



Diets higher in sodium are associated with an increased risk of developing high blood pressure raising the risk of heart attacks, heart failure, stroke, kidney disease, and blindness.

Top 10 Sources of Sodium according to the CDC:

- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soups
- Burritos and tacos
- Savory snacks (chips, popcorn, pretzel, snack mixes, crackers)
- Chicken
- Cheese
- Eggs and omelets

SODIUM

Sodium is a vital mineral that is part of sodium chloride, more commonly known as table salt. It is important for many body processes, such as fluid balance, muscle contraction, and nervous system function. Sodium is also a food ingredient that is used in curing, baking, as a preservative, flavor enhancer, or to retain moisture. The amount of sodium you need can vary based on many factors such as genetics, health conditions, the environment or how much you sweat.

A general recommendation by the Dietary Guidelines for Americans is for adults to limit sodium intake to less than 2,300 mg per day, which is equal to about 1 tsp. of salt.

WHERE DOES SODIUM COME FROM IN OUR DIETS?

- More than 70% of dietary sodium comes from eating packaged and prepared foods
- About 10% comes from table salt added to food when cooking and eating
- 10-15% is found naturally in foods

TIPS TO REDUCE SODIUM IN YOUR DIET

- Use the Nutrition Facts Label to choose foods with less than 100% DV (daily value) of sodium.
- Limit packaged sauce, mixes, and “instant” products like rice or noodles.
- Flavor foods with herbs and spices and no-salt seasoning blends.
- Select lean meats, poultry, and seafood and limit processed varieties; check packaging to see if salt or saline was added.
- Consume smaller portions or less often, foods and beverages that are higher in sodium.
- Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.
- Make lower-sodium choices at restaurants. Ask for your meal to be prepared without salt and request sauces or salad dressings “on the side”.