



Cut Down on Sodium

Eating too much sodium (salt) can raise your risk of high blood pressure, heart attack and stroke. The good news is that cutting down on sodium can help lower blood pressure and keep your heart healthy. Most people eat too much sodium and need to eat less.

What is sodium?

Sodium is a mineral that is found in salt. All types of salt have sodium, including table salt, kosher salt, sea salt, and Himalayan salt. Whenever you add salt to your food, you are adding sodium. But most of the sodium we eat doesn't come from salt shakers! Sodium is in almost all processed foods and prepared foods such as deli meats, pizza, tacos, burritos, chicken nuggets, sausages, and pepperoni; pasta and rice mixed dishes; sauces and dressings; instant flavored foods such as flavored rice and noodles; and soup.

How much sodium is too much?

You and your family only need a small amount of sodium to stay healthy, but most people get too much.

Try to stay under these amounts of sodium each day:

- **Adults and teens 14 years and older** 2,300 mg
- **Children ages 9 to 13 years** 1,800 mg
- **Children ages 4 to 8 years** 1,500 mg
- **Children 1 to 3 years** 1,200 mg
- **Infants 6 through 11 months** 370 mg

How to cut down on sodium

Cook more meals at home. Remember, most foods prepared outside of the home are high in sodium, including prepared and packaged foods you buy at the store and in restaurants. Cooking your own meals puts you in control! Just remember to choose ingredients that are low in sodium. If you are too busy to cook, start by making dinner just one night a week—or make a big batch so you'll have leftovers to enjoy the next day.

Check the label. Check the Nutrition Facts label to see if foods are low or high in sodium. Look at the % Daily Value:

- 5% Daily Value or less is low in sodium
- 20% Daily Value or more is high in sodium

Choose foods that are lower in sodium as much as possible.

Try these tips for eating healthy lower-sodium foods.

- Add flavor with herbs and spices instead of salt.
- Snack on crunchy vegetables and fresh fruits instead of salted chips or pretzels.
- Choose fresh chicken and turkey, lean meats, or seafood instead of deli meats, hot dogs, or sausages.
- Select fresh vegetables, plain frozen vegetables (without salt or sauces), and canned vegetables with no salt added.
- Ask for dressings and sauces on the side—and only use what you need.
- Do not add salt to foods for infants and do not feed infants foods high in sodium.

Learn about the **DASH eating plan that can help lower your blood pressure at nhlbi.nih.gov/education/dash-eating-plan.**

WIC has nutrition and cooking information on the Internet!

Go to WIChealth.org. Sign up and complete your profile using the **Family ID** on your WIC Verification of Certification card. Click **Begin** and then choose a lesson. There are a wide variety of lesson topics. Also see **Health eKitchen** for new recipes.



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	



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