



DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6

*Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), Vital Signs: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 10, 2012 / 61(05):92–98.