

SODIUM

Tracking down the salt in food
with Professor Saul T.



Too much sodium increases your risk for high blood pressure, and high blood pressure is the leading cause of heart attack and stroke.

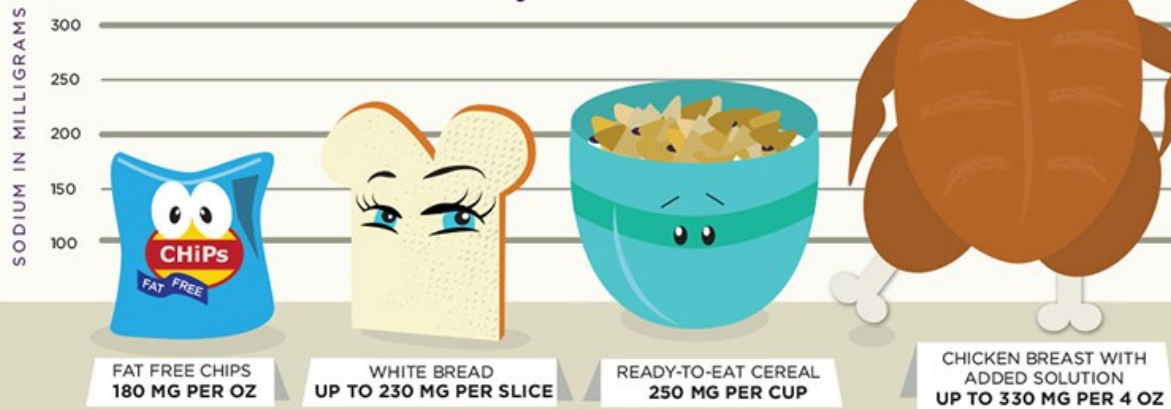


By taking the right steps to reduce your sodium intake, your blood pressure can begin decreasing within weeks.

About 90% of Americans eat more sodium than is recommended for a healthy diet.



Sodium Adds Up*



— 6 IN 10 —
ADULTS SHOULD AIM FOR
1,500 mg a day;
others for 2,300 mg:
www.cdc.gov/salt

Foods that you eat several times a day can add up to a lot of sodium, even if each serving is not high in sodium.

Regular v. Lower Sodium

Read nutrition labels to find the lowest sodium options



Tips You Can Use to REDUCE SODIUM

- Choose fresh, frozen (no sauce), or no salt added canned vegetables.
- Know terms that commonly indicate higher sodium content: “pickled,” “cured,” “brined,” and “broth.”
- Follow the Dietary Approaches to Stop Hypertension (DASH) eating plan: <http://go.usa.gov/p3C>
- For more tips on reducing sodium in your diet, visit <http://go.usa.gov/YJxF>.

Most of the sodium we eat comes from foods prepared in restaurants and processed foods (not from the salt shaker).