SHRINK SODIUM

How to reduce the sodium you eat each day and improve your health

Choose Wisely:

The more fresh foods you eat that don't have any sodium, the less sodium you'll be able to squeeze in in a day. Most fruits and vegetables are naturally low in sodium. Low-sodium grain foods, protein foods, and dairy foods are also healthy choices (follow MyPlate's advice and keep them low in saturated fat too).

Another great reason to eat more fresh fruits and vegetables is that they are rich in potassium. Did you know that potassium and sodium are linked? The CDC asserts, "Eating enough potassium each day can help balance out some of the harmful effects that high sodium intake can have on blood pressure."

Use the Label:

If you take a look at the Nutrition Facts label, you'll be able to see how much sodium is in a single serving.

Follow the advice of the Dietary Guidelines for Americans and use "the Nutrition Facts label to compare sodium content of foods and [choose] the product with less sodium."

Pay Attention in Restaurants:

According to the CDC, "Restaurant foods are a major source of sodium in most Americans' diets, so it pays to take a few minutes to find out what's in the food you're eating."

Check online and compare restaurant dishes until you find a few tasty and low-sodium options. You can also call the restaurant for info too.