



# Nutrition Education



## How much Sodium do you need?

For healthy eating patterns, the recommendation for men and women over the age of 14 years is to limit sodium to **less than 2,300 milligrams** per day. For those with certain medical conditions, the recommendation may be lower.

**\*2,300 milligrams is equivalent to 1 teaspoon of table salt**

Sources:  
The Academy of Nutrition and Dietetics & Heart.org

Created by Heather Cuellar, RD  
Presented by: Becky Bruno,  
Senior Meals Program Manager

February 2022

## Be Salt Smart

Did you know that 9 out of 10 Americans consume too much sodium? Sodium is a mineral found in many foods and some beverages. While sodium is an essential nutrient, too much sodium can lead to health problems such as increasing risks of high blood pressure, stroke, and heart disease. The words sodium and salt are often used interchangeably. When deciding what to eat or drink try and choose options limited in sodium.

### How to be salt smart?

- Read food labels when shopping. You can use the food label to compare similar items to choose which one is lower in sodium.
- Instead of using salt to flavor foods try using herbs, spices, lemon juice, ginger or garlic.
- Limit highly processed foods and fast foods. You can even cook similar items from scratch. For example, instead of buying french fries try baking homemade fries seasoned with herbs at home.
- Fill up on fruits and vegetables which are naturally low in sodium.
- Limit cured foods, processed deli meats and sausages.
- Prepare and cook healthier meals at home. By doing this you can control the amount of salt in your recipe by reducing the amount or skipping it all together.

