

THE SALTY SIX

DID YOU KNOW?

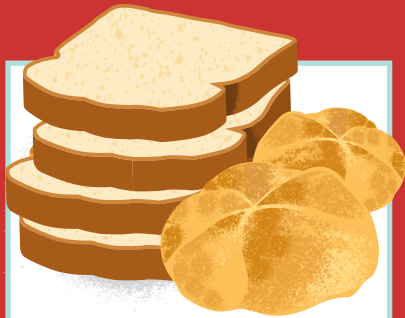


THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET¹

The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults.



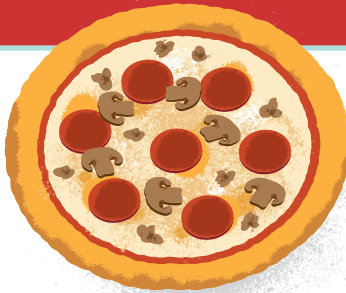
When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

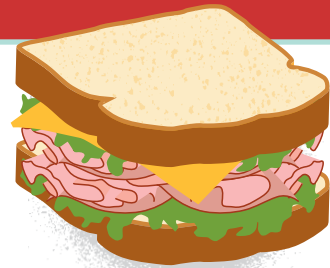
1



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad (with low-sodium dressing) instead.

3



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and have less meat and cheese.

6

¹Quader ZS, Zhao L, Gillespie C, et al. Sodium Intake Among Persons Aged ≥2 Years — United States, 2013–2014. MMWR Morb Mortal Wkly Rep 2017;66:324–238. DOI: <http://dx.doi.org/10.15585/mmwr.mm6612a3>.