



**NEW YORK CITY DEPARTMENT OF HEALTH  
AND MENTAL HYGIENE**  
Mary T. Bassett, MD, MPH  
*Commissioner*

**FOR IMMEDIATE RELEASE**

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## **NYC Health Commissioner's Statement on Sodium Warning Rule Court Decision**

**May 26, 2016** – Today, New York City Health Commissioner Dr. Mary T. Bassett applauded the decision of Appellate Division of the New York State Supreme Court to lift the stay of enforcement, allowing the Health Department to enforce the sodium warning rule. The rule requires chain restaurants to post sodium icons next to items that contain 2,300 milligrams or more of sodium – the total recommended daily limit.

“Today’s Appellate Division ruling allows New Yorkers to make informed and better decisions about their diets and their health,” said **Health Commissioner Dr. Mary T. Bassett**. “Restaurant chains throughout the city have already begun posting the warning labels on their menus and helping New Yorkers watch the salt. Diners are now empowered to make informed decisions to lower their sodium intake and reduce the risk of high blood pressure, stroke and other heart-related ailments. This is a tremendous victory for the health of New Yorkers and a wonderful tribute to National Stroke Awareness Month.”

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