

MERCYHEALTH

SODIUM CAN BE SNEAKY

Breakfast, lunch, dinner, and snacks can add up to more than 4,000 mg of sodium for the day.







DINNER

Throughout the day, the average American man consumes nearly 3,500 mg of sodium for the day and the average woman consumes 3,000 mg of sodium. That is more than two times the amount recommended by the American Heart Association for ideal heart health. Too much sodium can be risky for your health. Thankfully, meals with lower sodium can be just as delicious and can keep your sodium in check.

You deserve the right to take back control of the sodium in your food. Like you, 3 in 5 people want more choice and control over the sodium in their food.

The first step? Watch for the hidden sodium in food, then take action and make your voice heard by telling the food industry that you want healthier foods.

Here's how the sodium can add up:





BREAKFAST

Breakfast Tip: Add color! Replace some meats, cheeses, and side dishes with flavorful fruits and vegetables.



Sausage & cheese croissant breakfast sandwich with hash browns and orange juice

1,289_{mg} Total Sodium

Veggie breakfast sandwich on a whole grain English muffin with sweet potato home fries and orange fruit cup

421_{mg} Total Sodium

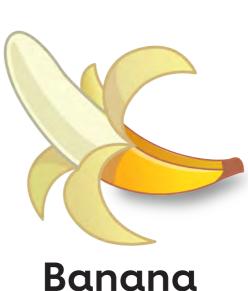


Honey Bun Total Sodium: 198mg

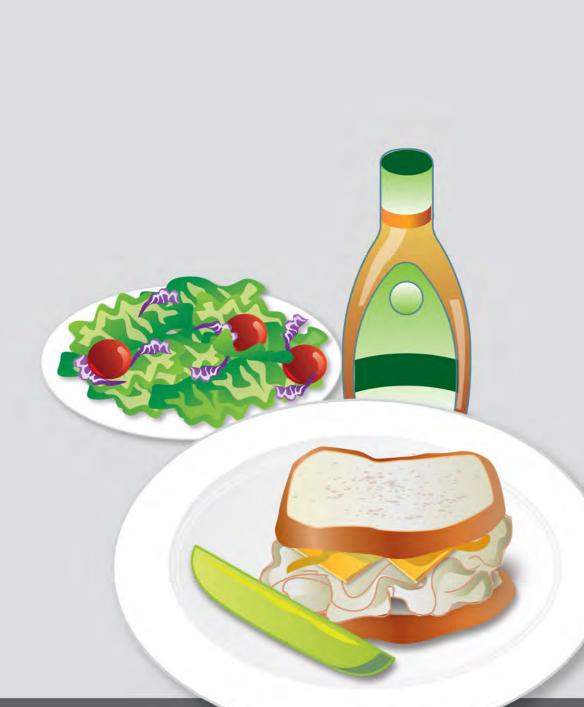
MORNING SNACK

Snack Tip:

Satisfy your sweet tooth with a delicious piece of fruit.



Total Sodium: 1mg





LUNCH

Lunch Tip:

• Use veggies to add flavor instead of salty condiments, sauces and sides.

• Compare labels on salad dressings. Choose the option with less sodium.

your meal to be prepared without extra salt.

• When dining out, ask for



Turkey sandwich with a side salad and a pickle

1,935_{mg} Total Sodium

Turkey sandwich with a side salad and cucumber slices

668_{mg} **Total Sodium**



Potato Chips Total Sodium: 148mg

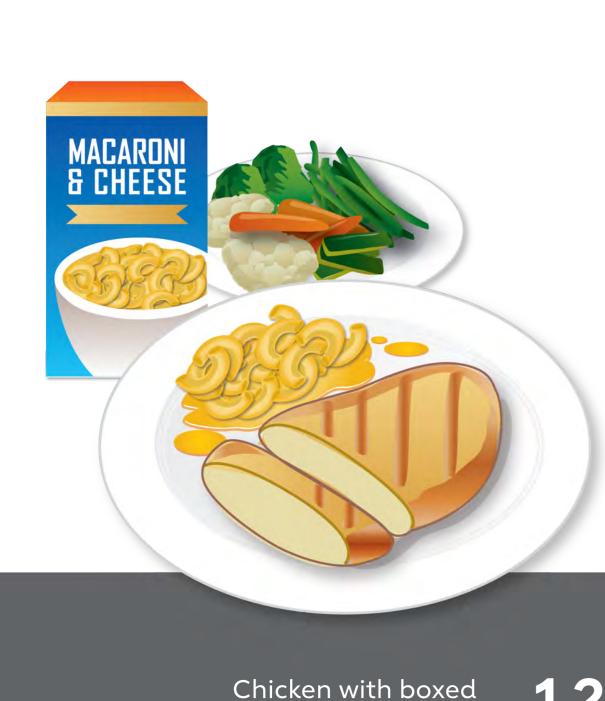
AFTERNOON SNACK

Snack Tip: Need an afternoon pick-me-up?

- Choose nuts for extra crunch. • Compare labels. Choose the item
- with the lesser amount of sodium.



Total Sodium: 0mg





Dinner Tip:

- Prepare food at home to have more control over the sodium in food. Replace salt in recipes with herbs, spices, citrus, or vinegar. • Foods that look the same may
- contain different amounts of salt! Compare labels. Choose the item with the lesser amount of sodium.



macaroni and cheese and frozen veggies (salted) 1,289_{mg} Total Sodium

macaroni and cheese and frozen veggies (no salt)

Chicken with homemade

Total Sodium

421_{mg}

4,632_{mg}

Total Sodium

GRAND TOTAL

heart health by the American Heart Association for most adults: 1,500 mg.

Daily amount of sodium recommended for ideal

Total Sodium

1,423_{mg}

Want to take back control of the salt in your food?

Make your voice heard.

Visit heart.org/sodium to take action.