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

Here’s how the sodium can add up:

**Breakfast**
- Sausage & cheese croissant breakfast sandwich with hash browns and orange juice: 1,289 mg (Total Sodium: 1,289 mg)
- Veggie breakfast sandwich on a whole grain English muffin with sweet potato home fries and orange fruit cup: 421 mg (Total Sodium: 421 mg)

**Lunch**
- Turkey sandwich with a side salad and cucumber slices: 1,935 mg (Total Sodium: 1,935 mg)
- Turkey sandwich with a side salad and cucumber slices: 668 mg (Total Sodium: 668 mg)

**MORNING SNACK**
- Honey Bun: 116 mg (Total Sodium: 116 mg)
- Banana: 1 mg (Total Sodium: 1 mg)

**AFTERNOON SNACK**
- Potato Chips: 1,935 mg (Total Sodium: 1,935 mg)
- Unsalted almonds: 148 mg (Total Sodium: 148 mg)

**Dinner**
- Chicken with boxed macaroni and cheese and frozen veggies (salted): 1,289 mg (Total Sodium: 1,289 mg)
- Chicken with homemade macaroni and cheese and frozen veggies (no salt): 421 mg (Total Sodium: 421 mg)

**GRAND TOTAL**
- 4,632 mg Total Sodium
- 1,423 mg Total Sodium

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

[Visit heart.org/sodium to take action.]

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

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**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.

 tonight to take back control of the hidden sodium in your food.**

**例如 :**

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

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

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