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!

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.

0% 5% 20%
Low sodium is good!  Moderation is key!  Too much sodium!