Change Your Salty Ways In 21 Days!

Face feel puffy? Jeans fit tighter?
In 3 weeks you can:
• Change your sodium palate
• Start enjoying foods with less sodium
• Reduce bloating

On average, American adults eat more than 3,400 milligrams (mg) of sodium daily - more than double the American Heart Association’s recommended limit of 1,500 mg for most adults.

WEEK 1
Breads & Rolls / Cold Cuts & Cured Meats
• Look for lower sodium items
• Track your sodium consumption
• Log how much sodium you’ve shaved out of your diet

WEEK 2
Pizza / Poultry
• If you eat pizza, make it one with less cheese and meats
• Add veggies to your pizza instead
• Use fresh poultry rather than fried, canned or processed

WEEK 3
Soups / Sandwiches
• One cup of chicken noodle soup can have over 830mg of sodium
• Check labels and try lower sodium varieties
• Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups.

Learning to read and understand the Nutrition Facts label can help you make healthier choices.

Choose wisely and watch portion control.

heart.org/Sodium