Choose well Live well

Your health. Your food. Your choice.

That sneaky salt!

The problem isn't the salt shaker. Salt hides in all sorts of foods.

Surprisingly salty	Less salty
■ Pizza — especially with meat or extra cheese	■ Try a single vegetarian slice with a side salad
■ Sandwiches — especially with ham, salami, bacon, or cheese	■ Choose half a sandwich with a side of vegetables
■ Sauces, condiments, salad dressings	■ Ask for these on the side, choose vinegar-based dressings

Eating a low sodium diet can reduce your risk of heart attack and stroke.

www.doh.wa.gov/choosewell-livewell

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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

Healthy Communities Washington
Partners promoting healthy people in healthy places
www.doh.wa.gov/healthycommunities

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