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The Checkup

Health in the News - and in Your Life

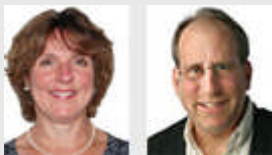
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About Jennifer and Rob

Posted at 12:15 AM ET, 11/25/2009

Hold the salt on that turkey

When you're reaching for the salt shaker during your Thanksgiving feast, here's a new piece of research you might want to keep in mind: Eating a lot of salt increases your risk for strokes and heart disease, according to a new analysis coming out Wednesday.

There's been a long debate over the risks of salt, but studies have indicated that it increases the risk for developing high blood pressure. To examine the effects of that on strokes and heart attacks, researchers at the University of Warwick and elsewhere analyzed 13 studies conducted between 1966 and 2008 in the United Kingdom, Japan, the United States, The Netherlands, Finland and China that involved more than 170,000 people.

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By Rob Stein | November 25, 2009; 12:15 AM ET | [Permalink](#) | [Comments \(0\)](#)
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