



## Hidden Sodium

### What is Sodium?

- Sodium is the main ingredient in salt.
- Too much sodium, from salt or food, can make your blood pressure too high or make it hard to control blood pressure that is already too high.

### What am I eating that has sodium?

- 75% of sodium comes from processed foods (potato chips, canned vegetables, frozen meals)
- 15% - Salt added during cooking or at the table
- 10%- Naturally occurring in food

It's important to read nutrition labels and not rely on taste. Sodium added to store bought products doesn't contain chloride—so the salt detecting cells on our tongues do not recognize it as salt.

Processed foods often have very high sodium content because producers use salt as a preservative. Some products to watch out for are:

- Diet supplemental drinks—some contain sodium (NA) as high as 460mg.
- Breakfast cereals—one cup of cornflakes can have up to 300mg NA
- Commercial baked products—two slices of whole wheat bread has 266mg NA
- Processed foods (even health foods)—one garden burger has 576mg NA
- Canned vegetables



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- Instant pudding—one ½ cup of low fat pudding has 302mg NA
- Salad dressing
- Cheese & cottage cheese
- Frozen meals
- Watch how many sodas you drink. One can of soda might not be too bad, but if you drink a six-pack, the sodium adds up.

Watch the salt!

- Read the nutrition label and select products with a less sodium.
- Rinse canned vegetables.
- Soak and rinse cured meats, such as ham hocks and smoked turkey wings.
- Use herbs, rather than extra salt, to season food. If you enjoy spicy food, season with cayenne pepper or red pepper flakes.
- Substitute fresh or frozen vegetables for canned vegetables.
- Often a squeeze of fresh lemon or lime juice brightens flavors.
- Dress your salad with a classic—balsamic vinegar and olive oil—rather than processed bottled dressings.

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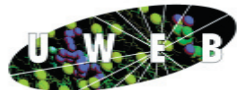
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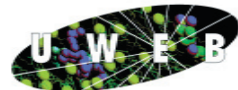
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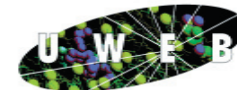
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