



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
<ul style="list-style-type: none"> ■ Pizza — especially with meat or extra cheese 	<ul style="list-style-type: none"> ■ Try a single vegetarian slice with a side salad
<ul style="list-style-type: none"> ■ Sandwiches — especially with ham, salami, bacon, or cheese 	<ul style="list-style-type: none"> ■ Choose half a sandwich with a side of vegetables
<ul style="list-style-type: none"> ■ Sauces, condiments, salad dressings 	<ul style="list-style-type: none"> ■ 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

