7 SALTY MYTHS

1. ELIMINATE sodium COMPLETELY for GOOD HEALTH

SODIUM is an ESSENTIAL NUTRIENT that CONTROLS BLOOD PRESSURE and is needed to make nerves and muscles work properly, but you need the RIGHT AMOUNT.

2. SEA SALT has LESS SODIUM than TABLE SALT

Sea salt has boomed in popularity, but it usually isn’t any less salty. Just like table salt, it typically contains 40% sodium.

3. I usually don’t SALT my FOOD, so I DON’T EAT too MUCH SODIUM

More than 75% of SODIUM Americans consume is estimated to come from processed foods — not the salt shaker.

4. HIGH levels of SODIUM are FOUND only in FOOD

Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.

5. LOWER SODIUM foods have NO TASTE

There is a rich world of creative and flavorful alternatives to salt. Experiment with spices, herbs and citrus to enhance the natural flavor of your food.

6. My BLOOD PRESSURE is NORMAL, so I don’t NEED to WORRY about how much SODIUM I eat

The American Heart Association recommends consuming LESS THAN 1500mg daily.

Even for people who don’t have high blood pressure, less sodium will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as kidney disease, associated with eating too much sodium.

7. I don’t EAT a lot of SALTY FOOD so I DON’T EAT too MUCH SODIUM

Watching out for:

POULTRY  CHEESE  BREAD

These foods can have excess sodium that can increase your risk for heart disease and stroke.

©2013, American Heart Association 9/1808/7233