FACE FEEL PUFFY?
JEANS FIT TIGHTER?

In 3 weeks you can:
• Change your sodium palate &
• Start enjoying foods with less sodium
• Reduce bloating

CHANGE your SALTY WAYS

IN ONLY 21 DAYS

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

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

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

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.

American Heart Association | American Stroke Association
life is why