

Reduce your salt and sodium intake

- Know your recommended limit for daily sodium. Most Americans should consume no more than 1,500 mg/day (2/3 teaspoon)
- Choose fresh fruits and vegetables and products labeled as “low sodium” or “no salt added.”
- Read the Nutrition Facts panel on the foods you buy, and choose products that are low in sodium.
- At restaurants, ask for foods with no or low salt.
- Talk to your school, worksite, local grocer, and favorite restaurants about providing more lower-sodium options.



(Resource: CDC Salt Web Site: <http://www.cdc.gov/salt>)

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