

FACE FEEL PUFFY?

JEANS FIT TIGHTER?



In 3 weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating



On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.



IN ONLY SALTY 21 DAYS

Nutrition Facts	
Serving Size 5 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
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	% Daily Value*
Sodium 560mg	28%
Cholesterol 115g	39%
Total Fat 15g	21%

Learning to read & understand food labels can help you make healthier choices.

WAYS

heartcheckmark.org



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

WEEK ONE

Breads & Rolls

Cold Cuts & Cured Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

WEEK TWO

Pizza

Poultry

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.

