Throughout the day, the average American consumes nearly 3,500 mg of sodium for the day. That is more than two times the amount recommended by the American Heart Association. Too much can be risky for your health. Thankfully, meals with lower sodium can be just as delicious and can keep your sodium in check.

YOU DESERVE THE RIGHT TO TAKE BACK CONTROL OF THE SODIUM IN YOUR FOOD.

The first step? Watch for the hidden sodium in food. Make your voice heard by telling the food industry that you want healthier foods!

HERE’S HOW THE SODIUM CAN ADD UP:

**BREAKFAST**

- **Sausage & Cheese Omelet with Hash Browns and Orange Juice**
  - Total Sodium: 1,016 mg
- **Veggie Omelet with Sweet Potato Home Fries and Orange Fruit Cup**
  - Total Sodium: 188 mg

**AM SNACK**

- **Banana Bread**
  - Total Sodium: 181 mg
- **Fresh Banana**
  - Total Sodium: 1 mg

**LUNCH**

- **Turkey Sandwich with a Side Salad and a Pickle**
  - Total Sodium: 1,935 mg
- **Turkey Sandwich with a Side Salad and Cucumber Slices**
  - Total Sodium: 668 mg

**MIDDAY SNACK**

- **Potato Chips**
  - Total Sodium: 148 mg
- **Unsalted Almonds**
  - Total Sodium: 0 mg

**DINNER**

- **Chicken with Boxed Macaroni and Cheese and Veggies**
  - Total Sodium: 1,062 mg
- **Chicken with Homemade Macaroni and Cheese and Fresh Veggies**
  - Total Sodium: 277 mg

**OPTION 1**

- **Grand Total:** 4,342 mg Sodium

**OPTION 2**

- **Grand Total:** 1,134 mg Sodium

Daily amount of sodium recommended by the American Heart Association for most adults: 1,500 mg.

Want to take back control of the salt in your food? Make your voice heard. Visit heart.org/sodium and take action.

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