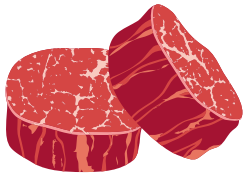


SODIUM

KNOW YOUR HIGH SODIUM FOODS

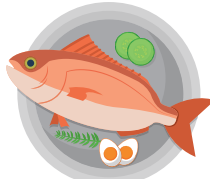
FOODS LOW IN SODIUM



Beef, Pork,
Game, Lamb



Poultry



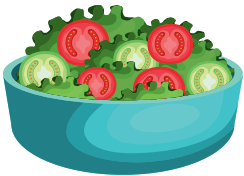
Shell Fish
Fin Fish



Unsalted
Nuts/Seeds



Plain Greek
Yogurt



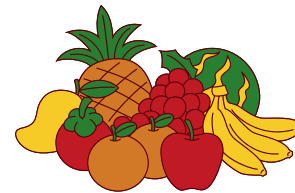
Salad



Beans
Lentils



Fresh
Vegetables



Fresh Fruits

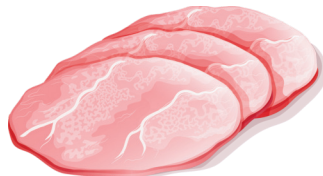


Whole Grains

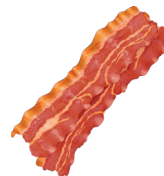
FOODS HIGH IN SODIUM



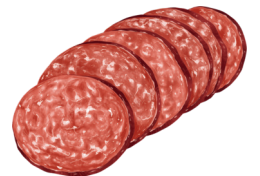
Sausage
Hot Dogs



Ham



Bacon



Salami
Pepperoni



Sauces/Dressings



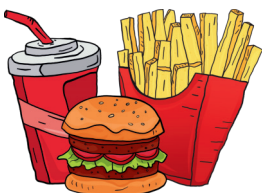
Olives



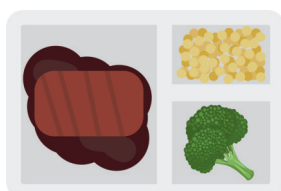
Canned Foods



Pickles



Fast Food



Frozen Dinners



Cheese



Crackers/Chips

ADVERSE EFFECTS OF EXCESS SALT CONSUMPTION

- High Blood Pressure (hypertension)
- Increased risk of heart failure
- Fatigue
- Kidney damage
- Weight gain/Obesity
- Swelling in the body (Edema)
- Headache
- Cardiovascular disease (myocardial infarction/stroke)
- Weakening of the bones (Osteoporosis)
- Impaired cognitive function

NUTRITION FACTS

1. Check for foods with 300 mg of sodium or less per serving*
2. Look for foods labeled “low sodium” or “no salt added”

COOK MORE AT HOME

Making your own meals is a great way to eat less sodium, because you're in control of what goes into your food. Try these tips when you cook:

- Rinse canned goods before eating or cooking with them to wash away some of the salt.
- Use condiments and spreads that are unsalted or lower in sodium (oils, mustard, liquid aminos, etc.)
- Use different herbs and spices for flavor (chili powder, garlic, ginger)
- Take the salt shaker off your table

BREAKDOWN OF SODIUM CONSUMED

