

7 SALTY MYTHS **BUSTED**

1 ELIMINATE sodium COMPLETELY for GOOD HEALTH



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**.

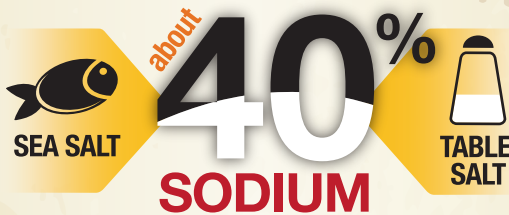
Institute of Medicine. 2004. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press.

4 HIGH levels of **SODIUM** are **FOUND** only in **FOOD**

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.



2 SEA SALT has LESS SODIUM than TABLE SALT



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

5 LOWER SODIUM foods have **NO TASTE**



There is a rich world of creative and flavorful alternatives to salt.

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

6 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**

1500mg daily

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.

3 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.

7 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.

Centers for Disease Control and Prevention. 2012. Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008. Morbidity and Mortality Weekly Report (61), February 7, 2012.