

# Potassium improved blood pressure in teen girls, salt had no adverse effect

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Eating 3,000 mg per day of salt or more appears to have no adverse effect on blood pressure in adolescent girls, while those girls who consumed 2,400 mg per day or more of potassium had lower blood pressure at the end of adolescence, according to an article published online by *JAMA Pediatrics*.

The [scientific community](#) has historically believed most people in the United States consume too much salt in their diets. The current Dietary Guidelines for Americans recommends limiting sodium intake to less than 2,300 mg per day for healthy individuals between the ages of 2 and 50. The relationship between dietary sodium and [blood pressure](#) in children and adolescents is largely unexamined in prospective studies, according to the study background.

Lynn L. Moore, D.Sc., M.P.H., of the Boston University School of Medicine, and coauthors examined the long-term effects of [dietary sodium](#) and potassium on blood pressure at the end of adolescence. The authors used data from the National Heart, Lung and Blood Institute's Growth and Health Study and participants included 2,185 black and white girls (ages 9 to 10) who were followed up for 10 years.

The authors found no evidence that higher sodium intakes (3,000 to

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