

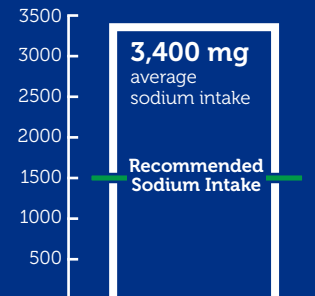
# Change Your Salty Ways In 21 Days!

## Face feel puffy? Jeans fit tighter?

### In 3 weeks you can:

- Change your salt (sodium) palate
- Start enjoying foods with less sodium
- Reduce bloating

American adults eat more than 3,400 milligrams (mg) of sodium daily - more than double the American Heart Association's recommended limit of 1,500 mg for most adults.



## WEEK 1

### Breads & Rolls / Cold Cuts & Cured Meats

- Look for lower sodium items
- Track how much sodium you eat
- Measure your sodium subtraction success

## WEEK 2

### Pizza / Poultry

- If you eat pizza, make it one with less cheese and meats, and limit to no more than once per week
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed, and limit to once or twice per week

## WEEK 3

### Soups / Sandwiches

- One cup of chicken noodle soup can have over 830mg of sodium
- Check labels and try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches



Look for the **Heart Check mark** to find products that can help you make smarter choices about the foods you eat.

**Sodium is found in almost all foods including mixed dishes** such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups.

**Learning to read and understand the Nutrition Facts label can help you make healthier choices.**

**Choose wisely and watch portion control.**



[TexasHealth.org/SodiumFacts](https://www.texashealth.org/sodiumfacts)

<sup>1</sup>"Sodium." Medline Plus, October 2021.

<sup>2</sup>"2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults." Hypertension. 2018; 71: e13–e115.

<sup>3</sup>"Dietary Guidelines for Americans 2020 – 2025." U.S. Department of Agriculture and U.S. Department of Health and Human Services. 9th Edition. December 2020.

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