Japanese salt intake is at high level

Japanese salt intake is approximately 10g/day. This means that our dietary salt intake exceeds that of many other countries.

Fact about Salt intake in Japan

Target amount and current value of salt intake (g/day)


Why do we consume too much salt?

Where does it come from?

Approximately 70% of salt intake comes from seasonings, such as soya sauce, miso (soya paste) and salt added during cooking or eating.

Difference in salt source between generation

Japanese elderly people consume more seasonings than younger people. In addition, there is a generation difference in the source of dietary salt. Elderly people consume more pickles, while younger consume more processed foods such as instant Chinese noodles and Japanese curry roux.

More salt reduction in processed foods in Japan will be needed in the future.