Find the HIDDEN SALT that's raising your blood pressure

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

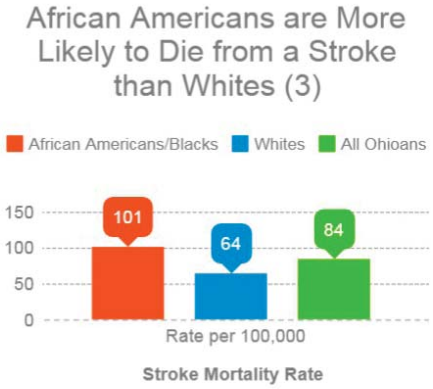
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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!



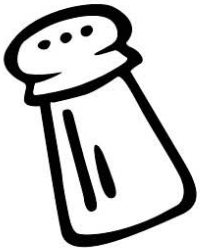
Too much salt (sodium) increases your blood pressure

Sodium adds up quickly

2,300 mg of sodium = 1 tsp table salt

National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention

90% of the sodium we eat is from processed foods and restaurants – not the salt shaker

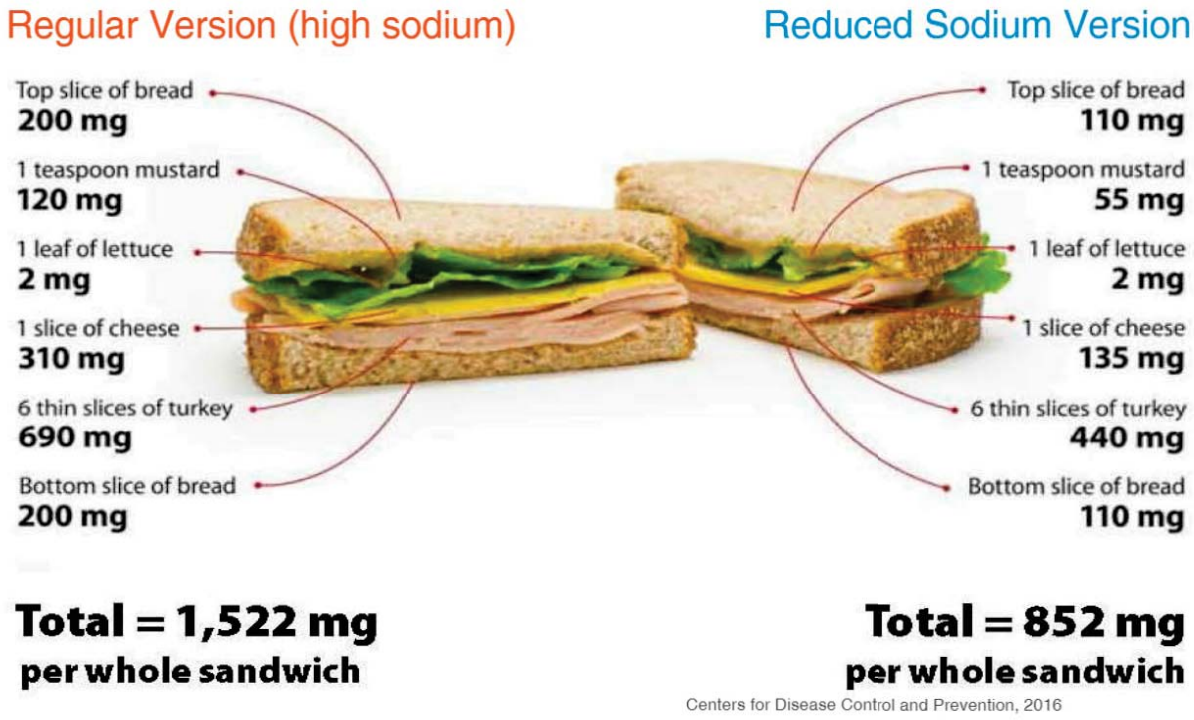


HiP

HEALTH MATTERS

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



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