

Sodium can be sneaky!

BREAKFAST, LUNCH, DINNER, AND SNACKS can add up to more than

4,000mg of sodium for the day.

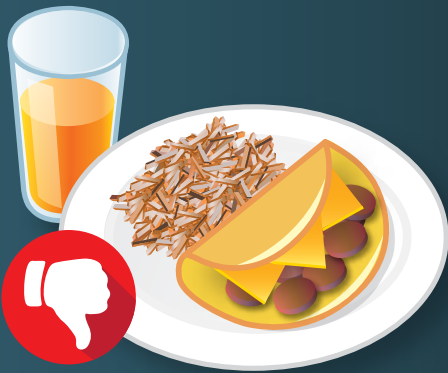
Throughout the day, the average American consumes nearly 3,500 mg of sodium for the day. That is more than two times the amount recommended by the American Heart Association. Too much can be risky for your health. Thankfully, meals with lower sodium can be just as delicious and can keep your sodium in check.

YOU DESERVE THE RIGHT TO TAKE BACK CONTROL OF THE SODIUM IN YOUR FOOD.

The first step? Watch for the hidden sodium in food. Make your voice heard by telling the food industry that you want healthier foods!

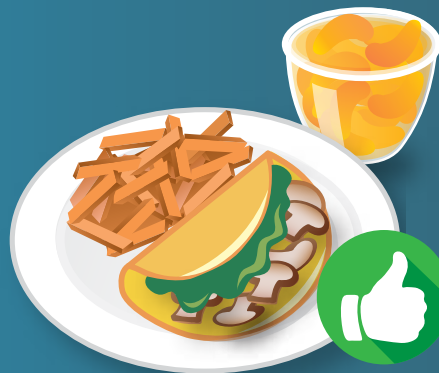
HERE'S HOW THE SODIUM CAN ADD UP:

BREAKFAST



SAUSAGE & CHEESE OMELET WITH HASH BROWNS AND ORANGE JUICE

Total Sodium: 1,016 mg



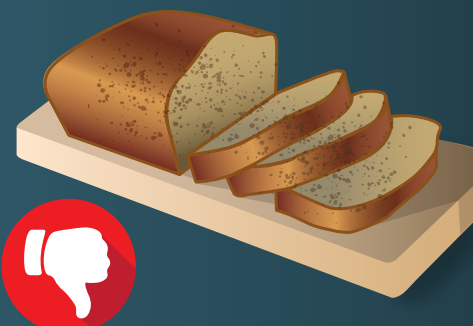
VEGGIE OMELET WITH SWEET POTATO HOME FRIES AND ORANGE FRUIT CUP

Total Sodium: 188 mg



Breakfast Tip:
Add color! Replace some meats, cheeses, and side dishes with flavorful fruits and vegetables.

AM SNACK



BANANA BREAD

Total Sodium: 181 mg



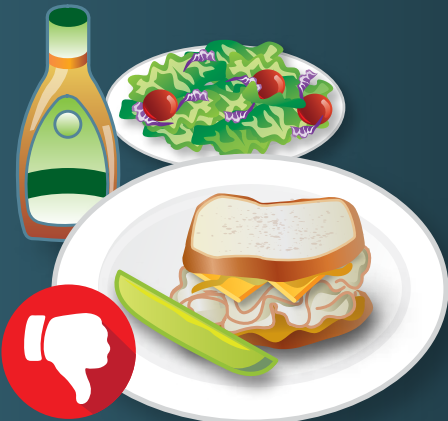
FRESH BANANA

Total Sodium: 1 mg



Snack Tip:
Satisfy your sweet tooth with a delicious piece of fruit.

LUNCH



TURKEY SANDWICH WITH A SIDE SALAD AND A PICKLE

Total Sodium: 1,935 mg



TURKEY SANDWICH WITH A SIDE SALAD AND CUCUMBER SLICES

Total Sodium: 668 mg



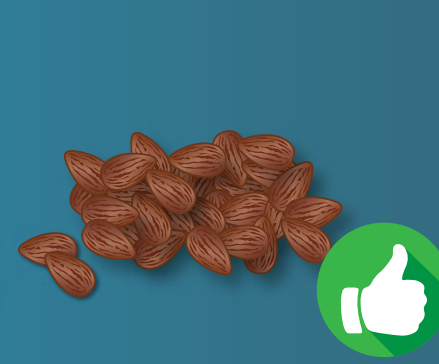
Lunch Tips:
Use veggies to add flavor instead of salty condiments, sauces, and sides.
Compare labels on salad dressings. Choose the option with less sodium.
When dining out, ask for your meal to be prepared without extra salt.

MIDDAY SNACK



POTATO CHIPS

Total Sodium: 148 mg



UNSALTED ALMONDS

Total Sodium: 0 mg



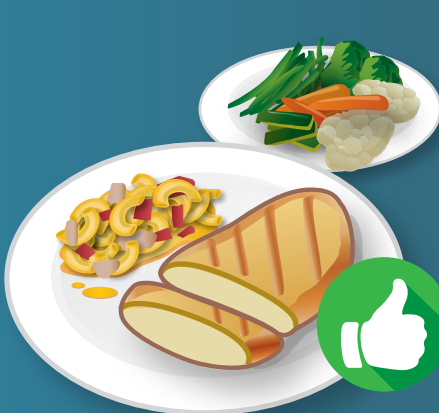
Snack Tips:
Need an afternoon pick-me-up? Choose nuts for extra crunch.
Compare labels. Choose the item with the lesser amount of sodium.

DINNER



CHICKEN WITH BOXED MACARONI AND CHEESE AND VEGGIES

Total Sodium: 1,062 mg



CHICKEN WITH HOMEMADE MACARONI AND CHEESE AND FRESH VEGGIES

Total Sodium: 277 mg



Dinner Tip:
Prepare food at home to have more control over the sodium in food. Replace salt in recipes with herbs, spices, citrus, or vinegar.
Foods that look the same may contain different amounts of salt! Compare labels. Choose the item with the lesser amount of sodium.

OPTION 1 4,342 mg
Grand Total: SODIUM

OPTION 2 1,134 mg
Grand Total: SODIUM

Daily amount of sodium recommended by the American Heart Association for most adults: **1,500 mg.**

Want to take back control of the salt in your food? Make your voice heard. Visit heart.org/sodium and take action.