

Hearti-FACTS

How can you reduce salt in your diet for a healthier heart?

Too much salt (sodium) increases your risk for high blood pressure, which can lead to heart disease and stroke. Most Americans (90%) consume too much. *Limit* to 2,300 mg a day (about 1 teaspoon)—1,500 mg if you are over 50 or have other risk factors.

Watch out for breads and rolls. They are among the highest sources of sodium in our diet.



Limit processed foods or choose low sodium.



Load up on fresh or frozen fruits and vegetables.



Rinse canned foods such as tuna or beans to remove extra salt.



Substitute herbs and spices for salt to add flavor.



Read nutrition facts labels to choose foods lowest in sodium.

Nutrition Facts

Serving Size 1 cup
Serving Per Container 1

Amount Per Serving
Calories 240

Calories from Fat 35

Total Fat 4g

Saturated Fat 1g

Cholesterol 0mg

Sodium 350 mg

 TEXAS HEART INSTITUTE
at St. Luke's Episcopal Hospital

LEARN *More*
www.texasheart.org