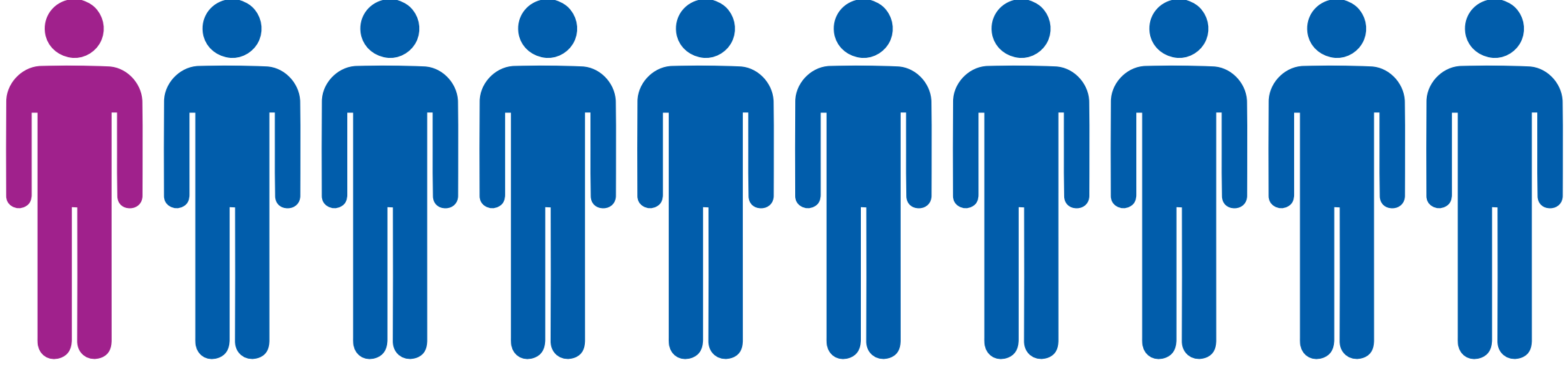
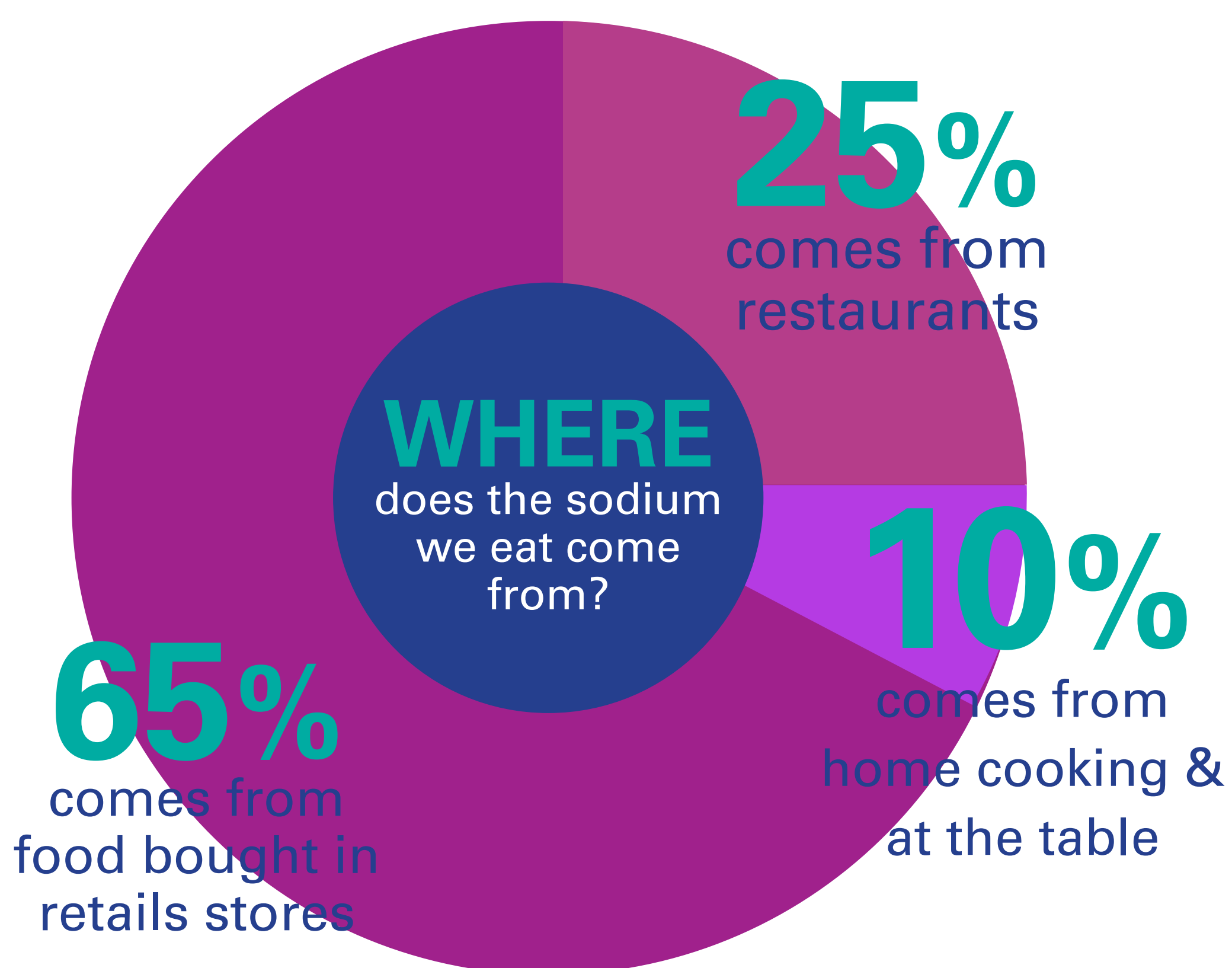
