

PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

City of Baltimore

Health Department

Eating Foods with Less Salt

Did You Know?

- ♥ **Salt** contains **sodium**, which can cause health problems if you take in too much.
- ♥ **Eating foods with less salt can lower your blood pressure**, which reduces your risk for heart disease and stroke – even if you don't have hypertension.
- ♥ You should take in **no more than 1,500 mg of sodium per day** – that's less than a teaspoon of salt. The average American eats nearly four times that amount – up to 4,300 mg of sodium per day!
- ♥ Over **75%** of the sodium most Americans eat is added **before it even gets to the table**. Many processed and prepared foods like soups and frozen meals are surprisingly high in salt.



Prevention TIPS:

- Tip 1** **Check food labels while shopping.** Look for “low sodium,” “low salt,” or “no salt added” labels, and read the nutrition facts as shown below.

Nutrition Facts		
Serving Size 1/2 cup (120 ml) condensed soup		
Servings Per Container about 2.5		
Amount Per Serving		
Calories	60	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	15mg	
Sodium	890mg	37%
Total Carbohydrate	8g	3%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	3g	

- * **Note:** The label shows the amount of sodium in only *one serving*. Add up the amount you eat for a daily total of no more than 1,500 mg.

- Tip 2** **When dining out, ask questions.** Ask for advice in choosing low-salt options.

- Tip 3** **Put away the salt shaker.** When cooking at home, try using salt-free spices to season your favorite dishes.

Resources and References

American Heart Association

Information on how to cut back on your sodium intake.

<http://www.americanheart.org/presenter.jhtml?identifier=2106>

http://www.americanheart.org/downloadable/heart/119618381045822%20WhyShldILmtSodium%209_07.pdf

National Heart, Lung, and Blood Institute

Tips on how to reduce salt in your diet.

<http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm>