

The Truth About Salt and Sodium



Ways To Control How Much Sodium You Consume

- Choose lower sodium foods
- Cook at home more often
- Check the Nutrition Facts label for the amount of sodium per serving
- Use herbs, citrus, and spices to flavor your food instead of salt.

Nine out of 10 Americans consume too much sodium. On average, American adults consume more than double the recommended daily amount of 1,500 milligrams per day. The conditions associated with high sodium intake include stroke, heart failure, kidney disease, osteoporosis, and high blood pressure.

Salty Terms

- **Sodium-Free:** Less than 5 milligrams of sodium per serving
- **Very Low Sodium:** 35 milligrams or less per serving
- **Low Sodium:** 140 milligrams or less per serving
- **Reduced or Less Sodium:** At least 25% less sodium per serving than the usual sodium level of the product
- **Light in Sodium:** Sodium reduced by 50% per serving

Where You Can Find Sodium

- 90% of sodium consumed by Americans is from salt, which is made up of sodium and chloride
- 65% of sodium comes from the food bought in stores
- 25% of sodium comes from food prepared in restaurants
- 10% of sodium comes from home cooking and at the table (salt shakers)

The **Salty 6** are the top six common foods loaded with sodium.

The Salty 6 are:

- Bread and rolls
- Cold cuts and cured meats
- Pizza
- Poultry
- Soup
- Sandwiches

The Truth About Salt

- Sea salt and table salt have the same amount of sodium
- 75% of sodium is consumed by processed foods, not salt shakers
- Some over the counter medicines have high levels of sodium
- Sodium is needed to keep your body working, but you need the right amount

How Much Salt Should You Consume?

American Heart Association recommends 1,500 milligrams of sodium a day. Below are estimated amounts of sodium in milligrams in table salt:

- ¼ teaspoon salt= 575 mg sodium
- ¾ teaspoon salt= 1,725 mg sodium
- ½ teaspoon salt= 1,150 mg sodium
- 1 teaspoon salt = 2,300 mg sodium

Word Search Puzzle

Find in the grid and cross out all the words from the word list. Ignore spaces, dashes and diacritics, if any. Words go horizontally, vertically, not diagonally, may intersect, do not bend, overlap or go backward. There are no unused letters in the grid.

APPLE
 AWARD
 BEACH
 BOTTLE
 CAMEL
 CELLAR
 ELEGANT
 GUARANTEE
 HELMET
 ISLAND
 JACKET
 JELLYFISH
 LARGE
 LEISURE
 MOLECULE
 PENCIL
 POTATO
 REASON
 REINDEER
 RIDDLE
 SADDLE
 SALMON
 SLICE
 STONE
 TEAM
 TELL
 THREE
 TURTLE
 UNIQUE
 VOYAGE

J	A	C	K	E	T	S	A	D	D	L	E
E	L	E	G	A	N	T	A	W	A	R	D
L	P	O	T	A	T	O	C	A	M	E	L
L	M	H	T	B	H	N	S	I	V	I	G
Y	O	E	U	O	R	E	A	S	O	N	U
F	L	L	R	T	E	L	L	L	Y	D	A
I	E	M	T	T	E	A	M	A	A	E	R
S	C	E	L	L	A	R	O	N	G	E	A
H	U	T	E	E	P	G	N	D	E	R	N
S	L	I	C	E	P	E	N	C	I	L	T
B	E	A	C	H	L	E	I	S	U	R	E
R	I	D	D	L	E	U	N	I	Q	U	E

Answer:

J	A	C	K	E	T	S	A	D	D	L	E
E	L	E	G	A	N	T	A	W	A	R	D
L	P	O	T	A	T	O	C	A	M	E	L
L	M	H	T	B	H	N	S	I	V	I	G
Y	O	E	U	O	R	E	A	S	O	N	U
F	L	L	R	T	E	L	L	L	Y	D	A
I	E	M	T	T	E	A	M	A	A	E	R
S	C	E	L	L	A	R	O	N	G	E	A
H	U	T	E	E	P	G	N	D	E	R	N
S	L	I	C	E	P	E	N	C	I	L	T
B	E	A	C	H	L	E	I	S	U	R	E
R	I	D	D	L	E	U	N	I	Q	U	E