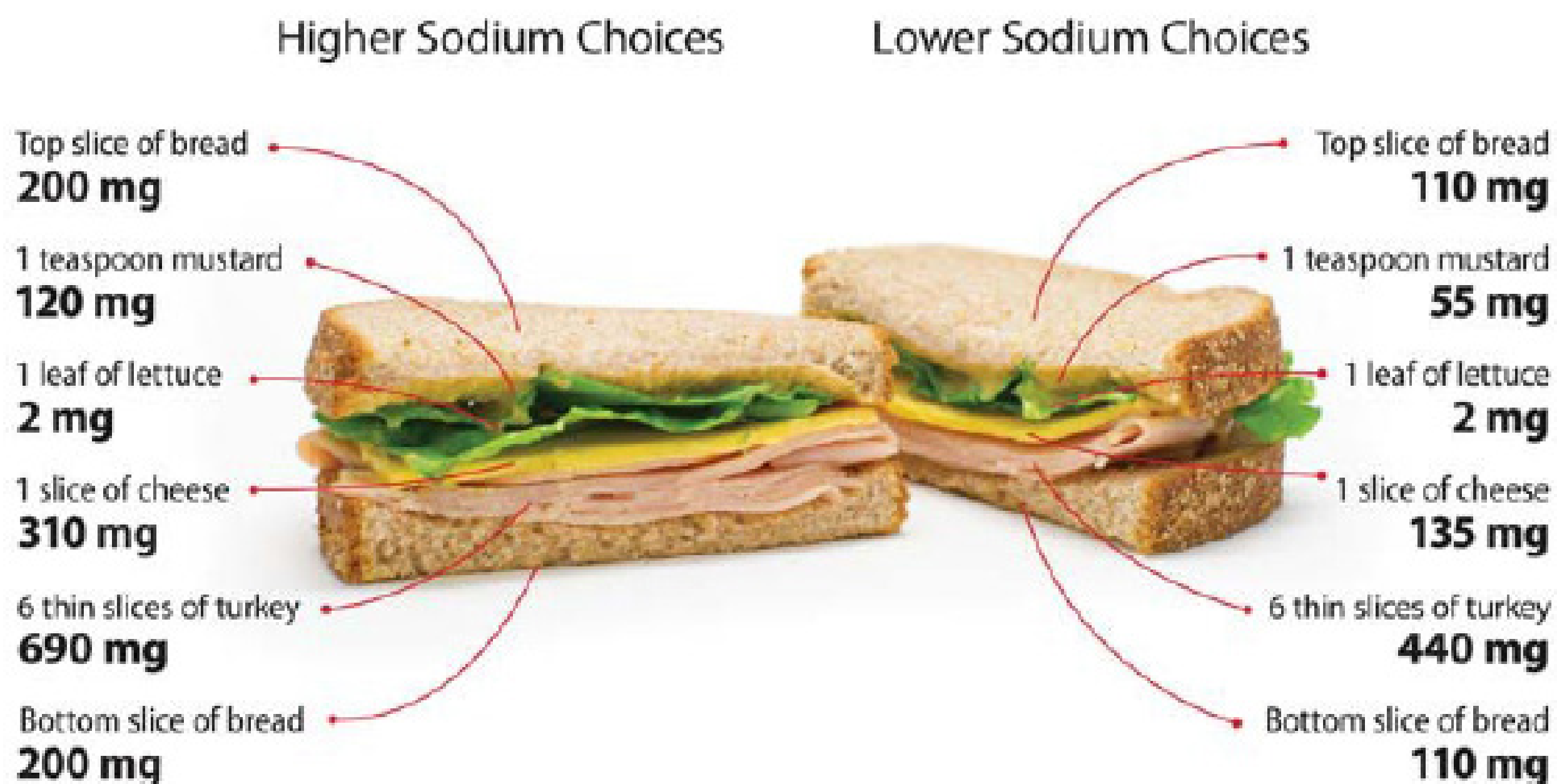


WHERE'S MY SALT?

There's no need to add extra salt, most prepared foods already have enough. So think twice before reaching for the salt!

Choose Wisely...



Sodium content varies even within food categories, check the label!

HOW MUCH SODIUM?

1,500 mg

VS.

3,400 mg

= daily recommended intake

= average American's intake

FOR PERSPECTIVE:

2,400 mg = amount in 1 serving of chicken strips & French fries with ketchup!

HOW TO REDUCE YOUR SALT:

- SKIP it!
- Eat more fruits & vegetables
- Limit eating processed foods
- Limit deli meats
- Rinse canned foods first

INSTEAD OF SALT, TRY:

- Garlic
- Red Onions
- Black Pepper
- Red Pepper Flakes
- Fresh Lemon Wedges

All these items are located at the condiment bar.

