

Be sodium smart

Lower your sodium intake

Retrain your taste buds. Over time, the less salt you eat, the less you'll want.

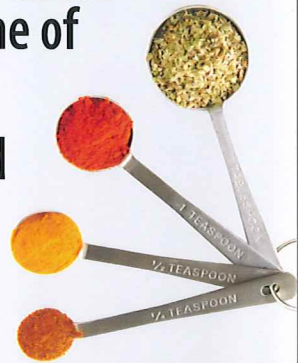


Choose reduced sodium versions of condiments and use less with your meals.

Prepare more meals from scratch at home.

Rinse canned foods, such as tuna, vegetables and beans before using, to remove some of the sodium.

Use herbs and spices in cooking instead of salt.



Did you know?

- ◆ 90% of Americans eat too much sodium.
- ◆ More than 75% of the sodium Americans consume come from processed & restaurant foods, not the salt shaker.

Top 7 sodium sources in the American diet

Breads & Rolls

Cold Cuts & Cured Meats



Pizza



Poultry



Soups

Sandwiches



Cheese



MARION COUNTY
PUBLIC
HEALTH
DEPARTMENT

Prevent. Promote. Protect.

Sodium Reduction in Communities
317-221-2094