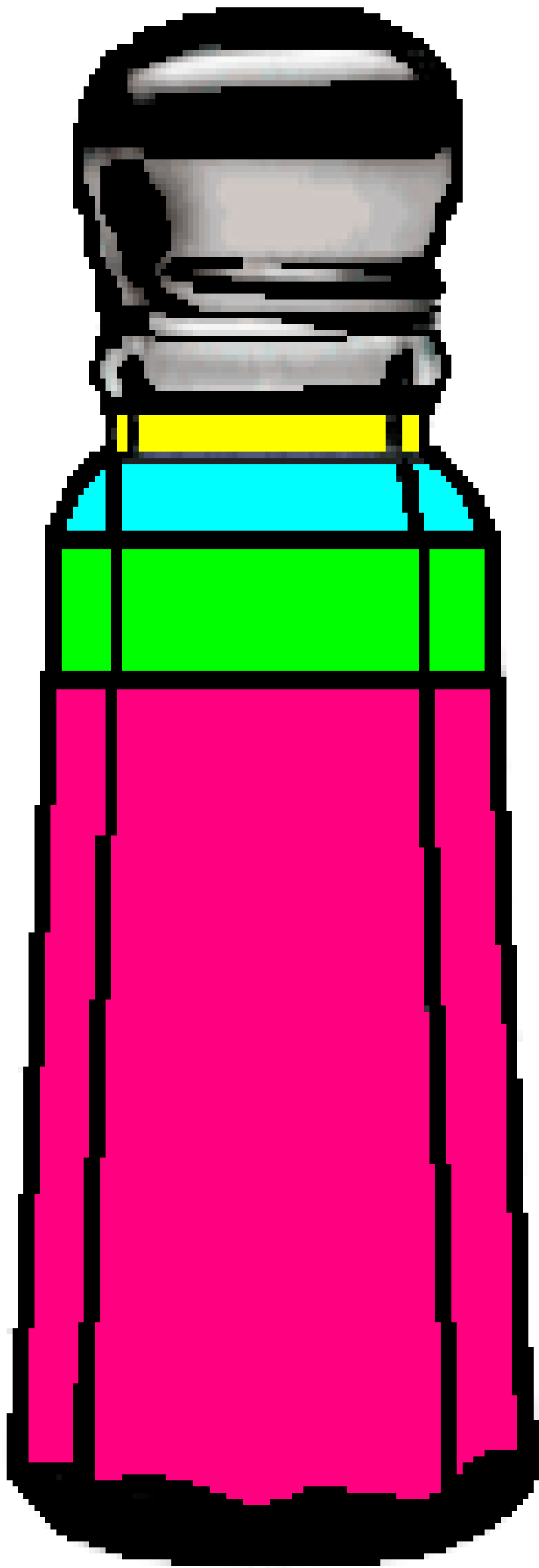


## Sources of Sodium in the Average US Diet



5% added while cooking

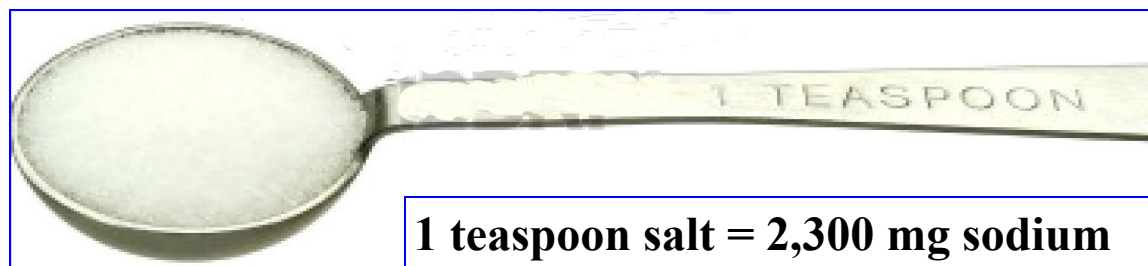
6% added while eating

12% from natural sources

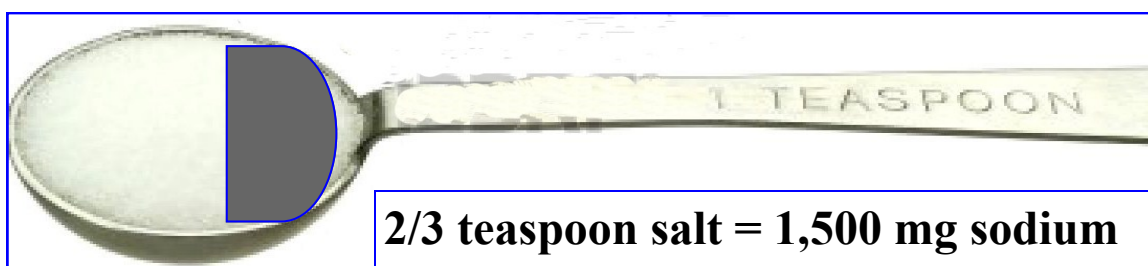
77% from processed and prepared foods

## Salt plays a role in high blood pressure...

Everyone, including kids, should reduce their sodium intake to less than **2,300 milligrams of sodium a day** (about 1 teaspoon of salt).



Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes or chronic kidney disease should further reduce their sodium intake of **1,500 milligrams of sodium** a day.



## Salt Shaker Explanation:

1. Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions-especially cheesy foods, such as pizza, cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups.
2. About another 11 percent of sodium in the average US diet comes from adding salt to foods while cooking or eating. Cut back on salt little by little. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods.
3. Only about 12 percent of sodium we consume is naturally occurring in foods. Fill up on veggies and fruits-they are naturally low in sodium.

### Image modified and information retrieved from:

*Sodium: are you getting too much?.* (2008, May 28). Retrieved from <http://www.mayoclinic.com/health/sodium/NU00284>

*Teaspoon image.* Retrieved from: <http://us.123rf.com/400wm/400/400/jrtb/jrtb0802/jrtb080200114/2510878-studio-isolated-shot-of-salt-in-a-teaspoon.jpg>

*Ten Tips to help you Cut Back on Salt and Sodium.* Retrieved from <http://www.choosemyplate.gov/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>