

How Toxic Is Salt?

By ACSH Staff — February 26, 2016

American Council On Science and Health: How Toxic Is Salt?

With a recent mandate in New York City that restaurant chains label menu items containing more than the recommended daily allowance for salt, the American Council on Science and Health has tackled the issue with a short consumer-level book.

NEW YORK - Feb. 26, 2016 - The New York State Supreme Court recently upheld a New York City law requiring restaurants to put a special label on menu items containing more than "the recommended daily allowance" for salt.

This will once again lead to consumer confusion regarding how these salt allowances are created by government, what salt does in the body, and if it as toxic as some groups have claimed. To bring clarity to the issue, the American Council on Science and Health, the renowned 38 year-old science and health non-profit, has released a consumer-level book on salt; how the body uses it, how safe levels are determined, and if it is getting a fair shake.

Written by Dr. Lila Abassi, with input from the Council's esteemed Scientific Advisory Panel, the work includes primary research and an overview of salt's biological pathways. The book is intended to increase public awareness about salt, to inform policy makers, and also demystify some of the claims being made about this vital mineral.

"Our mission has always been to separate health threats from health scares and the recent decision by the New York court may lead to confusing the public at a time when the consensus on salt has changed from what policy makers used in creating this new regulation," said Council President Hank Campbell.

You may download the publication **below**, free of charge.

Hard copies may be purchased on [Amazon](#) ^[1].

[Does 'Excess' Dietary Salt Cause Cardiovascular Toxicity?](#) ^[2]

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[2] <http://acsh.org/sites/default/files/Does-Excess-Dietary-Salt-Cause-Cardiovascular-Toxicity.pdf>