Choose well Live well

Your health. Your food. Your choice.

That sneaky salt!

Most of us should have less than 2300mg of sodium per day. Yet the average American eats twice that amount.

The big problem isn't the salt shaker. Nearly 80 percent of the salt we eat is already in food when we buy it. Salt can hide in all sorts of foods.

Example of food with hidden salt	Range of sodium (mg)
1 can of soup	30–950 mg
½ cup canned vegetables	10–550 mg
1 frozen meal	260–1300 mg
2 tablespoons salad dressing	20–620 mg
1 slice of bread	75–310 mg

Reading nutrition fact labels can help you choose products with less hidden salt.

9 ways to reduce the hidden salt in your diet

Eating out

- Choose salad over soup.
- Ask for the dressing, sauces, and condiments on the side. Use them lightly.
- Order your vegetables steamed.

Grocery shopping

- Choose frozen vegetables over canned.
- Compare brands for sodium content or look for "low sodium" on the label.
- Watch out for "diet" foods. They can be actually higher in sodium.

Eating in

- Drain and rinse canned foods like beans.
- Use more herbs, spices, and citrus in cooking.
- Use olive oil or unsalted butter instead of salted butter.

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