

By Senator Wright

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Senate Memorial

A memorial to the Congress of the United States,  
urging Congress to adopt legislation lowering the  
allowable ratio of sodium to potassium in processed  
and restaurant foods sold and consumed in the United  
States.

WHEREAS, there is persuasive scientific evidence that a  
high ratio of sodium to potassium in the diet of most Americans  
predisposes them to stroke and heart disease and increases  
mortality rates, and

WHEREAS, about 80 percent of Americans' sodium intake comes  
from processed and restaurant foods, with the average ratio of  
sodium to potassium in the American diet at approximately 10:7,  
and

WHEREAS, the Food and Nutrition Board of the Institute of  
Medicine, now known as the National Academy of Medicine, in 2005  
recommended a ratio of sodium to potassium of approximately 1:3,  
and

WHEREAS, a modest decrease in the sodium to potassium ratio  
in the nation's diet would result in a substantial improvement  
in the long-term health of millions of Americans, including a  
decline in deaths due to stroke and heart disease and a  
substantial increase in life expectancy, NOW, THEREFORE,

Be It Resolved by the Legislature of the State of Florida:

That the Congress of the United States is urged to adopt  
legislation lowering the allowable ratio of sodium to potassium

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30 in processed and restaurant foods sold and consumed in the  
31 United States.

32 BE IT FURTHER RESOLVED that the Secretary of State dispatch  
33 copies of this memorial to the President of the United States,  
34 the President of the United States Senate, the Speaker of the  
35 United States House of Representatives, and each member of the  
36 Florida delegation to the United States Congress.