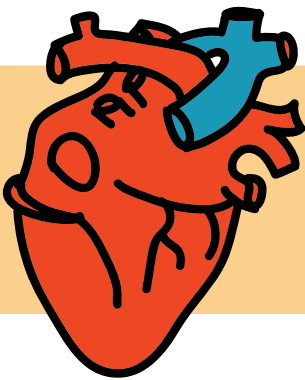


Sodium

Your body needs a small amount of sodium to work properly, but too much sodium can be bad for your health. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease.



Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	



The salt we eat is **sodium chloride**. When we look for salt on the label, we see it as **sodium**.

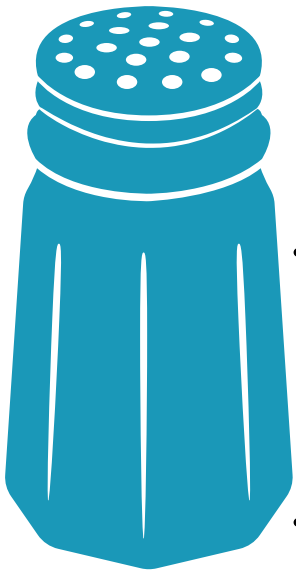
The % Daily Value is the percentage for each nutrient in a serving of the food, and it shows how much of a nutrient contributes to a total daily diet.

So how much sodium should I be eating?

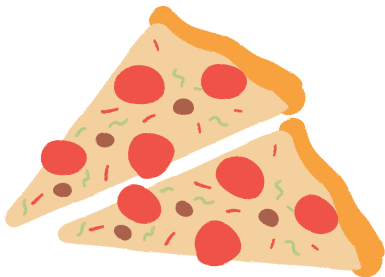
The recommended Daily Value for sodium is **less than 2,300 mg** (milligrams) per day. That's equal to about **1 teaspoon of salt!**



Where does the salt in our diet come from?



5% added during cooking
6% added at the table
12% naturally occurring
77% processed or prepared foods



EXAMPLE: Two slices of thick-crust pizza with pepperoni add up to about **2,270 mg of sodium** – almost the daily recommended sodium limit for adults and children 14 years and up!

Sodium

There are lots of different types of salt: table salt, kosher salt, sea salt, Himalayan salt, and more. To lower the sodium in your diet, you need to cut down on ALL types of salt, especially salt already in foods. Sodium is used by food manufacturers as a preservative. Even foods that don't taste salty may still be adding sodium to your diet, like breads and tortillas, cheese, and condiments.

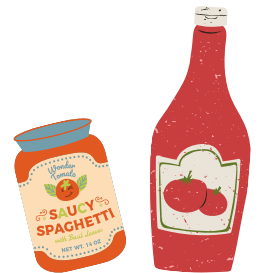
Sneaky sources of sodium



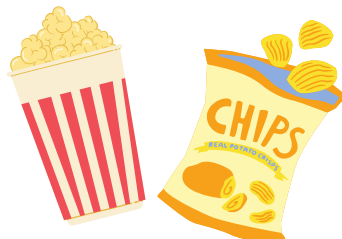
Canned vegetables



Prepared meats



Sauces and condiments



Packaged snacks



Canned and packaged soups

Tips to reduce sodium



SHAKE it up! Instead of just seasoning your food with salt, try out different herbs and spices.



COOK your own foods at home to reduce sodium. Try making your own snacks, sandwiches, and salad dressings!



CHOOSE low-sodium products at the store or food bank.



RINSE canned foods like beans, tuna, and vegetables to remove some of the sodium.

Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

WEB: solid-ground.org/get-help/food-resources

EMAIL: foodeducation@solid-ground.org



Building community to end poverty