



American Heart Association®

EmPOWERED to Serve™

Break Up with Excess Sodium

#EmPOWERChange



BREAK UP WITH EXCESS SODIUM | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson:

Breakup with Excess Sodium

- Understand how sodium affects your health
- Learn about common sources of sodium (salt)
- Identify steps to help reduce your sodium intake

Closing Thoughts

- Your Voice Matters
- Online Resources



American Heart Association®

EmPOWERED to Serve™

WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.



AHA's Mission Statement:
To be a relentless force for a world of longer, healthier lives.



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POINT 1: Sodium and Your Health

Sodium and Your Body

- Your body needs some sodium to work properly.
- Too much sodium causes your body to hold onto water. This puts an extra burden on your heart and blood vessels.
- Most of the sodium we consume is in the form of **salt**.



POINT 1: Sodium and Your Health

Reducing the amount of sodium in your diet can help you lower or avoid high blood pressure.

High blood pressure is a leading cause of heart disease and stroke.



POINT 1: Sodium and Your Health

Too much sodium also puts you at risk for:

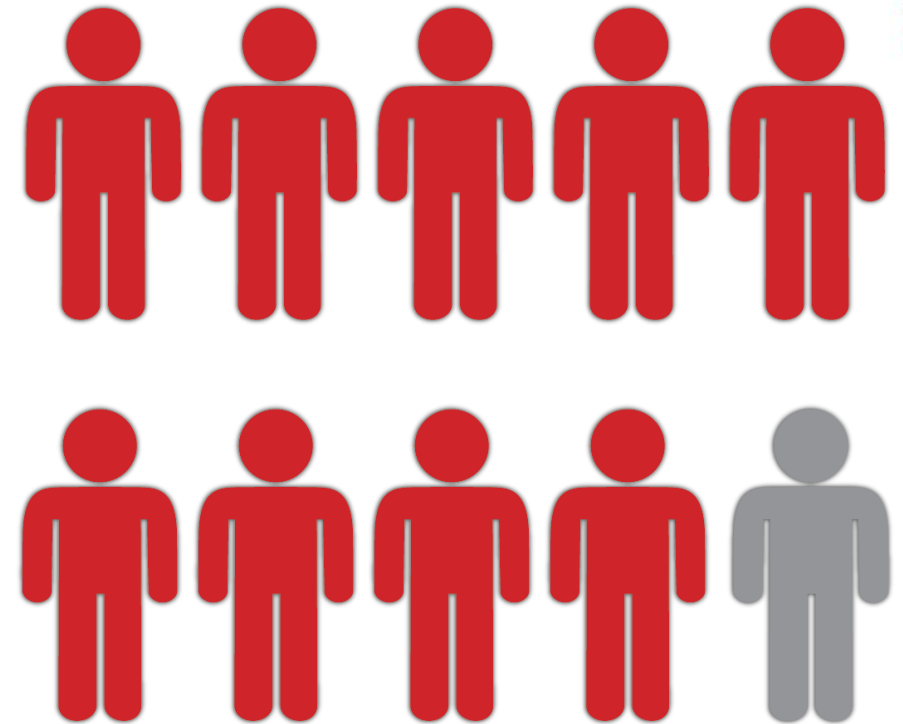
- Enlarged heart muscle
- Headaches
- Kidney disease
- Osteoporosis
- Stroke
- Heart failure
- Kidney stones
- Stomach cancer



POINT 1: Sodium and Your Health

Did You Know?

- **Nine out of 10 Americans** consume too much sodium.
- Sodium added to food outside the home accounts for **more than two-thirds of total sodium intake** in the U.S.
- **More than 70% of sodium** consumed is from processed, packaged and restaurant foods.



POINT 1: Sodium and Your Health

Diverse Groups at Risk

High blood pressure (HBP) among blacks is among the highest in the U.S. as well as worldwide.

In the U.S.:

