

SODIUM

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Sodium is necessary for good health and is found naturally in many foods; however, in America you are vulnerable to consuming too much salt (the RDA for sodium is 2,300mg).

Here's how to keep sodium intake in check:

- Minimize eating processed/ packaged foods
- Eat at home more than you eat out
- Use spices and herbs to add flavor to food

Being mindful of sodium in the food you eat can help keep your heart health on point!

PERSONAL COACHING
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