

FACE FEEL PUFFY?

JEANS FIT TIGHTER?

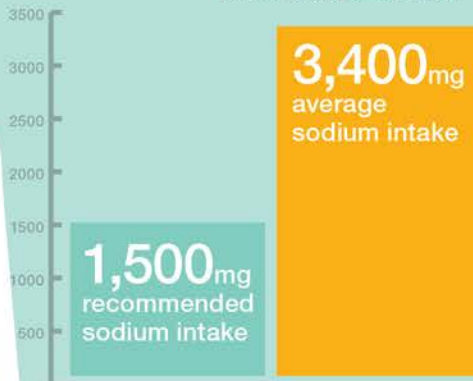


In 3 weeks you can:

- 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 from Fat 100
Calories 310	
	% Daily Value*
Sodium 560mg	28%
Cholesterol 118g	39%
Total Fat 15g	21%

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



Look for the Heart-Check mark to find products that meet the American Heart Association’s criteria for a heart-healthy food. heartcheckmark.org

WEEK ONE

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

Breads & Rolls

Cold Cuts & Cured Meats

WEEK TWO

- 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

Pizza

Poultry

WEEK THREE

- 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

Soups

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.