Low Sodium

Most of us eat a lot of salt. **The average American eats 3,400 mg per day, 50% more than they should.** Aim to eat no more than 2,300 mg per day. Eating a lot of salt can make certain health conditions worse. **Check out these tips to reduce salt in your diet!**

How do I reduce salt in my diet?

Sodium = Salt

- Rinse canned beans, vegetables and meats to remove salt
- Replace salt with citrus, herbs and spices
- Choose fresh foods when you can
- Restaurant foods contain more salt. Eat at home when possible
- Add vegetables and fruits to your diet. Frozen, canned and fresh all count!
- Take the salt shaker off the table
- Become familiar with the nutrition label to understand where sodium hides

70% of our sodium intake comes from packaged, convenience and restaurant foods

Turn over to learn how to hunt out hidden sodium

Hunt Out Hidden Sodium
Understanding the package

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick tip!
Low sodium 5% or less
High sodium 20% or more

What other names does salt go by?

Salt can be hidden in many ingredients. Look at the nutrition facts label for ingredients and keep a close eye out for these:

- Anything with "sodium" in the name Examples:
  - Di**sodium** guanylate
  - **Sodium** chloride
  - Mono**sodium** glutamate (MSG)
  - Tri**sodium** phosphate

1 teaspoon salt = 2,300 mg sodium

What do these package claims mean?

"Sodium Free" = 5 mg or less per serving

"Very Low Sodium" = 35 mg or less per serving

"Low Sodium" = 140 mg or less per serving

"Light in Sodium" = 50% less sodium than the original

"Reduced Sodium" = 25% less sodium than the original