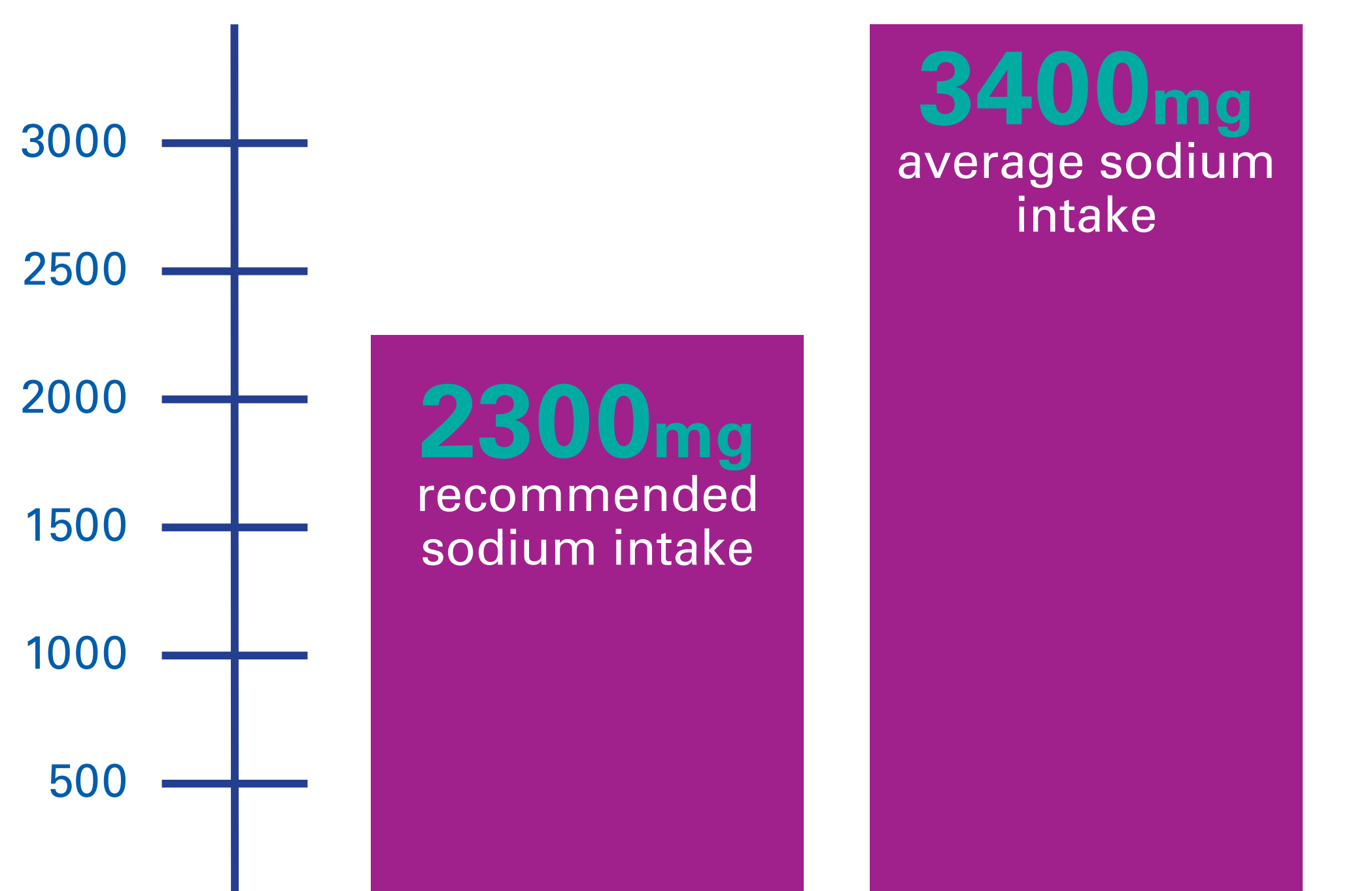


