

- **Question:** Does increased salt (sodium) in the diet increase the blood pressure of otherwise healthy men?
- **Data Collection:** Ten men; age 35 to 45 with no history of high blood pressure, of average weight and in good health, are randomly divided into two groups; group 1 and group 2. Group 1 has a diet that has no more than 2,400 mg/day of salt (sodium). Group 2 has a diet with 4,000 to 6,000 mg/day of salt (sodium). The participants do not know which group they are in. All participants continue to get moderate exercise three times a week. The men are followed for 3 months. At the end of 3 months their systolic blood pressure is taken while they are seated.
- **Data:**

Group 1	Group 2
123	128
127	132
115	121
111	118
109	134

Systolic blood pressure for two groups

