

A hand is shown pouring white salt from a clear glass shaker with a silver metal cap onto a dark, reflective surface. The salt is falling in a stream, creating a small pile on the surface. The background is dark, making the salt and the hand stand out.

DIETARY  
SODIUM

THE MINERAL YOU DON'T NEED TO FIND.

IT. FINDS. YOU.



DID YOU KNOW

90%

OF AMERICANS CONSUME  
TOO MUCH SODIUM?



# HERE'S WHY:

Restaurants and processed food companies  
add sodium to pretty much everything



IN HUGE QUANTITIES!



It is very easy to over-consume sodium in the U.S.

This has become a public health crisis.

So what should we do?



What can we improve?

HOW DO WE SOLVE THIS SALTY SITUATION?



# NATIONWIDE SODIUM OVERCONSUMPTION IS A LARGE ISSUE TO TACKLE...

Let's take a look at some micro-level  
problems to help us get started.

We don't  
realize how  
much sodium  
we are eating



We aren't sure  
how much sodium  
we should be  
eating





# SO HOW MUCH SODIUM IS TOO MUCH?

What our bodies need:

500 mg per day

Ideal intake for good health:

1,500 mg per day

Maximum amount we can intake safely:

2,300 mg per day

Average intake for Americans:

3,400+ mg per day



# HOW ARE WE EATING THAT MUCH SODIUM?

Sauces are some of the biggest culprits.



1 tbsp hot sauce  
300–600 mg



1 tbsp soy sauce  
900–1,400 mg



1 tbsp fish sauce  
1,390–1,580 mg



1 tbsp reduced sodium  
soy sauce  
310–580 mg



Pre-packaged meals & snacks are also big culprits.



1 top ramen  
1,300–1,880 mg



1 mac-and-cheese cup  
470–520 mg



1 canned soup  
900 – 1,500 mg



1 frozen dinner  
430–1,500 mg



ALRIGHT, I GET IT... WE ARE ALL EATING TOO MUCH SODIUM.

## WHAT'S THE BIG DEAL?

SHORT-TERM impacts of eating too much sodium:

stomach bloating | weight gain from water retention | joint & muscle swelling  
dehydration | fatigue & weakness | puffy hands & feet | restless sleep

LONG-TERM impacts of eating too much sodium:

heart attack | hypertension (high blood pressure) | stroke  
cardiovascular disease | kidney damage | premature death



The sodium monster  
has been out to get us since the 1970s.

It has been infiltrating our supermarkets & restaurants...



sneaking into our fridges & pantries...

and drowning us in salty sauce.

LET'S OUTSMART THIS MONSTER



When you look at a nutrition fact label  
**COMPARE CALORIES TO SODIUM**

Daily calorie intake goal  $\approx$  2,000

Daily sodium intake goal  $\approx$  1,500

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	1 bar (68g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>9%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 5g	<b>21%</b>
Total Sugars 17g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 10g	<b>19%</b>

← this number

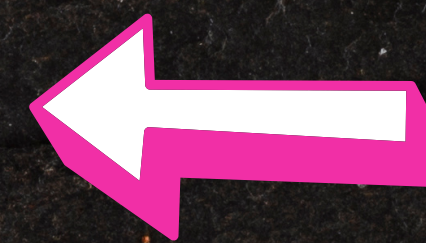
should be greater than

← this number



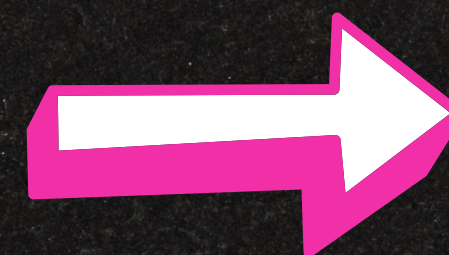
When you are at the grocery store

LOOK FOR "NO SALT ADDED" OPTIONS



choose these

instead of these



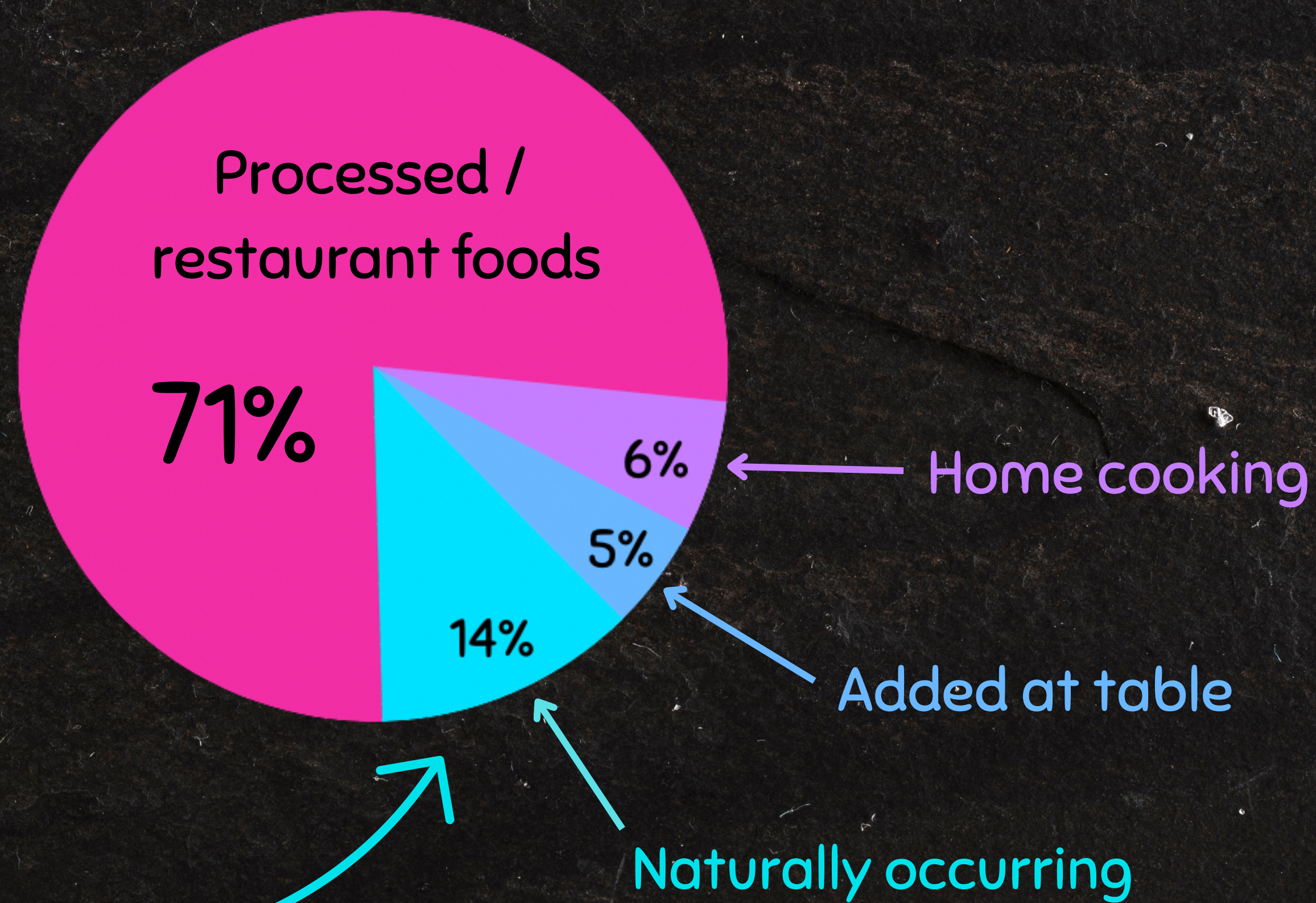


# COOK AT HOME WHEN POSSIBLE

SO YOU ARE IN CHARGE OF THE AMOUNT OF SODIUM YOU CONSUME

SOURCES OF AMERICANS' SODIUM INTAKE:

**HEALTH TIP:**  
You can get all the sodium your body needs through natural whole foods







Experiment with spices from around the world!

Try using more spices when you cook to decrease the amount of salt & sauces



The high sodium content in processed & restaurant foods has trained our taste buds to **EXPECT** more salty flavors.

It may take time to get used to eating less sodium... and that's ok!

Don't be too hard on yourself.

Every little step towards health is an accomplishment.

And worthy of celebration!





Be mindful  
of the sodium  
content in  
processed &  
restaurant  
foods.

Keep an  
eye out for low  
sodium options  
& choose them  
when possible.



WE GOT THIS!!



EVERY TIME WE FIGHT BACK  
AGAINST THE SODIUM MONSTER

IS A VICTORY

