

# SODIUM

*Shake out  
your Sodium!*



**Sodium is  
an essential  
mineral for  
regular body  
functions.**

- > It helps maintain the right balance of fluids
- > It transmits nerve impulses
- > It influences the contraction and relaxation of muscles



## **RECOMMENDED DAILY INTAKE:**

**Less than 2,300 mg**

*(children, those older than 51,  
and those with certain health risks  
should limit intake to 1,500 mg)*

**The average  
American  
consumes  
3,400 mg a day**





**Consuming too much sodium can cause high blood pressure, which can lead to heart disease and stroke.**

*77.9 million American adults have high blood pressure.*

### **Tips to reduce your sodium intake**

- > Cook at home as often as possible so you can control the amount of added salt
- > Limit your sodium intake from condiments like salad dressings, ketchup, and dips
- > Eat more fresh foods and less processed foods
- > Choose low sodium products
- > Check the food label

## **SODIUM TRACKER**

*Use the tracker to see your daily sodium intake. If you are above the recommended 2,300 mg, look for ways you can reduce your sodium.*

 **Add up your daily sodium**

<b>MEAL</b>	<b>FOOD</b>	<b>SODIUM</b>
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
<b>TOTAL</b>		

**References:** [cdc.gov/salt](http://cdc.gov/salt) • [heart.org/sodium](http://heart.org/sodium)