How Much Salt are You Eating?

Too much sodium can increase our risk of:
- **High Blood Pressure**
- **Stroke**
- **Heart Disease**
- **Kidney Disease**



Dietary guidelines for Americans maximum recommended amount of sodium per day is 2,300 mg. The recommended amount is 1,500 mg.

Did you know salt is 40% sodium and 60% chloride? 1 teaspoon of salt is 2,000 mg. of sodium.

Restaurant and processed food account for more than 75% of sodium consumed.



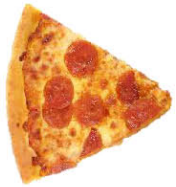
Spaghetti with Meat Sauce
1 cup
592 mg. sodium
26% Daily Amount



Bacon/Egg/Cheese Biscuit
1 biscuit
1300 mg. sodium
54% Daily Limit



Chicken Noodle Soup
1 cup
790 mg. sodium
33% Daily Amount



Pepperoni Pizza
1 slice
843 mg. sodium
37% Daily Amount



Cheeseburger
4 oz.
680 mg. sodium
28% Daily Amount



Chicken Nuggets
6 pieces
540 mg. sodium
22% Daily Amount



Pretzels
2.1 oz.
690 mg. sodium
30% Daily Limit

A food is considered low in sodium if it has 5% or less sodium. A high sodium food has 20% or more sodium.



1 shaker (above) = .5 grams salt = 200 mg. sodium

How to Eat Less Salt

Read Nutrition Labels. Choose food with lower sodium.	**Eat more fruits and vegetables. If using canned or frozen, choose no salt-added ones.**	**Eat at home more often and prepare more meals from scratch. Spices add flavor.**	**Ask restaurants not to add salt to your meal. Use small amounts of condiments.**

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