



## Eating Less Sodium



### Overview

Most people get too much sodium in their daily diet. Too much sodium can raise the risk of heart attack and stroke. Let's take a moment to learn more about sodium, and how to eat less of it.

### What is sodium?

What is sodium? Well, it's a mineral found in foods. It's in some foods naturally, and it's added to others. Table salt is the most common source of sodium in foods. So, the best way to get less sodium is to cut the salt.

### How much is too much?

How much sodium is too much? Healthy people age 14 and over should get no more than 2,300 milligrams every day. Younger people and those with elevated blood pressure should get even less.

### Avoid these foods

To cut your sodium intake, avoid foods that have a lot of salt. Limit how often you eat out. Prepare fresh meals at home instead. Take the salt shaker off your table, and consider using a salt substitute. When you shop, avoid processed foods. You'll find sodium in frozen meals, and in foods or mixes that come in cans, jars, boxes or bags. It's in deli meats, sausages and bacon. It's in breads and condiments. So read food labels carefully, and look for options that say "low sodium," "reduced sodium" or "no salt added."

### Conclusion

Limiting sodium does take effort, but the health benefits are worth it. Talk to your doctor for more information.

