
REDUCE SALT

Tips and tricks for lowering your sodium intake

Look at the Labels:

MyPlate advises people to “Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.” This is great advice for your next shopping trip.

Compare the Nutrition Facts labels for similar products — which ones have high levels of sodium per serving? The % Daily Value (DV) can be very helpful too, because (as a general rule) 5% or less is low, while 20% or more is high.

Since more than 3/4 of all the sodium that Americans consume comes from packaged and processed foods (along with restaurant meals), it makes sense to keep an eye out for sodium while you shop. See if you can limit the number of boxed and frozen meals that you buy. Replace them with fresher alternatives!

Sodium and Your Health:

According to the Dietary Guidelines for Americans, “As sodium intake decreases, so does blood pressure. [...] Keeping blood pressure in the normal range reduces an individual’s risk of cardiovascular disease, congestive heart failure, and kidney disease. Therefore, [people] should limit their intake of sodium.”

One of the most effective ways to reduce the sodium in your diet is to get in the kitchen! Cook food for yourself instead of getting it at a restaurant or from processed and packaged items. When you make food from scratch, you have complete control over the sodium content. Try it today!

