

SODIUM CAN BE SNEAKY

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



BREAKFAST



LUNCH



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

1,289mg
 Total Sodium

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

421mg
 Total Sodium



Honey Bun
 Total Sodium: 198mg

MORNING SNACK

Snack Tip:
 Satisfy your sweet tooth with a delicious piece of fruit.



Banana
 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.
- When dining out, ask for your meal to be prepared without extra salt.



Turkey sandwich with a side salad and a pickle

1,935mg
 Total Sodium



Turkey sandwich with a side salad and cucumber slices

668mg
 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.



Unsalted almonds
 Total Sodium: 0mg



DINNER

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.



Chicken with boxed macaroni and cheese and frozen veggies (salted)

1,289mg
 Total Sodium



Chicken with homemade macaroni and cheese and frozen veggies (no salt)

421mg
 Total Sodium

GRAND TOTAL

4,632mg
 Total Sodium

Daily amount of sodium recommended for ideal heart health by the American Heart Association for most adults: 1,500 mg.

1,423mg
 Total Sodium

Want to take back control of the salt in your food?
Make your voice heard.

Visit heart.org/sodium to take action.