Unexpected Sources of Sodium
Where is it coming from?

**Sodium in the diet**

- **Natural Sources**: 12%
- **Added salt & condiments**: 11%
- **Processed foods**: 77%

**Recommended Amount**
- Less than 2,300 milligrams per day

**Average Intake in US**
- 4,000 to 5,000 milligrams per day

**Possible Negative Side Effects of Too Much Sodium**
- High blood pressure
- Fluid retention
- Headaches and dizziness
- Stomach problems
Other Sodium Sources
- Sodium bicarbonate - Baking soda
- Sodium nitrite - preservative
- Sodium benzoate – preservative
- Sodium saccharin - sweetener
- Monosodium glutamate - MSG
- Some medications - antacids

Where do we get all that sodium???
- Canned and frozen vegetables
- Frozen dinners
- Soups – canned and dried
- Ready-to-eat cereals
- Garlic and celery salt
- Chips and other salty snacks
- Condiments/sauces – ketchup, mustard, soy sauce, steak sauce
- Canned tuna
- Club soda
- Cured meats – bacon and ham
- FAST FOOD!!

Control Your Intake!
- Eat fresh, unprocessed foods
- Do not add salt to your food
- Use low-sodium products
- Limit condiment use
- Use salt substitute or herbs and spices instead

Low-Sodium alternatives
- Fresh vegetables
- Homemade soups
- Pepper, garlic powder, or parsley
- Fresh lemons
- Oatmeal instead of cereal
- Other salt-free seasonings