



- Salt can raise your blood pressure and make it harder for your body to get rid of fluid.
- Reducing salt in your diet can lower your risk of heart disease and stroke.
- Eating under 1500 mg of sodium a day gives you the biggest benefit.



Tips for less salt

- Put down the salt shaker. This can lower sodium intake by 30%.
- Avoid or reduce pre-packaged or processed food such as pickled foods, canned soups, frozen dinners, snack foods and cured meats.
- Eat less restaurant food and cook at home instead.
- Drain and rinse canned items such as vegetables.
- Read the food label. The Nutrition Facts Panel has the information about the serving size and how much sodium foods contain. Try to choose foods under 200 mg.



This food label shows that the food has 440 mg of sodium for a serving.

Nutrition Facts	
Serving Size 5 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	4%
Sugars 3g	
Protein 3g	
Vitamin A 60%	Vitamin C 00%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your caloric needs:

Foods Low in Sodium Choose These More	Foods High in Sodium Avoid or Reduce
<ul style="list-style-type: none"> • “No Sodium Added” or Low Sodium • canned foods • Snacks like yogurt, fruit, carrots • Meals cooked at home • Use Mrs. Dash, herbs or spices for • flavoring dishes 	<ul style="list-style-type: none"> • Canned vegetables, meals • Salty snacks like chips, canned meats • Fast Food/Restaurant Foods • Cured meat/Deli meat • Adding salt or seasoning packets

Did you know that over 70% of sodium comes from processed and restaurant foods?