



EASY ON THE

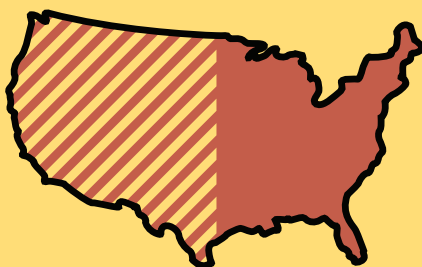
SALT

Your body only needs a small amount of sodium to work properly, but too much sodium could be bad for your health. Nearly 9 in 10 US children eat more sodium than recommended, and about 1 in 6 children has high blood pressure, which is a major risk factor for heart disease and stroke. Lowering sodium in children's diets today can help prevent heart disease tomorrow.*

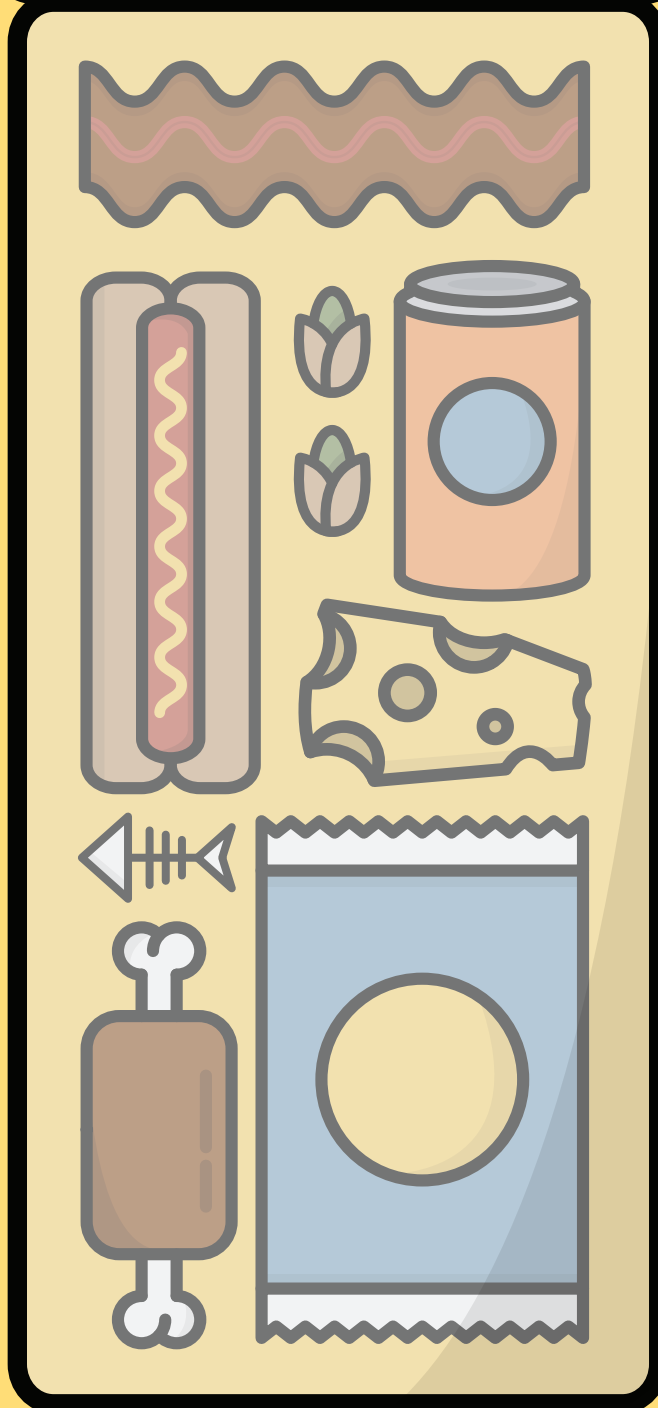
THESE GROUPS SHOULD LIMIT SODIUM INTAKE TO 1,500 MG PER DAY

**ADULTS AGES 51+
AFRICAN AMERICANS
ANYONE WITH DIABETES
KIDNEY DISEASE
AND HIGH BLOOD PRESSURE**

THESE GROUPS = HALF OF U.S. POPULATION



FOODS HIGH IN SODIUM



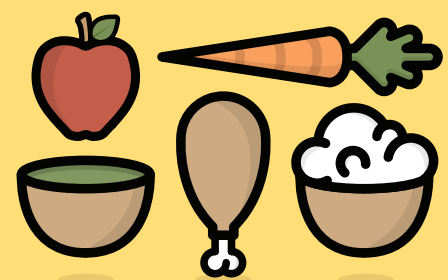
HIGH SODIUM CAN LEAD TO HIGH BLOOD PRESSURE WHICH CAN THEN LEAD TO HEART DISEASE OR EVEN STROKE

LIMIT THESE FOODS

**BACON
HOT DOGS
PROCESSED FOODS
MOST CHEESES
TUNA
HAM & CHIPS**

MAKE

**SMARTER CHOICES
LOW IN SODIUM**



**FRESH FRUITS & VEGETABLES
SKINLESS TURKEY
LOW SALT SOUPS & PLAIN RICE**

EVERYONE AGE 2 AND UP SHOULD CONSUME LESS THAN 2,300 MG OF SODIUM A DAY



9 IN 10 U.S. CHILDREN CONSUME TOO MUCH SODIUM



* <http://www.cdc.gov/salt/>

** <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>

*** <http://www.nhlbi.nih.gov/health-pro/resources/heart/hispanic-health-manual/session-4/sodium-foods>

**** http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/About-Sodium-Salt_UCM_463416_Article.jsp