



American Heart Association.

Healthy for Good™

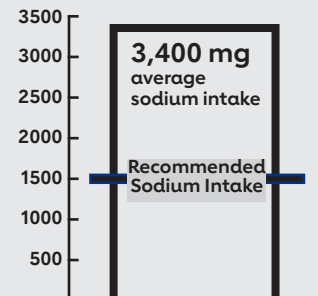
Change Your Salty Ways In 21 Days!

Face feel puffy? Jeans fit tighter?

In 3 weeks you can:

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

On average, American adults eat more than 3,400 milligrams (mg) of sodium daily - **more than double** the American Heart Association's recommended limit of 1,500 mg for most adults.



WEEK 1

Breads & Rolls / Cold Cuts & Cured Meats

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

WEEK 2

Pizza / Poultry

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

WEEK 3

Soups / Sandwiches

- One cup of chicken noodle soup can have over 830mg of sodium
- Check labels and try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches



Look for the **Heart Check mark** to find products that can help you make smarter choices about the foods you eat.

Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups.

Learning to read and understand the Nutrition Facts label can help you make healthier choices.

Choose wisely and watch portion control.

heart.org/Sodium