Find the HIDDEN SALT that's raising your blood pressure

Just because it doesn't taste salty, doesn't mean the sodium isn't there.

High Blood Pressure is the #1 cause of heart attack and stroke!

African Americans are More Likely to Die from a Stroke than Whites (3)

Too much salt (sodium) increases your blood pressure

Sodium adds up quickly

2,300 mg of sodium = 1 tsp table salt

90% of the sodium we eat is from processed foods and restaurants - not the salt shaker
Tips to reduce sodium

- Choose more fresh fruits and vegetables
- Read food labels – similar foods can vary widely
- Eat more meals prepared at home
- Eat less meals from restaurants
- Choose oil and vinegar salad dressings

Regular Version (high sodium)

- Top slice of bread: 200 mg
- 1 teaspoon mustard: 120 mg
- 1 leaf of lettuce: 2 mg
- 1 slice of cheese: 310 mg
- 6 thin slices of turkey: 690 mg
- Bottom slice of bread: 200 mg

Total = 1,522 mg per whole sandwich

Reduced Sodium Version

- Top slice of bread: 110 mg
- 1 teaspoon mustard: 55 mg
- 1 leaf of lettuce: 2 mg
- 1 slice of cheese: 135 mg
- 6 thin slices of turkey: 440 mg
- Bottom slice of bread: 110 mg

Total = 852 mg per whole sandwich

Centers for Disease Control and Prevention, 2016

Salty Surprises

Look for the lower sodium version, or choose something else!

- Bread, 1 slice = 80 - 230 mg
- Pancakes, 2 = 200 - 990 mg
- Blueberry Muffin, 1 = 90 - 900 mg
- Deli Meat, 3 oz = 450 - 1050 mg
- Cheese Pizza, 1 slice = 370 - 760 mg
- Chicken Nuggets, 3 oz = 200 - 570 mg
- Chicken Noodle Soup, 1 cup = 100 - 940 mg
- American Cheese, 1 slice = 330 - 460 mg
- Potato Chips, 1 oz = 50 - 200 mg
- Cheeseburger, 1 (fast food) = 710 - 1690 mg
- Salad Dressing, 2 Tb = 200 - 300 mg