

New Salt Guidelines

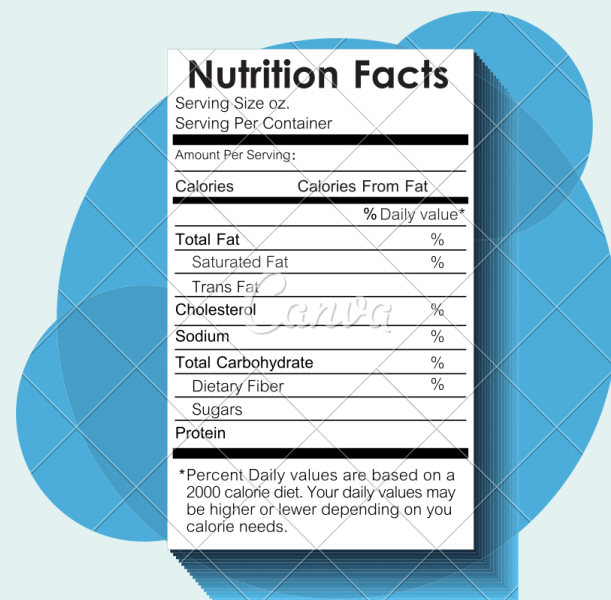
How to lower salt in your Diet

Americans eat about **3,400 mg** of salt per day. Dietary Guidelines recommend limiting salt intake to **less than 3,000-2,300 mg** per day. 2,300 mg equals about 1 teaspoon of table salt! The following tips can help you reduce salt in your diet. Take advantage of the health benefits, such as lowering your blood pressure and reducing risk of heart disease.

Read food labels

The Daily Value (DV) for salt is less than 2,300 milligrams (mg) per day. This is listed as mg and a percentage on food labels.

Aim for 5-20% DV of salt in your foods per serving



Nutrition Facts	
Serving Size 1 oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily Value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

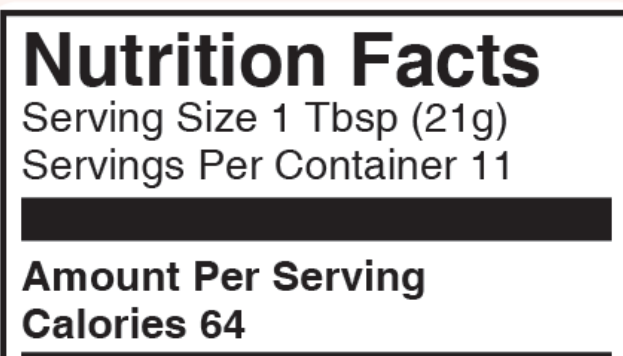
Avoid foods with high salt

Decrease snack foods and processed foods (chips, frozen pizza, or deli meat) in exchange for fresh foods (fruits or vegetables)



Serving size

Check the total number of servings on the package to keep track of the amount of salt per serving size.



Nutrition Facts	
Serving Size 1 Tbsp (21g) Servings Per Container 11	
Amount Per Serving	
Calories	64

Cook at home

Eat at home more, eat out less. At fast food places or restaurants, you do not control the amount of salt that goes into the food as you would at home. Cooking at home gives you more control of your salt intake.



Keep track

Write down foods and the amount of salt they have. Look up the amount of salt in foods that have no label.



Order on the side

If you do eat out order dressings or sauces on the side and add as you go. You may not want the whole serving which will save on added salt consumption



Use Herbs and Spices

Herbs and spices can enhance a dish's flavor by adding layers of flavor. Such as spicy black pepper, savory cumin, bright thyme, smokey chili powder, or robust onion powder. With the extra added spice, a little salt goes a long way.

