

# Maximum sodium targets needed for pre-packaged foods in China, new research suggests

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A new study published in the *Bulletin of the World Health Organization* has found that pre-packaged food now contributes nearly one-third of

population's sodium intake in China and proposes setting a 20% sodium reduction target to reduce diet-related disease and deaths.

Professor Puhong Zhang, associate director at The George Institute for Global Health, China and lead author said that while the Chinese Government's national [salt](#) reduction programs targeting catering and family chefs had led to a markedly reduced household salt use, the 11g/d population salt intake is still more than twice that recommended by the WHO (

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