

GET THE FACTS:

Sodium Reduction Tips

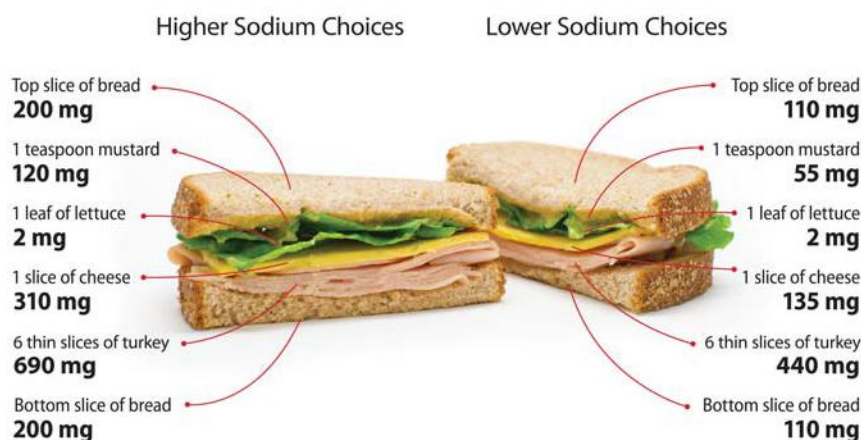


Tips for Reducing Sodium

- Buy fresh, frozen (no sauce), or no-salt-added canned vegetables.
- Use fresh poultry,* fish, pork,* and lean meat, rather than canned or processed meats.
- When available, buy low-sodium, lower-sodium, reduced-sodium, or no-salt-added versions of products.
- Limit sauces, mixes, and “instant” products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for percent Daily Value or amount of sodium in milligrams.

* Check to see if saline or salt solution has been added—if so, choose another brand.

Choose wisely—sodium content can vary within food categories



Total = 1,522 mg
per whole sandwich

Total = 852 mg
per whole sandwich

Which of These Sauces Is Lower in Sodium?

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1.5g	2%	Sodium 360mg	15%
Sat. Fat 0g	0%	Potassium 390mg	11%
Trans Fat 0g		Total Carb. 13g	4%
Polyunsat. Fat 0.5g		Fiber 3g	12%
Monounsatur. Fat 1g		Sugars 10g	
Cholest. 0mg	0%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			

Nutrition Facts			
Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 8g	12%	Total Carb. 10g	2%
Sat. Fat 1g	5%	Fiber 2g	4%
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 1g	
Sodium 770mg	32%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			

The majority of sodium in our diets is from packaged food and is a direct result of food processing. Even foods that may not taste salty can be substantial sources of sodium.

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Remember, the 2010 Dietary Guidelines for Americans recommend that Americans aged 2 and up reduce sodium intake to less than 2,300 milligrams (mg) per day. People 51 and older and those of any age who are African Americans or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should reduce sodium intake to 1,500 mg per day. [Learn more at www.cdc.gov/salt](http://www.cdc.gov/salt).

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov • Web: www.cdc.gov

Publication date: 08/2011

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention

