Skip the salt, Help the heart

Salt can raise blood pressure and lead to heart attacks, strokes, and kidney disease.

Most salt doesn’t come from the salt shaker. It’s added to foods before it reaches our tables.

Where is salt hiding in your food?

THE SALTY SEVEN:
Top sources of salt in the average African-American diet

1. Poultry

2. Bread & rolls

3. Sandwiches

4. Pizza

5. Hotdogs & sausages

6. Cold cuts

7. Chips & pretzels

Here’s how YOU can reduce salt intake and help your heart:

- Choose foods that are naturally low in salt like fresh or frozen fruits and vegetables.
- Compare Labels: Look for sodium on food labels to find foods with 250 mg or less per serving.
- Make food from scratch.
- Look for low-sodium versions of tomato sauce and chicken broth.
- Rinse canned vegetables before preparing or eating.

Share the good news!

Not only does eating less salt make our hearts healthier, it can make us look and feel our best. Foods high in salt can make you bloated and tired. Foods naturally low in sodium like fruits and vegetables give our bodies the nourishment we need to look good, feel good, and stay strong!

Learn more at:
www.Facebook.com/Skipthesalt

This publication was produced by the Missouri Sodium Task Force and supported by the Missouri Department of Health and Senior Services’ Heart Disease and Stroke Program and the Centers for Disease Control and Prevention Heart Disease and Stroke Grant #U50/DP000750-05S1.