



Toolbox

Change Your Salty Ways in 21 Days

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Learning to read and understand food labels can help you make healthier choices. In 2 weeks, you can:

- Change your sodium palate
- Start enjoying foods with less sodium
- Reduce bloating

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Common foods with excess sodium: 1. Bread 2. Cold cuts 3. Cured meats 4. Pasta 5. Soup 6. Sandwiches

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- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

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- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

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- One cup of chicken noodle soup can have up to 1,400 mg of sodium
- Check labels for lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

The "Heart-Check" mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

To be "Heart-Check" certified, the product must be a source of nutrients & limited in bad fats & and limited in sodium.

- What have you tried to reduce your sodium consumption?
- What is the hardest food to give up when wanting to cut back on sodium?