

Heart-healthy eating with less salt

How much salt (sodium) should you have each day?

Sodium is another word for salt. Most adults should eat no more than 1500 mg of sodium a day. Eating less salt may help lower your blood pressure and reduce your risk for heart disease.

Use these tips to cut down on how much salt you eat:

- Compare food labels and choose the foods with the least amount of salt (sodium)
- Choose low-salt or no-salt options for sauces and seasonings
- Eat fewer lunch meats and hot dogs, which are high in salt
- Do not cook with salt
- Cook with unsalted or low-sodium bouillon cubes
- Season food with lemon juice, vinegar, herbs, and spices
- Eat more fruit and vegetables
- Pick the no-salt version of canned and frozen fruits and vegetables
- Snack on fruit and raw vegetables instead of chips or salted nuts
- Taste your food before you add salt
- Remove the salt shaker from the meal table

Learn how to read food labels

All US-packaged foods and beverages have a food label called Nutrition Facts. Nutrition Facts tells you how much sodium is in the foods you buy. This can help you make lower-salt food choices.

20% or more Daily Value means that food is *high* in sodium

 5% or less Daily Value means a food is *low* in sodium. Choose the lower sodium choice

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

The % Daily Value tells you how much of a nutrient you need each day is in one serving of that food. It is based on a daily diet of 2000 calories

10 top sources of sodium in today's diet

- | | |
|---|--------------|
| Bread and rolls | Sandwiches |
| Cold cuts and cured meats | Cheese |
| Pizza | Pasta dishes |
| Some commercial poultry or pork products — check the label for added sodium | Meat dishes |
| Soups | Snacks |

My sodium goal is:

Talk with your healthcare provider or dietitian about creating a daily food plan that works for you.