



# Nutrition Education



## What's a Healthy Salt Intake?

Salt, also known as sodium chloride (NaCl) is our primary source of dietary sodium. While sodium in small amounts is found naturally in many foods, we consume the most from super-processed food choices. These include, restaurant meals, frozen dinners, chips, crackers, cookies and all that other good stuff we love to eat in abundance.

### How much Sodium is recommended?

“For optimal heart-health, the American Heart Association recommends people aim to eat **no more than 1,500 milligrams of sodium per day**. That level is associated with a significant reduction in blood pressure, which in turn reduces the risk of heart disease and stroke.” <sup>1</sup>Most Americans consume 5 times that amount each day.

- 1/4 tsp salt = 575 mg sodium
- 1/2 tsp salt = 1,150 mg sodium
- 3/4 tsp salt = 1,725 mg sodium
- 1 tsp salt = 2,300 mg sodium

<sup>1</sup> <http://sodiumbreakup.heart.org>

<sup>2</sup> <https://www.fda.gov/media/84261/download>

Created by: Tara Marino, RD  
Program Director SOS Meals on Wheels  
and Becky Bruno, SNP Manager

July 2020

### Why do we need it?

Sodium is an essential mineral for life. Sodium, along with other minerals, controls fluid balance in our bodies and maintains blood volume and blood pressure. Eating too much sodium may raise blood pressure and cause fluid retention, which could lead to swelling of the legs and feet or other health issues.

### What are the best ways to get the right amount of sodium in our diet?

- Limit your intake of processed, pre-packaged meals and snacks.
- Use herbs and other sodium-free seasonings to flavor and spice up food.
- Cook at home with fresh, whole ingredients.
- Consume fresh fruits and vegetables with all meals and snacks.
- Use low-sodium versions of soy sauce and your other favorite seasonings.
- Avoid adding salt or high sodium sauces to your meals from restaurants.
- Know where to look on the label for the amount of sodium per serving.<sup>2</sup> →

Nutrition Facts	
6 servings per container	
Serving size 1 serving (230g)	
Amount per serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
<b>Sodium 700mg</b>	<b>30%</b>
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.