

HEART HEALTH - SODIUM

Sodium is necessary for good health and is found naturally in many foods; however the average American consumes about 3,400 mg of sodium daily - almost 150% of the daily allotment.

STRATEGIES REGARDING SODIUM

At Restaurants

- Look at the nutrition facts (rule of thumb - under 800mg/meal)
- Request that salt not be added to your food

At the Grocery Store

- Read nutrition labels
- Skip canned foods - choose fresh or frozen
- Shop on the perimeter of the store

At Home

- Stock whole foods - vegetables, fruits, nuts, beans, etc.
- Avoid having processed food - bags, boxes, cans, jars, etc.
- Stock a variety of spices to add flavor to your food

