

# GET THE FACTS:

## Sodium Reduction Tips

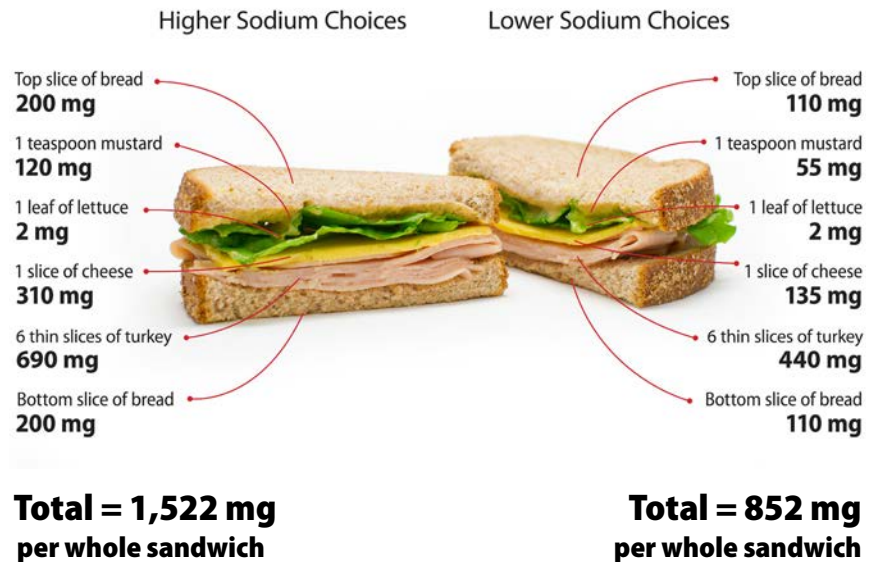


### Tips for Reducing Sodium

- 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



### 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 2015–2020 Dietary Guidelines for Americans recommend that Americans consume less than 2,300 milligrams (mg) of sodium each day as part of a healthy eating pattern. 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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