



EASY ON THE

SALT

Your body only needs a small amount of sodium to work properly, but too much sodium could be bad for your health. Nearly 9 in 10 US children eat more sodium than recommended, and about 1 in 6 children has high blood pressure, which is a major risk factor for heart disease and stroke. Lowering sodium in children's diets today can help prevent heart disease tomorrow.*

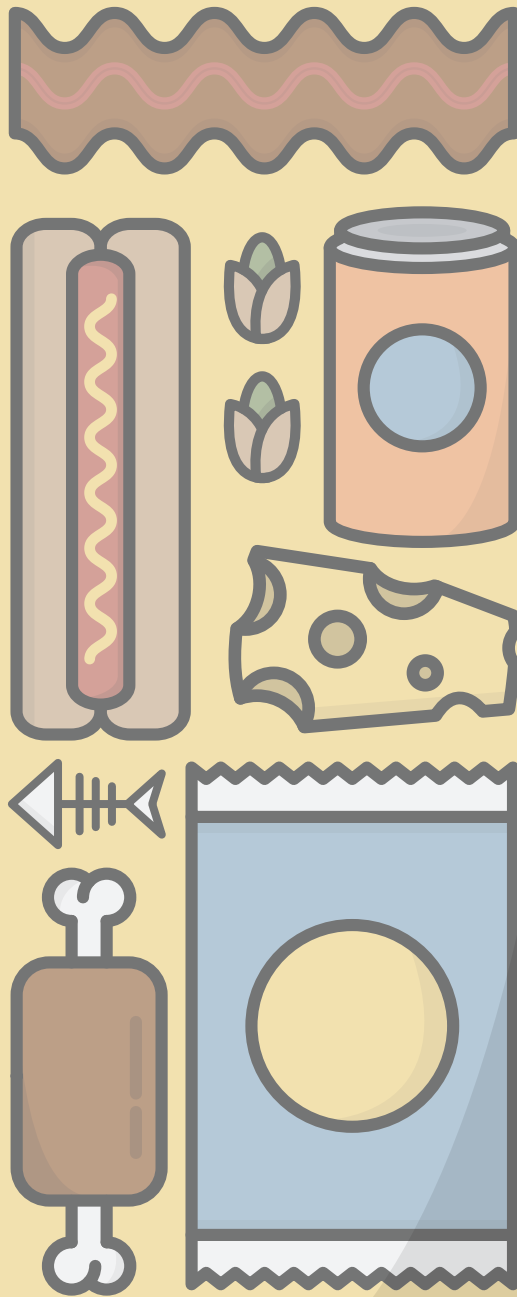
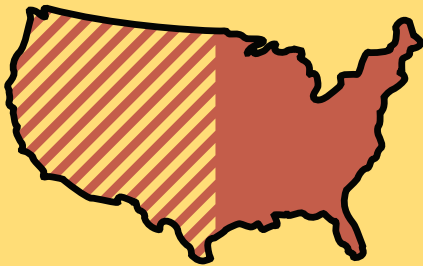
THESE GROUPS SHOULD LIMIT SODIUM INTAKE TO 1,500 MG PER DAY

FOODS HIGH IN SODIUM

HIGH SODIUM CAN LEAD TO **HIGH BLOOD PRESSURE** WHICH CAN THEN LEAD TO HEART DISEASE OR EVEN STROKE

ADULTS AGES 51+
AFRICAN AMERICANS
ANYONE WITH DIABETES
KIDNEY DISEASE
AND HIGH BLOOD PRESSURE

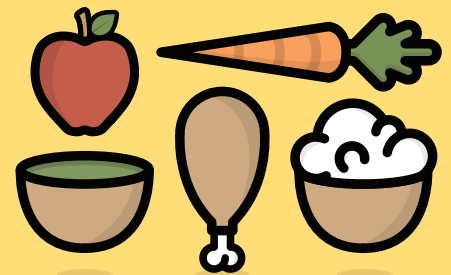
THESE GROUPS = **HALF** OF U.S. POPULATION



LIMIT THESE FOODS

BACON
HOT DOGS
PROCESSED FOODS
MOST CHEESES
TUNA
HAM & CHIPS

MAKE SMARTER CHOICES
LOW IN SODIUM



FRESH FRUITS & VEGETABLES
SKINLESS TURKEY
LOW SALT SOUPS & PLAIN RICE

**** **EVERYONE AGE 2 AND UP SHOULD CONSUME LESS THAN 2,300 MG OF SODIUM A DAY**



9 IN 10 U.S. CHILDREN CONSUME TOO MUCH SODIUM