment of dietary sodium – adults (19 to 64 years) in England, 2014. London: Public Health England; 2016, March. Available from: <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/509399/Sodium_study_2014_England_Text_final.pdf>

2 Scientific Advisory Committee on Nutrition, on behalf of the Food Standards Agency and the Department of Health, England. Salt and Health: Scientific Advisory Commission on Nutrition. London: The Stationery Office; 2003. Available from: <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/338782/SACN_Salt_and_Health_report.pdf>

3 McLaren L, Sumar N, Barberio AM, Trieu K, Lorenzetti DL, Tarasuk V, Webster J, Campbell NRC. Population-level interventions in government jurisdictions for dietary sodium reduction. Cochrane Database of Systematic Reviews 2016, Issue 9. Art. No.: CD010166. DOI: 10.1002/14651858.CD010166.pub2.

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010166.pub2/full>

4 He FJ, Li J, MacGregor GA. Effect of longer-term modest salt reduction on blood pressure. Cochrane Database of Systematic Reviews 2013, Issue 4. Art. No.: CD004937. DOI: 10.1002/14651858.CD004937.pub2.

5Strazzullo P, D'Elia L, Kandala NB, Cappuccio FP. Salt intake, stroke, and cardiovascular disease: meta-analysis of prospective studies. *BMJ* 2009;339:b4567. doi: 10.1136/bmj.b4567. Available from: <http://www.bmj.com/content/339/bmj.b4567.full.pdf>

6Mente A, O'Donnell M, Rangarajan S, Dagenais G, Lear S, McQueen M, Diaz R, Avezum A, Lopez-Jaramillo P, Lanas F, Li W, Lu Y, Yi S, Rensheng L, Iqbal R, Mony P, Yusuf R, Yusoff K, Szuba A, Oguz A, Rosengren A, Bahonar A, Yusufali A, Schutte AE, Chifamba J, Mann JF, Anand SS, Teo K, Yusuf S; PURE, EPIDREAM and ONTARGET/TRANSCEND Investigators. Associations of urinary sodium excretion with cardiovascular events in individuals with and without hypertension: a pooled analysis of data from four studies. *Lancet* 2016;388(10043):465-75. doi: 10.1016/S0140-6736(16)30467-6. Available from: [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30467-6/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2816%2930467-6/abstract)

7 Johnston I. “Lancet attacked for publishing study claiming low-salt diet could kill you”. Independent, News, Science, 21 May 2016. Web. 01 November 2016. <http://www.independent.co.uk/news/science/salt-diet-heart-disease-death-lancet-a7040546.html>