

# Cut the Salt



## Health Bulletin

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## Less Sodium, Better Health



The recommended daily limit  
is **2,300 mg** - about a teaspoon.

- Too much sodium (salt) can be bad for your health.
- It can increase the risk of high blood pressure in adults and children. It also increases the risk of heart disease and stroke.
- Most people eat too much sodium and may not be aware of it.

# Packaged and Restaurant Foods

## True or False?

You can always taste when foods have a lot of sodium.

## False

Most of the sodium we eat comes from packaged and restaurant foods - and they don't always taste salty.



Look for the sodium warning icon on menus in chain restaurants. It tells you if a dish has 2,300 milligrams (mg) or more of salt. Choose dishes without this warning.

Nutrition Facts	
Serving Size 100g	
Cholesterol 50mg	17%
<b>Sodium 150mg</b>	<b>6%</b>
Total Carbohydrate 10g	3%

Check the nutrition facts label on all packaged foods, even baby food. The label tells you how much sodium is in each serving. Compare labels when shopping and choose the option with less than 5% of the daily value (DV) of sodium.

# Healthy Eating



These tips can help you avoid processed foods and reduce the amount of sodium in your diet:



Prepare more meals at home using fresh, frozen or no-salt added canned fruits and vegetables.



Use less sodium while you cook and add salt to taste at the table instead.



Snack on fresh fruits and vegetables or unsalted nuts, seeds and popcorn.

Practice these healthy eating tips with your loved ones, especially your children. Helping your children develop healthy eating habits now protects them from health concerns in the future.

# Shop Smart

Shop the outside aisles for fresh, whole foods.



Dairy/Eggs



Meat/Poultry/Seafood



Deli



Frozen  
Fruits and  
Vegetables

**Center Aisles**  
Shop here for high-fiber  
cereal, nut butters,  
whole grains, nuts, dried  
fruit and low-sodium  
canned beans.



Fresh Fruits  
and  
Vegetables



Fresh Breads



Cash Registers

# Resources

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