

Hearti-FACTS

Limit these sources of high sodium in your diet for a healthier heart.

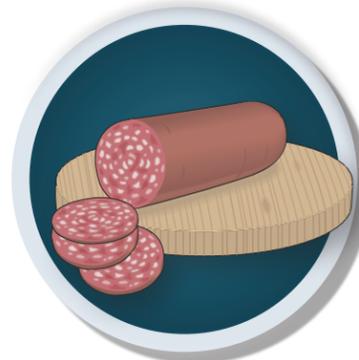
Source: www.cdc.gov/VitalSigns/Sodium



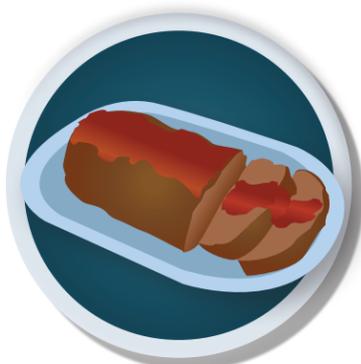
Breads



Cheese



Cured meats



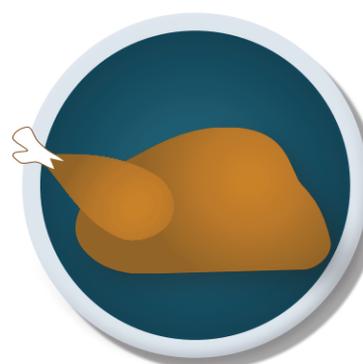
Meat dishes



Pasta dishes



Pizza



Poultry



Sandwiches



Soups



Snacks

Dietary guidelines recommend a daily limit of 2,300 mg of sodium (1,500 mg for older or high-risk individuals).

Read nutrition facts labels to choose foods lowest in sodium.

Nutrition Facts

Serving Size 1 cup
Serving Per Container 1

Amount Per Serving	Calories from Fat 90
Calories 150	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2.5g	0%
Cholesterol 0mg	12%
Sodium 280mg	

TEXAS HEART INSTITUTE
at St. Luke's Episcopal Hospital

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