SODIUM – Get the Facts

Most of us get more sodium than we need. While adding salt to your food is a source of sodium, it may not be the main reason that your sodium intake is high. Packaged and prepared foods such as ready-to-eat products or restaurant meals are common sources of sodium.

Sodium is added to packaged foods during processing such as in curing meat, baking, thickening, enhancing flavor, as a preservative, or to keep foods moist.

SOME COMMON FOODS THAT ARE OFTEN HIGH IN SODIUM		
packaged or prepared meat, poultry, and seafood products	pizza	pre-packaged rice or pasta dishes
salad dressings and seasonings	sauces and gravies	soups
sandwiches	taco mixes	

You can lower the amount of sodium you eat and drink.

- Use the Nutrition Facts label to compare the sodium in packaged foods and beverages.
- Buy low-sodium, reduced sodium, or no-salt-added products.
- Look for fresh, frozen, or canned vegetables without added sauces or seasonings.
- Choose fresh or frozen poultry, seafood, and lean meats instead of prepared or ready-to-eat products.
- Cook more often at home to control the sodium in your food.
- Add herbs and spices instead of salt to recipes and dishes.

Source: USDA, https://www.choosemyplate.gov/sodium

www.commonhealth.virginia.gov