

GET THE FACTS:

Sodium Reduction Tips

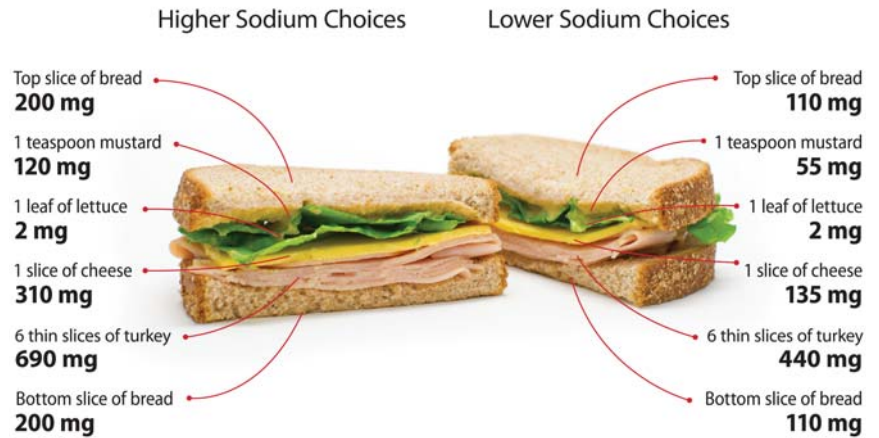


Tips for Reducing Sodium

- Buy fresh, frozen (no sauce), or no-salt-added canned vegetables.
- Use fresh poultry,* fish, pork,* and lean meat, rather than canned or processed meats.
- When available, buy low-sodium, lower-sodium, reduced-sodium, or no-salt-added versions of products.
- Limit sauces, mixes, and “instant” products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for percent Daily Value or amount of sodium in milligrams.

* Check to see if saline or salt solution has been added—if so, choose another brand.

Choose wisely—sodium content can vary within food categories



Total = 1,522 mg per whole sandwich

Total = 852 mg per whole sandwich

Which of These Sauces Is Lower in Sodium?



The majority of sodium in our diets is from packaged food and is a direct result of food processing. Even foods that may not taste salty can be substantial sources of sodium.

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Remember, the 2010 Dietary Guidelines for Americans recommend that Americans aged 2 and up reduce sodium intake to less than 2,300 milligrams (mg) per day. People 51 and older and those of any age who are African Americans or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should reduce sodium intake to 1,500 mg per day. [Learn more at www.cdc.gov/salt](http://www.cdc.gov/salt).

For more information please contact Centers for Disease Control and Prevention

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