Sodium & Heart Disease

NINE out of **TEN** adults consume

TOO MUCH SODIUM

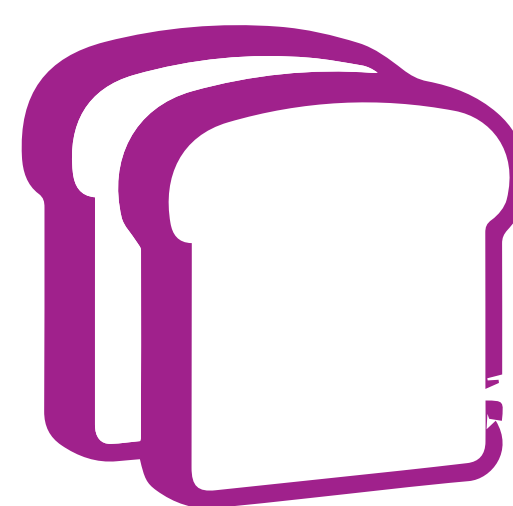
On average, adults eat almost **DOUBLE** the recommended limit of sodium.



Source: Centers for Disease and Control (CDC)

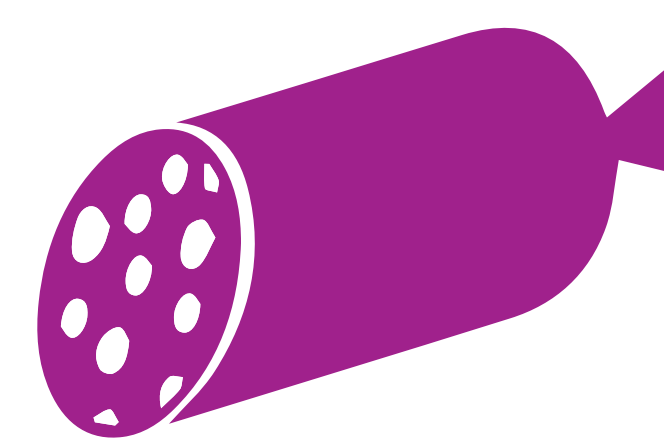
DID YOU KNOW?

These six popular foods can add **high levels of sodium** to your diet:



BREAD & ROLLS

Even though bread does not taste salty some brands can be high in sodium. Check the labels to find lower-sodium varieties.



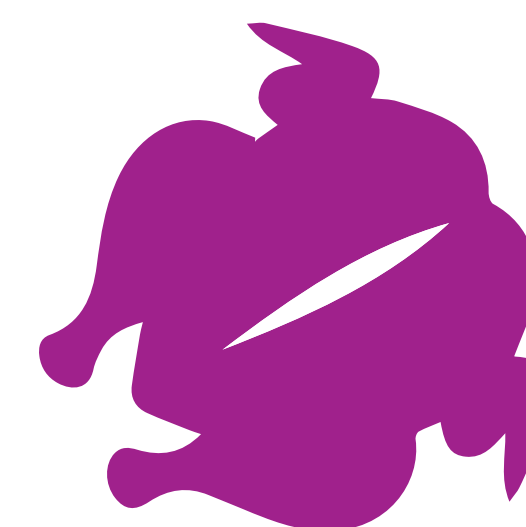
CURED MEATS

One 2oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium.



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.



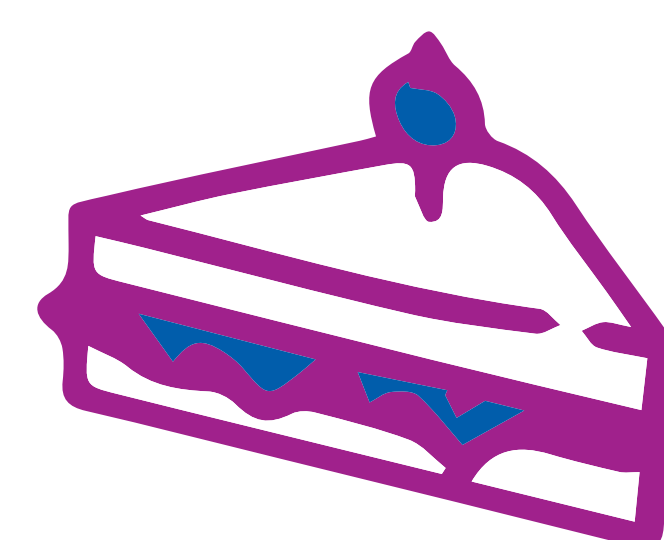
POULTRY

Sodium levels in poultry can vary based on preparation methods. For a healthier option cook your own chicken at home using fresh ingredients.



SOUP

Sodium in one cup of canned soup can include more than half of your daily recommended intake. Check the labels to find lower sodium varieties.



SANDWICHES

A meal from a fast food restaurant can contain more than 100% of your daily suggested dietary sodium. Try a half portion with a side salad instead.