## 7 SALTY MYTH



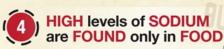
My Heart. My Life."

heart.org/sodium



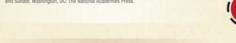


**SODIUM** is an **ESSENTIAL NUTRIENT** that CONTROLS BLOOD PRESSURE and is needed to make nerves and muscles work properly, but you need the RIGHT AMOUNT.



Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.









Sea salt has boomed in popularity, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

Institute of Medicine. 2010. Strategies to Reduce Sodium Intake in the United States. Washington DC: The National Academies Press



There is a rich world of creative

Experiment with spices, herbs and citrus to enhance the natural flavor of your food!



My BLOOD PRESSURE is NORMAL, so I don't NEED to WORRY about how much **SODIUM I eat** 

THE AMERICAN HEART ASSOCIATION recommends
CONSUMING LESS THAN



Even for people who don't have high blood pressure, less sodium will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as kidney disease, associated with eating too much sodium.

Appel LJ, Frohlich ED, Hall JE, Pearson TA, Sacco RL, Seals DR, Sacks FM, Smith SC, Vafiadis DK, Van Horn LV. Circulation. 2011;123:1138 –1143.



I usually don't SALT my FOOD, so I DON'T EAT too MUCH SODIUM



of **SODIUM** Americans consume is estimated to come from processed foods - not the salt shaker.

That's why it's so important to compare NUTRITION FACTS labels and serving sizes

Mattes, R. D., and D. Donnelly. 1991. Journal of the American College of Nutrition 10(4):383-393.



I don't EAT a lot of SALTY FOOD so I DON'T EAT too much SODIUM

WATCH OUT FOR:







**POULTRY** 

CHEESE

BREAD

These foods can have excess sodium that can increase your risk for heart disease and stroke.