



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



P R I N T I N G S P E C I F I C A T I O N S

Title: **That Sneaky Salt!** (poster)

Size: 8.5 x 11"

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Ink color: 4CP/0, no bleeds

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