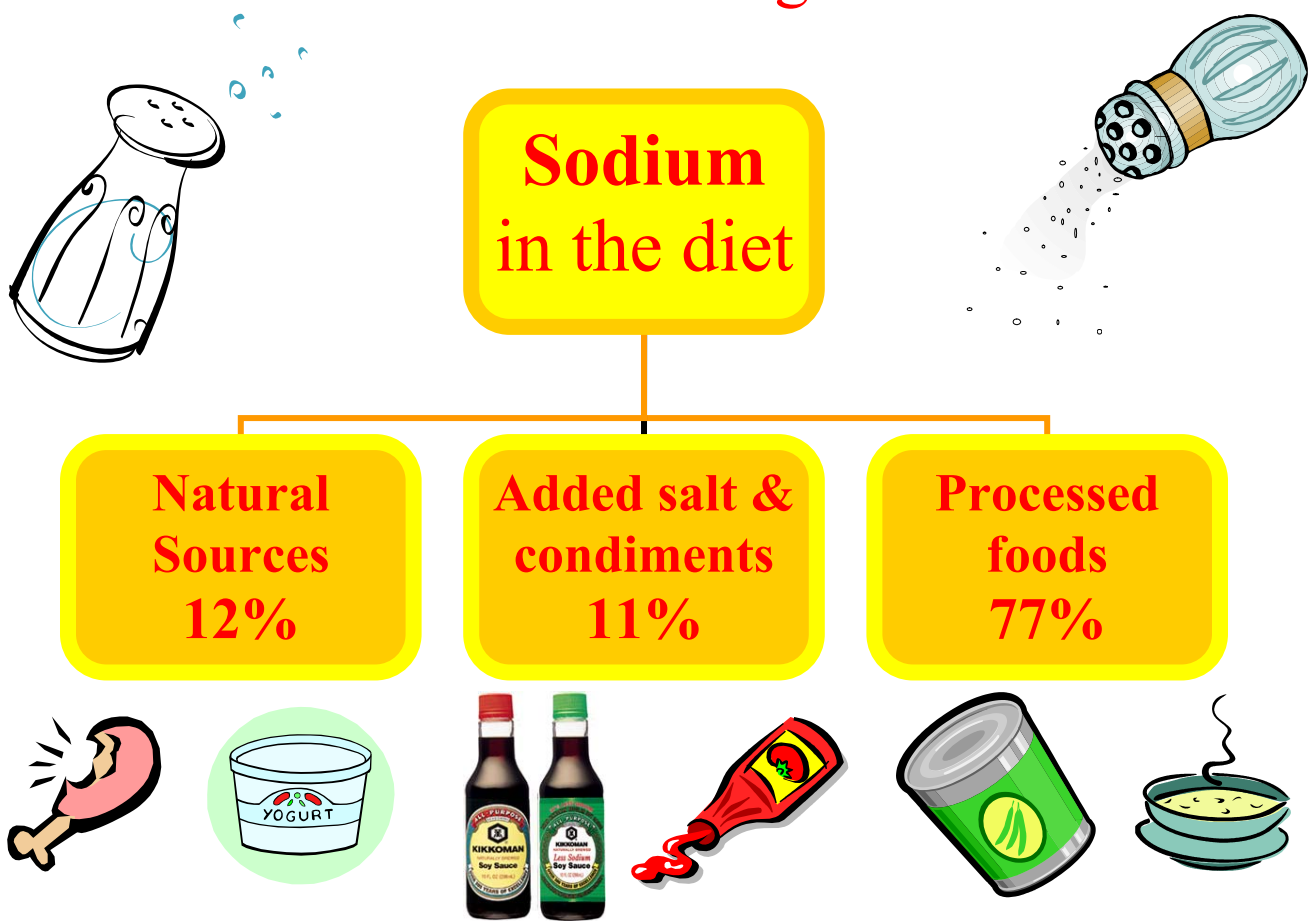




Unexpected Sources of Sodium

Where is it coming from?



Recommended Amount

- Less than 2,300 milligrams per day

Average Intake in US

- 4,000 to 5,000 milligrams per day

Possible Negative Side Effects of Too Much Sodium

- High blood pressure
- Fluid retention
- Headaches and dizziness
- Stomach problems

Other Sodium Sources

- Sodium bicarbonate - Baking soda
- Sodium nitrite - preservative
- Sodium benzoate – preservative
- Sodium saccharin - sweetener
- Monosodium glutamate - MSG
- Some medications - antacids



Where do we get all that sodium???

- Canned and frozen vegetables
- Frozen dinners
- Soups – canned and dried
- Ready-to-eat cereals
- Garlic and celery salt
- Chips and other salty snacks
- Condiments/sauces – ketchup, mustard, soy sauce, steak sauce
- Canned tuna
- Club soda
- Cured meats – bacon and ham
- FAST FOOD!!!

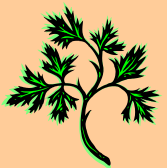
Control Your Intake!

- Eat fresh, unprocessed foods
- Do not add salt to your food
- Use low-sodium products
- Limit condiment use
- Use salt substitute or herbs and spices instead



Low-Sodium alternatives

- Fresh vegetables
- Homemade soups
- Pepper, garlic powder, Parsley
- Fresh lemons
- Oatmeal instead of cereal
- Other salt-free seasonings



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Reviewed by Connie Crawley June 2011