



STOP

# Are You Eating Too Much Salt?

## The Salty 6



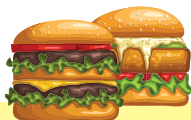
### Pizza

A slice of pepperoni pizza can contain almost one-third (1/3) of your daily recommended dietary sodium. Try swapping in veggies to your next slice.



### Burritos & Tacos

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.



### Sandwiches

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



### Breads & Rolls

Some foods can surprise you when you add up the sodium content. Always check the label, but whole grains and bakery breads tend to be better choices than packaged breads.



### Cold Cuts & Cured Meats

One 2 ounce serving, or 6 thin slices, of deli meat can contain as much as one-third of your daily recommended dietary sodium.



### Canned Soup

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than one-third of your daily recommended intake. Check the labels to find lower sodium varieties or make your own!



On average kids consumes 3,330 milligrams (mgs) of sodium every day.



The American Heart Association recommends no more than 2,300 mgs per day.



Healthy swaps can reduce sodium in our diets:

- Add vegetables, nuts, whole grains, lean proteins (animal or plant)
- Reduce trans fat, red meat and processed meats, refined carbohydrates and sugary drinks.

## Find Lower-Sodium Foods

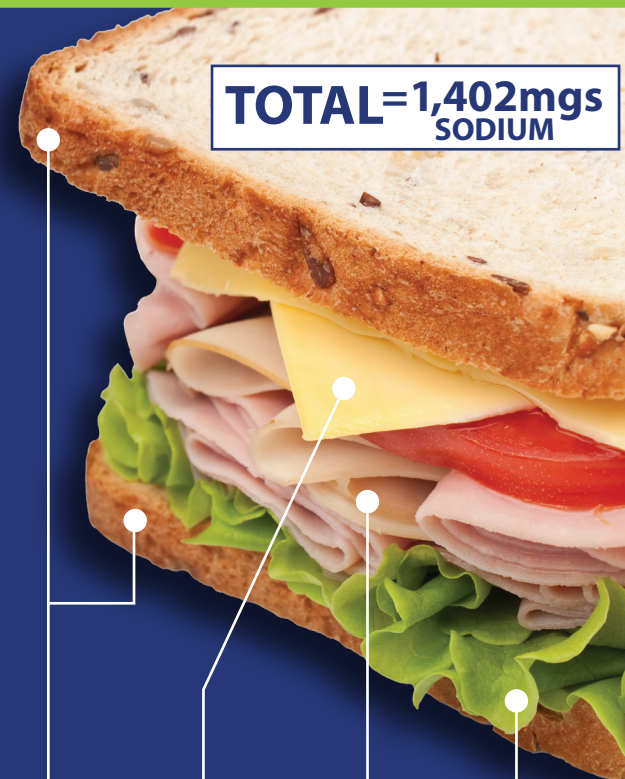
F P E G G S T O M A T O E S Z  
R M A K N I M P E A S M Z P V  
U P A R O A T M E A L U F A I  
I P E Y M G I N G E R S N S N  
T A A V O E I M I L K H L T E  
M N V D E N S V E R F R E A G  
O C O B Y G N A R I C O T T A  
Z A C E O Y E A N C U O T P R  
Z K A A G Q G T I E I M U O P  
A E D N U B S A A S V S C T O  
R S O S R C A A R B E K E A U  
E W S Z T Q K G L L L R F T L  
L Q U I N O A Z E A I E I O T  
L O N I O N S R Z L D C S E R  
A Q P E P P E R S I S C H S Y

VEGETABLES  
AVOCADOS  
PEPPERS  
QUINOA  
BAGELS  
FRUIT  
GARLIC  
EGGS

MOZZARELLA  
TOMATOES  
OATMEAL  
SALAD  
BEANS  
POTATOES  
PASTA  
MILK

MAYONNAISE  
PARMESAN  
RICOTTA  
LETTUCE  
PEAS  
POULTRY  
RICE

MUSHROOMS  
PANCAKES  
YOGURT  
GINGER  
ONIONS  
VINEGAR  
FISH



2 SLICES  
BREAD  
400 mgs

2 SLICES  
CHEESE  
310 mgs

6 SLICES  
TURKEY  
690 mgs

2 LETTUCE  
LEAVES  
2 mgs

## Challenge Your Salt Smarts

1 What is the maximum amount of salt or sodium needed per day?

- A. 1,300mgs a day
- B. 2,300mgs a day
- C. 4,300mgs a day

2 What items should we eat less of in our diets?

- A. Fruit & Vegetables
- B. Pasta & Rice
- C. Sugar & Salt

3 Which has the most salt?

- A. Turkey
- B. 2 Slices of Bread
- C. Lettuce

4 What ingredients help build a healthy sandwich?

- A. Tomatoes
- B. Fresh Spinach
- C. Lean, low-sodium protein
- D. All of the above

5 Which foods should be minimized in our diets?

- A. Trans fat
- B. Refined Carbohydrates
- C. Sugary drinks
- D. All of the above

6 Which food is not part of the "Salty 6"?

- A. Fruit
- B. Canned Soup
- C. Deli Meat

Answers: 1. B, 2. C, 3. A, 4. D, 5. D, 6. A

