

FACE FEEL PUFFY?

JEANS FIT TIGHTER?

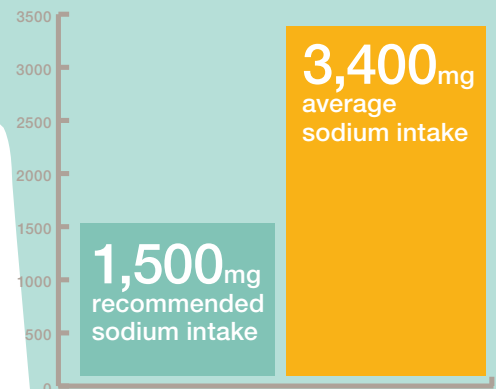


In 3 weeks you can:

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



On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit.



IN ONLY

SALTY

21 DAYS

| Nutrition Facts | |
|---------------------------|-----------------------|
| Serving Size 5 oz. (144g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 310 | Calories from Fat 100 |
| <hr/> | |
| | % Daily Value* |
| Sodium 560mg | 29% |
| Cholesterol 118g | 39% |
| Total Fat 15g | 21% |

Learning to read & understand food labels can help you make healthier choices.

WAYS

heartcheckmark.org



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

WEEK ONE

Breads & Rolls

Cold Cuts & Cured Meats

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

WEEK TWO

Pizza

Poultry

- 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

WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.



American Heart Association

American Stroke Association®

life is why™