

## ***So what about Sodium?***

### **Ways You Can Cut Back On Your Sodium Intake:**

- *Cook at home with whole foods*
- *Avoid or cut back on dining out*
- *Avoid or cut back on "convenient" foods (drive-thrus, frozen meals)*
- *Put down the salt shaker*

### **Why?**

#### **5 Not-So-Fun Facts About Sodium Overload:**

- *Sodium makes you hold onto water, causing high blood pressure and ultimately putting lots of stress on the heart if consumed in excess*
- *The recommended daily intake of sodium is 2300 mg/day, but most people take in 3400 mg/day*
- *1 tsp of salt is equal to 2300 mg*
- *Salty foods are also usually high in saturated fat and total calories*
- *The 6 saltiest culprits are soup, pizza, bread, cold cuts/cured meats, sandwiches, and poultry (depending on how it is prepared)*