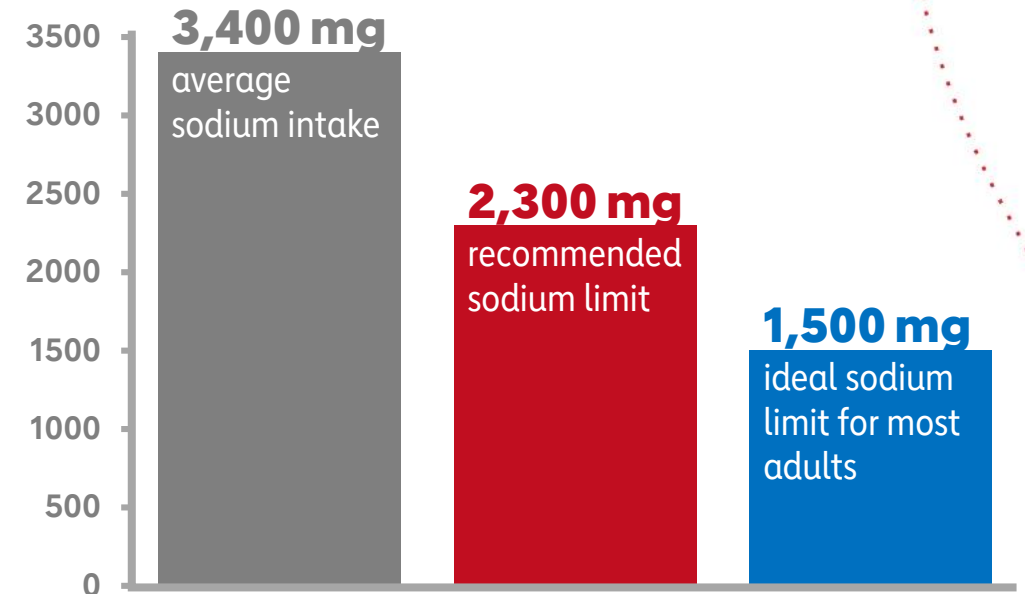
- Over 57% of non-Hispanic blacks have HBP.
- Among Hispanics, 44% have HBP.
- Over 41% of Asian Americans have HBP.



POINT 1: Sodium and Your Health

How Much is Too Much?

- Most adults consume **more than 3,400 milligrams (mg)** of sodium a day.
- **The American Heart Association recommends no more than 2,300 mg a day**, moving toward an ideal limit of no more than 1,500 mg per day for most adults.
- Even cutting back by 1,000 mg a day can improve blood pressure and heart health.



POINT 2: Common Sources of Sodium

What's the Difference Between Salt and Sodium?

SODIUM

- Sodium is a mineral that's essential for life.
- Sodium helps your body work.
- It helps to control your body's fluid balance.
- Sodium also helps send nerve impulses and affects muscle function.

SALT

- Table salt is about 40% sodium and 60% chloride.
- Salt and sodium are commonly used interchangeably.
- To find out the amount of "salt" in a food, check the "sodium" content on the label.

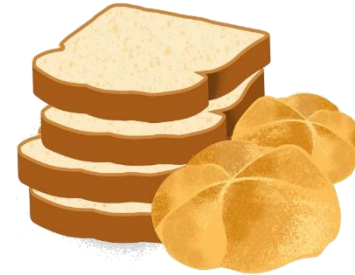


POINT 2: Common Sources of Sodium

Did you know?

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

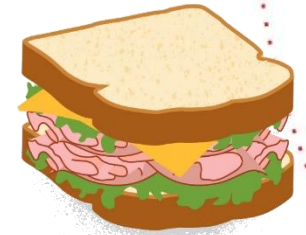
- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soup
- Burritos and tacos



BREADS & ROLLS



PIZZA



SANDWICHES



COLD CUTS &
CURED MEATS



SOUP



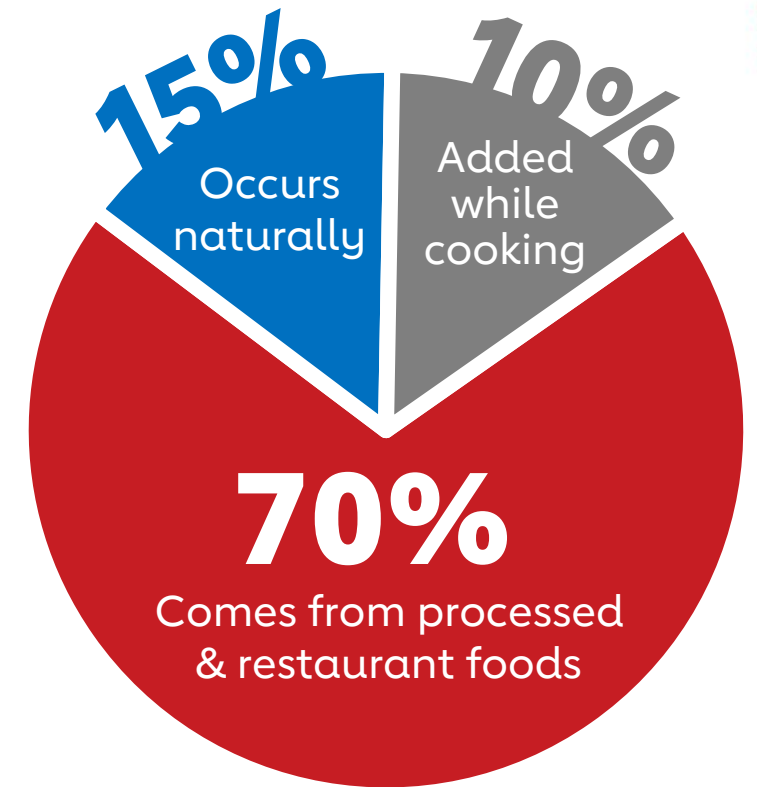
BURRITOS & TACOS



WHERE DOES THE SODIUM WE EAT COME FROM?

