

7 SALTY MYTHS **BUSTED**

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**.

Institute of Medicine. 2004. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press.

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**.

Institute of Medicine. 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press.

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



of **SODIUM** Americans consume is estimated to come from **processed foods** – not the salt shaker.

That's why it's so important to compare **NUTRITION FACTS** labels and serving sizes.

Mattes, R. D., and D. Donnelly. 1991. Journal of the American College of Nutrition 10(4):383-393.

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**



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**.

Appel LJ, Frohlich ED, Hall JE, Pearson TA, Sacco RL, Seals DR, Sacks FM, Smith SC, Vafidis DK, Van Horn LK. Circulation. 2011;123:1138-1143.

7 I don't EAT a lot of SALTY FOOD so I DON'T EAT too much SODIUM

WATCH OUT FOR:



POULTRY



CHEESE



BREAD

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

Centers for Disease Control and Prevention. 2012. Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008. Morbidity and Mortality Weekly Report 6(1), February 7, 2012.