

Health & Nutrition Tips

Sodium Sense

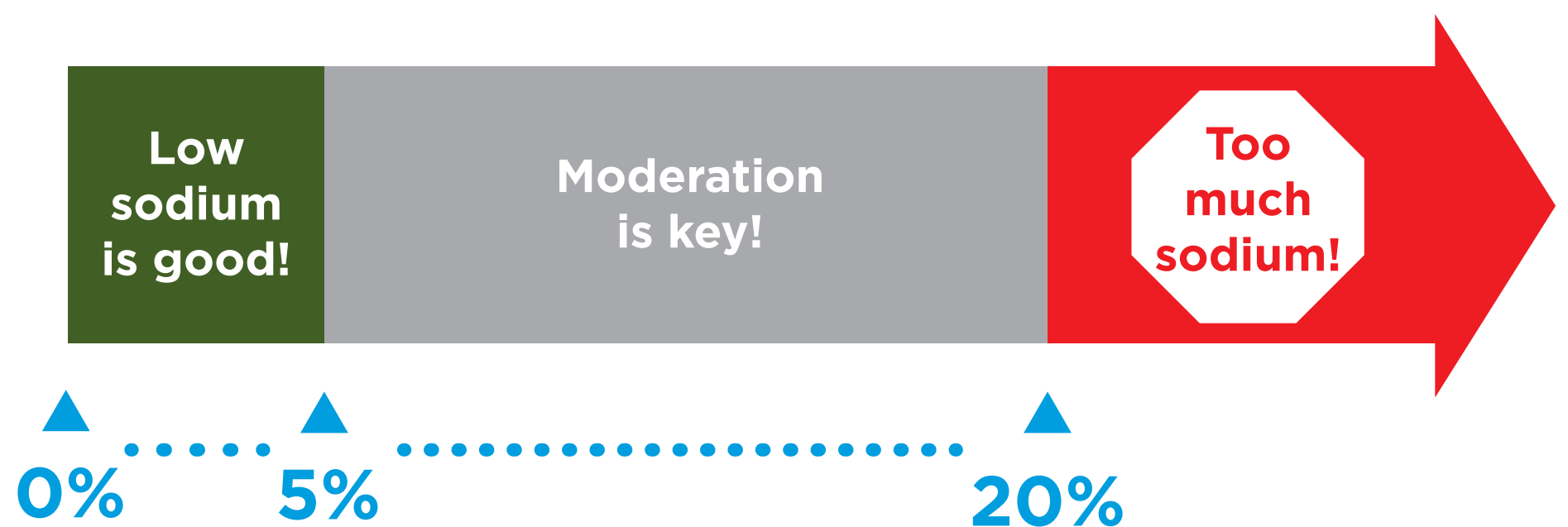
Keep it low for a healthy heart

Want a strong, healthy heart?

Want to limit high blood pressure?

Check labels for sodium content and choose less!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	



WARNING

THE SALTY SEVEN

These seven popular foods can add high levels of sodium to your diet.

- Bread and rolls
- Cold cuts and cured meat
- Pizza
- Soup
- Sandwiches and burgers
- Cheese
- Pasta dishes

SURPRISE

The biggest contributor to sodium consumption is not the salt shaker. Approximately 75% of the sodium we eat comes from sodium added to processed foods and restaurant foods.

