



American
Heart
Association.

CHANGE YOUR SALTY WAYS in 21 DAYS!



On average, American adults eat more than 3,500 milligrams (mg) of sodium daily — over 50% more than the American Heart Association's recommended limit of 2,300 mg for most adults.

By reducing your sodium intake, you can:

- ✓ Start enjoying foods with less sodium.
- ✓ Reduce bloating.
- ✓ Help prevent or manage high blood pressure.

Over the next 3 weeks, incorporate the following two tips each week to help you reduce the amount of sodium in your diet. In less than one month, these small changes can lead to a big reduction in sodium intake. It's as easy as 1-2-3!



Grocery Shopping

1. Use the **Nutrition Facts Label** to help you determine the milligrams of sodium per serving in the foods you typically eat. Choose lower sodium or no-salt-added items when you grocery shop for canned, frozen, snack and packaged foods.
2. Look for the **Heart-Check mark** to find products that can help you make smarter choices about the foods you eat.

Eating at Home and Out

1. Enjoy more meals prepared at home. Use cooking methods such as grilling, roasting, searing and stir-frying to bring out the natural flavors of food. To better control how much sodium you eat at a meal, fill half your plate up with fruits and vegetables that contain no or little sodium.
2. When you dine out, use online nutrition information (where available) to guide your meal selection, ask for any sauces and dressings to be served on the side, and request that no salt be added to your food.



Swap Out (or Leave Out) the Salty Seasonings

1. Experiment with salt-free spices and seasoning blends. Add citrus, gingerroot, garlic, herbs and vinegar to dishes for flavor without additional sodium. Reduce the salt you add to a recipe or omit altogether.
2. If no-salt-added or low-sodium items are not available, modify how you prepare certain foods to help reduce sodium intake. Try rinsing canned vegetables and beans and reducing portions (or omitting) packets of sauces, dressings and seasonings.