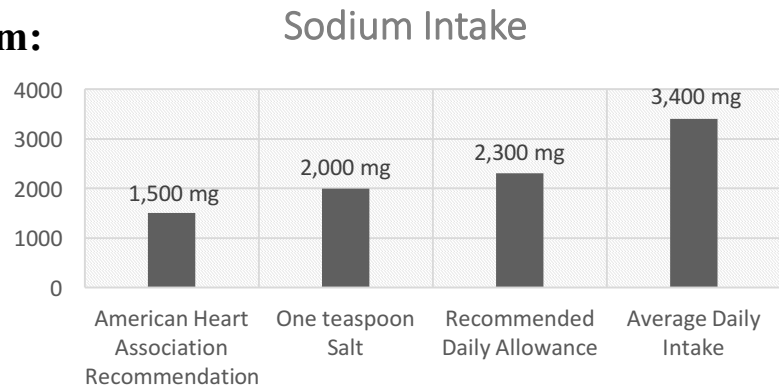


# Sodium

Sodium is an essential mineral in the human body, but most people consume too much. On average, Americans consume more than twice the amount of sodium recommended by the American Heart Association every day. Lowering sodium intake can reduce puffiness and bloating, lower blood pressure, and lower risk for heart disease and stroke.

## Most Sodium Comes From:

1. Breads/Rolls
2. Pizza
3. Poultry
4. Soup
5. Sandwiches
6. Cold Cuts/Cured Meats



Read the nutrition facts labels on these items and choose options with the least amount of sodium. Watch portion sizes to avoid consuming too much sodium.

## Tips for Lowering Sodium Intake:

- At the grocery store, look for items marked low or reduced sodium
- Record daily sodium intake
- Avoid eating processed foods
- Rinse off canned vegetables; this can lower sodium by 40%
- Add more vegetables to meals
- Do not use table salt, flavor foods with other herbs and spices
- Watch for foods labeled “cheesy” or “saucy” as these can be high in sodium and calories
- Try a **salt substitute**
  - Only use when the food is at eating temperature, not before cooking
  - Not recommended for people with kidney issues

Most sodium consumed by Americans is **not** from table salt, but from processed foods. In many canned and packaged foods, sodium is added to increase the shelf life of the product. Keep track of how much sodium is consumed each day to lower risk for high blood pressure, heart disease, and other serious conditions.

