

# Sodium Facts

## A Key to Choosing Healthy Foods

### DID YOU KNOW?

1. Table salt is a combination of sodium and chloride. Too much salt in your diet can cause problems with your health.
2. The recommended daily amount of sodium is 2,400mg; this is equal to about 1 teaspoon of salt.
3. Water follows sodium in the body, which is why you may feel very swollen after a meal high in sodium.
4. Sodium is an acquired taste, which means that you can slowly wean yourself off of it and not crave it anymore.



5. Reducing salt in the diet can help lower your blood pressure.
6. You can wash away some of the salt in foods by rinsing them (green beans & tuna).
7. Sea salt and table salt basically have the same nutritional value; some people say that you can use less if you use sea salt because they think it tastes saltier.

Processed foods have the **HIGHEST AMOUNT** of sodium because it is used as a preservative.

