On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.

3,400mg average sodium intake

1,500mg recommended sodium intake

**In only 21 days**

**Face feel puffy? Jeans fit tighter?**

In 3 weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating

**Change your salty ways**

Learning to read & understand food labels can help you make healthier choices.

**WEEK ONE**

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

**WEEK TWO**

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

**WEEK THREE**

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

**Know the salty 6**

Common foods that may be loaded with excess sodium:

1. Breads & Rolls
2. Cold Cuts & Cured Meats
3. Pizza
4. Poultry
5. Soup
6. Sandwiches

Choose wisely, read nutrition labels & watch portion control.

Look for the Heart-Check mark to find products that meet the American Heart Association's criteria for a heart-healthy food.

heartcheckmark.org