

5 TIPS TO *CUT SODIUM*

On average, Americans consume 3,436 milligrams of sodium every day. That's more than twice the 1,500 milligrams that is recommended by leading health experts! It's clear that Americans have a taste for salt, but too much sodium leads to heart diseases such as high blood pressure, heart failure and other diseases such as stroke, osteoporosis (bone disease), kidney disease, and stomach cancer.

If you've been told to cut down on your sodium (or salt) intake or are unsure of what foods you should avoid or cut back on, here are some things you can start doing today to lower the sodium in your diet.

1 **READ NUTRITION LABELS.**

Sodium can be sneaky. Pay attention to sodium amounts and serving sizes. Limit sodium to 1,500 mg per day.

trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	22%

2 **THINK FRESH.**

Make fresh fruits and veggies your first choice. Limit processed foods and canned foods like soup, which are high in sodium.

3 **AVOID TEMPTATION.**

Take the salt shaker off your table; keep it out of sight in a cabinet instead.

4 **COOK CREATIVELY.**

Experiment with using things like lemon juice, herbs, and spices instead of salt.

5 **COOK AT HOME.**

Making your own meals allows you to limit the amount of salt in them. If you do dine out ask about low-sodium options.

