

The trouble with **SODIUM**

**Most sodium
we eat comes in
the form of salt**

If you eat too much of it,
your blood pressure can get
too high, raising your risk of
heart attack or stroke.

Where does sodium come from?



Tips to cut back on sodium.

- Fill up on fruits and veggies—they taste great and are low in sodium.
- Use spices, herbs, or lemon to flavor your food instead of salt.
- Look for “unsalted,” “low-sodium,” or “no salt added” options for deli meats, cheeses, soups, and snacks.
- Limit premade sauces and condiments.

**You should eat
1,500–2,300 mgs or less
of sodium a day!**

Talk with your provider to know what is right for you.



Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 30	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 400mg	20%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	

Always check your food labels, and choose foods with less than 400 mg of sodium per serving.

www.mainehearthealth.org