

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

Sample label for Macaroni & Cheese

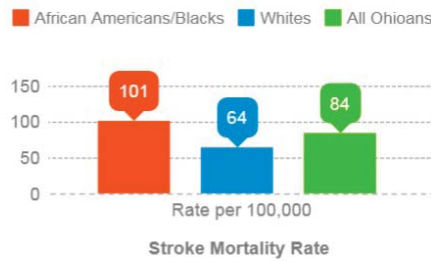
Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	% Daily Value*
Calories 250	Calories from Fat 110
Total Fat 12g	24%
Saturated Fat 3g	6%
Trans Fat 3g	6%
Cholesterol 30mg	60%
Sodium 470mg	10%
Total Carbohydrate 31g	6%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	10%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a diet of other people's secrets. Your Daily Values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	35g	65g
Total Fat (Cholesterol)	Less than 20g	Less than 300mg
Sodium	Less than 2,400mg	Less than 3,700mg
Total Carbohydrate	30g	35g
Dietary Fiber	5g	5g

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)



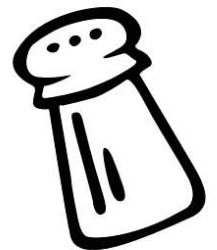
Too much salt (sodium) increases your blood pressure

Sodium adds up quickly

2,300 mg of sodium = 1 tsp table salt

Sodium Levels	
Breakfast	
Egg and cheese sandwich	760
Orange juice, 1 cup	5
Coffee, 1 cup	5
Snack	
Banana, medium	1
Lunch	
Vegetable soup & 1/2 sandwich combo	1,450
Tea, 1 cup unsweetened	10
Dinner	
Chips (plain)	140
Spaghetti (without added salt) with meat sauce (1 1/2 cup pasta, 3/4 cup sauce, 3 oz meat)	380
Garden salad with ranch dressing	340
Water, 1 cup	10
Snack	
2 Chocolate chip cookies	70
Skim Milk, 1 cup	100
Total	3,271

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



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 = 1,522 mg
per whole sandwich

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