

Hidden Sodium

Fact: Americans consume too much sodium. Sodium raises blood pressure and puts you at risk for heart disease or stroke.

What's too much?

Most people consume more than 3,400 milligrams a day, but less than 2,300 is recommended, even less for others.

A lot of sodium is hidden in processed foods...not the salt shaker. A regular sandwich can have over 1500 milligrams of sodium. Guess what? Add a can of soup, and you're over the limit.

Here's what can you do. Buy fresh, frozen, or no-salt added canned vegetables and eat more fruit.

Use fresh poultry, fish, and other lean meats.

Use low- or reduced-sodium items and limit sauces and mixes.

Choose wisely when eating out. Restaurant food can be high in sodium. Ask for low sodium options.

Most importantly, learn to read nutrition facts labels.

Less sodium, better health.