



Where's the Salt – Really?

Sources of salt in our grocery bag

- 35%** come from grains and grain products like breads, cereals and pastries
- 26%** come from meat and meat products which often have sodium added for flavoring
- 8%** come from milk and milk products like milk, cottage cheese, and cheeses

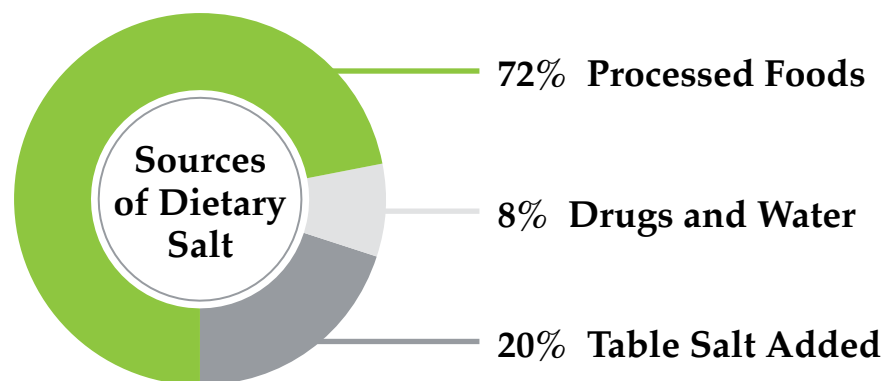


Top 10 foods the salt in our diets come from

- | | |
|--------------------------------|---------------------------------|
| 1 Breads and rolls | 6 Sandwiches |
| 2 Cold cuts/cured meats | 7 Cheese |
| 3 Pizza | 8 Pasta mixed dishes |
| 4 Poultry | 9 Meat mixed dishes |
| 5 Soups | 10 Savory (salty) snacks |

For each of these foods, you can find products that are lower in sodium than others. Reading the label and making a low sodium choice can make a big difference!

Top Ten List: CDC Vital Signs February 2012



Almost all of us eat too much salt. The chemical name for salt is sodium chloride. Too much sodium can increase your risk for high blood pressure. High blood pressure has been called the “silent killer” because there are often no symptoms. So, the only way to know if you have it is to get your blood pressure checked.

Where does sodium come from? Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Only about 20% of our sodium comes from the salt shaker. The majority comes from processed foods and the remainder from drugs like antacids and water from water softeners using salt.



Where's the Salt – Really?

Why Reduce Sodium?

Reducing the amount of salt in your diet lowers blood pressure when you have normal or high blood pressure. Eating a diet high in salt increases blood pressure when you already have high blood pressure and aggravates the age-related rise in blood pressure. A high salt intake along with too much saturated fat, trans-fat, or cholesterol and a low intake of fruits, vegetables, or fish results in increased heart disease risk. Heart disease is the number one killer of both men and women in the United States.

US Dietary Guidelines recommend aiming for no more than **1500 mg** of sodium a day if you are over 51 years of age, are African American, or have high blood pressure (BP>140/90), diabetes or chronic kidney disease. If none of these apply to you, you should aim for your sodium to be no more than **2300 mg** a day.

At Home

- Putting away the salt shaker at home in food preparation is one small way to reduce your sodium intake. But remember most of our sodium comes from processed or restaurant prepared foods. The best way to reduce how much sodium you are eating is to check food labels and look up sodium levels of food from restaurants. You can also check sodium levels in restaurant food products online.

At the Grocery Store

- Choose fresh foods especially fruits and vegetables with no added sodium more often.
- Look at the food labels of processed foods to find the sodium amount in one serving.
- Buy canned food varieties with no added salt, rinse regular canned foods under running water to help reduce salt, skip the cans with added sauces, and use herbs, spices and other salt-free seasonings to add flavor without salt. The canned tomato label shown at the right demonstrates how choosing a no added salt product (pictured on the right) really lowers the sodium!

Nutrition Facts

Serving Size ½ cup (126g)
Servings Per Container 3½

Amount Per Serving		
Calories	25	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	250mg	10%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	
Sugars	2g	
Protein	1g	
Vitamin A	10%	Vitamin C 15%
Calcium	2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Regular Canned Tomatoes

Nutrition Facts

Serving Size ½ cup (126g)
Servings Per Container 3½

Amount Per Serving		
Calories	25	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	
Sugars	2g	
Protein	1g	
Vitamin A	10%	Vitamin C 15%
Calcium	2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Low Sodium Canned Tomatoes