

## The Volokh Conspiracy

### [The FDA's Unhealthy Salt Obsession](#)

[Jonathan H. Adler](#) • November 30, 2011 6:30 pm

Is too much salt bad for you? That used to be the conventional wisdom, but [more recent scientific research](#) has [suggested](#) the emphasis on salt is misplaced. No matter. As [Walter Olson notes](#), the Food and Drug Administration [appears to be moving ahead](#) with [plans](#) to force gradual reductions in the salt content of processed foods. Among other things, the FDA is concerning the adoption of federal targets for gradual salt content reductions to wean consumers from their taste for salt. But reducing salt content will do more than alter food's flavor. It can affect texture and perishability as well. Surely the FDA has better things to do than obsess over the salt content of processed foods. But if the FDA persists, I suppose it just means [these](#) (no relation) will get more use.