Week 3



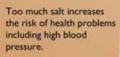
- 1. Read food labels for sodium content
- 2. Choose foods with less than 200mg of sodium per serving
- 3. Consume pre-prepared foods that are "low in sodium" or "no added sodium"
- 4. Limit processed foods such as canned or dried soups, canned vegetables, frozen dinners "instant" foods and flavored 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 I teaspoon of salt a day.





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.