Most of the sodium we eat comes from packaged, processed and restaurant foods.

- **Processed foods** are packaged in boxes, cans, or bags.
- **Packaged foods** are ready to eat, convenience items such as prepared meals, gravy mixes, canned soups, and cake mixes.
- **Restaurants** often rely on some processed foods in their food prep.



POINT 2: Common Sources of Sodium



More than 70% of the sodium we eat comes from processed and restaurant foods.

- Packaged and prepared foods often have sodium added during the manufacturing process.
- Breads and cereals, cold cuts and cured meats, pizza, poultry, soup, and sandwiches contain sodium.



Some foods contain sodium in their natural state.

- Cantaloupes, potatoes, and milk contain sodium in small amounts.
- Bok choy, beets, and chard have moderate amounts of sodium.



We also add sodium during cooking and at the table.

- Sodium is in products such as baking soda and seasoning blends.
- It is also found in table salt.



SODIUM ON THE NUTRITION FACTS LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) 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.</small>	

Take note of the serving size.

If your portion size equals two servings of a product, you're eating double the sodium listed.

Listed in milligrams ("mg").

Look for "soda" and "sodium" and the symbol "Na" in the ingredients list.



HIDDEN SOURCES OF SODIUM

Ingredients such as:

- Monosodium glutamate (MSG)
- Sodium bicarbonate
- Sodium nitrate
- Sodium citrate
- Sodium glutamate
- Sodium lactate
- Sodium phosphate



Baking soda and baking powder also contain sodium.



POINT 3: Reducing Your Sodium Intake

Read the Nutrition Facts Label

- When buying prepared and packaged foods, always check the sodium content on the Nutrition Facts label.
- Compare the sodium content of similar products.
- Choose the items with the lowest sodium.



UNDERSTANDING FOOD PACKAGING

Sodium-free

Less than 5 milligrams of sodium per serving and contains no sodium chloride

Very low sodium

35 milligrams or less per serving

Low sodium

140 milligrams or less per serving



UNDERSTANDING FOOD PACKAGING

**Reduced (or less)
sodium**

At least **25 percent less sodium** per serving than the usual sodium level

**Light (for sodium-
reduced products)**

The food is “low calorie” and “low fat” and **sodium is reduced by at least 50 percent** per serving

Light in sodium

The **sodium is reduced by at least 50 percent** per serving



LOOK FOR THE HEART-CHECK MARK

One of four sodium limits applies depending on the food category:

- up to 140 mg per label serving
- 240 mg per label serving
- 360 mg per label serving
- 480 mg per label serving and per standard serving size

For more information and a list of certified foods, visit heartcheck.org.



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HEALTHY DIET TIPS

Follow an overall heart-healthy diet that emphasizes:

- Variety of fruits and vegetables
- Whole-grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat, sodium, red meat, sweets and sugary drinks



HEALTHY DIET TIPS

When Cooking at Home

- **Resist temptation.**
Use less salt when cooking and seasoning.
- **Try it first.**
Don't salt your food before you taste it.
- **Be free.**
Try salt-free seasoning alternatives.
- **Be adventurous.**
Use herbs, spices, vinegars or fresh lime or lemon juice to add flavor instead of salt.



HEALTHY DIET TIPS

When Eating Out

- **Search before you go.**
Lots of restaurants and fast food chains have nutrition information on their websites.
- **Look for clues.**
Look for “healthy” designations or symbols on the menu.
- **Have it your way.**
Request that your dish be prepared without added salt or high-sodium ingredients.



CHECK YOUR MEDICINES

If you have HBP, ask your health care provider or pharmacist about the sodium content of your medicines, including over-the-counter drugs.

- Read the labels before buying over-the-counter drugs.
- Ask your pharmacist if there are low-sodium alternatives available to medicines you may be taking.



HELP TAKE ACTION

Take the Pledge:

- Pledge to hold companies accountable and give them credit when they make improvements.
- Commit to telling food companies and restaurants that you support healthier options!

Visit sodiumbreakup.heart.org/take_the_pledge



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!



WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

