Low-salt diet may be bad for the heart

By Nicholas Bakalar, New York Times

People with high blood pressure are often told to eat a low-sodium diet. But a diet that's too low in sodium may actually increase the risk for cardiovascular disease, a review of studies has found.

Current guidelines recommend a daily maximum of 2.3 grams of sodium a day — the amount found in a teaspoon of salt — for most people, and less for the elderly or people with hypertension.

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