

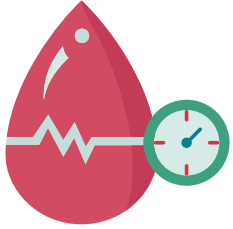
# SODIUM



## WHAT IS SODIUM?

Sodium is a **mineral** found in salt.

**90%** of Americans consume more sodium than they need.



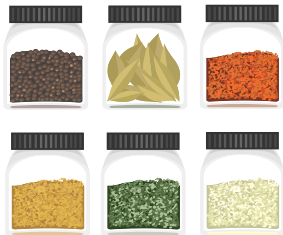
## WHY IS TOO MUCH SODIUM BAD FOR YOU?

Consuming too much sodium can increase risk for **high blood pressure, heart attack, stroke** and **kidney disease**.



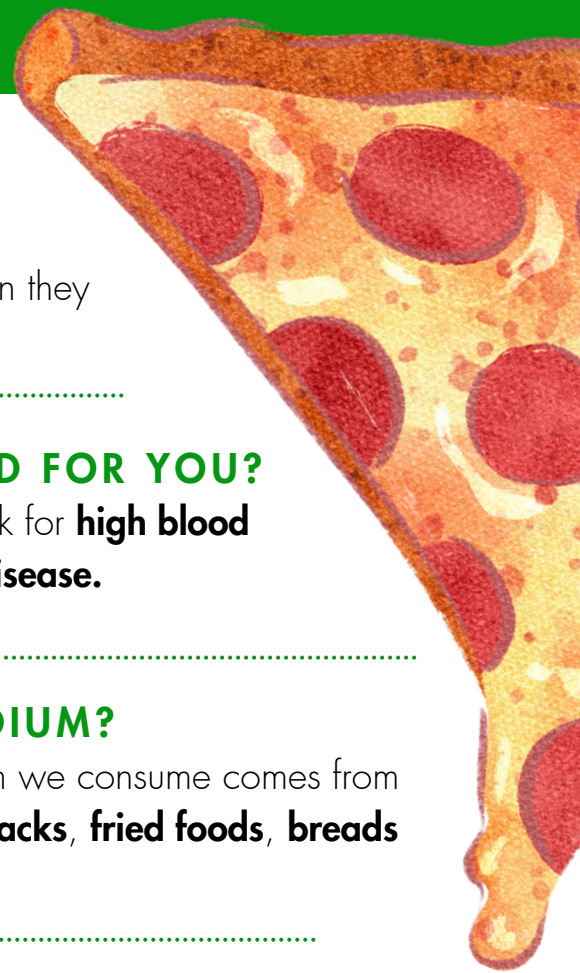
## WHAT FOODS ARE HIGH IN SODIUM?

The biggest source - **over 70%** - of the sodium we consume comes from packaged and prepared foods, like: **salty snacks, fried foods, breads** and **processed meats**.



## WHAT CAN YOU DO?

1. Choose fresh, frozen or no-salt-added canned vegetables
2. Flavor foods with herbs and spices, instead of salt
3. Prioritize low-sodium meats, snacks and packaged foods



<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>

Check the **% Daily Value** on the Nutrition Facts Label!

**5% DV or less** is considered **low**

**20% DV or more** is considered **high**



The information provided in this resource is sourced from the FDA and Second Harvest Heartland. Please contact your primary care provider for more information.

