

Week 3



Cut back on Salt

10 Tips for reducing sodium intake

1. Read food labels for sodium content
2. Choose foods with less than 200mg of sodium per serving
3. Consume pre-prepared foods that are “low in sodium” or “no added sodium”
4. Limit processed foods such as canned or dried soups, canned vegetables, frozen dinners “instant” foods and flavored rice/pasta packages
5. Packaged/cured meats are packed with sodium
6. Use less salt at the table and in cooking
7. Use no sodium or low-sodium seasonings
8. Flavor food with lemon juice, fresh garlic, spices, herbs and flavored vinegars
9. Use only small amounts of condiments, like pickles, sauces, olives, etc...
10. Ask for less salt or sodium to be added to

The average person consumes about **3,500 milligrams** of sodium (salt) per day.



African-Americans, people 40 and older and anyone with high blood pressure should have no more than 1,500 mg of sodium. The recommendation for everyone else is 2,300 mg or about 1 teaspoon of salt a day.



Too much salt increases the risk of health problems including high blood pressure.

SHAKE THE SALT HABIT



KSTATE
Kansas State University
Research and Extension



Cutting back on sodium means...

...reading Nutrition Facts panels on packages to find lower-sodium foods.



...eating more fresh foods prepared from scratch.



...going out to eat less often.