

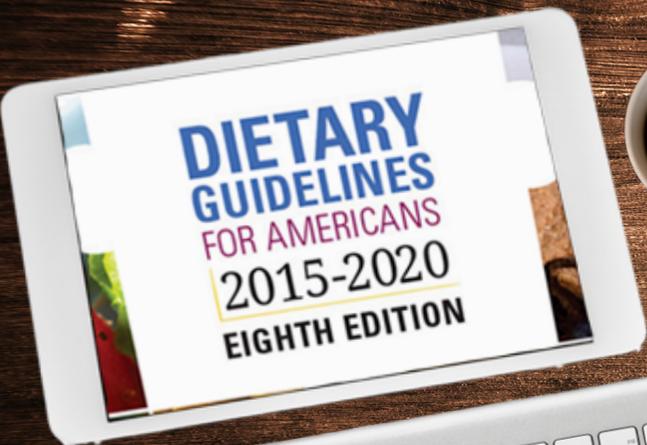
Spying Out Sodium

Where is Sodium hiding in your diet?



TEXAS A&M
AGRILIFE
EXTENSION

Mission File



Sodium Recommendations

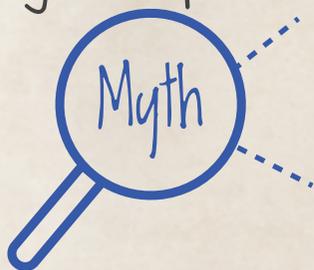
Recommended Intake for the average American over the age of 14

2300 mg or less

Recommended Intake for people with prehypertension or hypertension

1500 mg or less

Agent Report



Sodium is only found in table salt.

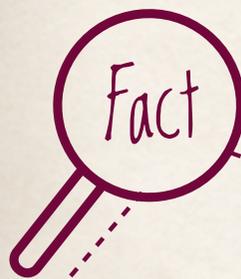
Other ingredients that add sodium to food include:

Common Ingredients: table salt, salt, monosodium glutamate, sodium nitrite and sodium nitrate (preservatives commonly found in cured meats), sodium bicarbonate (baking soda)



Cold cuts and cured meats (lunch meat, sausage)
Condiments (pickles, soy sauce)
Canned foods and soups
Casseroles/Mixed dishes
Chips

2016



You can limit your sodium intake!

- Read labels: Choose foods that have "reduced sodium" or "low sodium" labels.
- Limit the amount of cold cuts and cured meats you eat such as ham and sausage.
- Rinse and drain canned foods with water before eating.
- Choose unsalted foods options such as chips.
- Limit the amount of salt you add at the table.