Spying Out Sodium
Where is Sodium hiding in your diet?

**Sodium Recommendations**

<table>
<thead>
<tr>
<th>Recommended Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended Intake for the average American over the age of 14</td>
</tr>
<tr>
<td>2300 mg or less</td>
</tr>
<tr>
<td>Recommended Intake for people with prehypertension or hypertension</td>
</tr>
<tr>
<td>1500 mg or less</td>
</tr>
</tbody>
</table>

**Agent Report**

**Myth**
Sodium is only found in table salt.

Other ingredients that add sodium to food include:

- Cold cuts and cured meats (lunch meat, sausage)
- Condiments (pickles, soy sauce)
- Canned foods and soups
- Casseroles/Mixed dishes
- Chips

**Fact**
You can limit your sodium intake!

- Read labels: Choose foods that have "reduced sodium" or "low sodium" labels.
- Limit the amount of cold cuts and cured meats you eat such as ham and sausage.
- Rinse and drain canned foods with water before eating.
- Choose unsalted foods options such as chips.
- Limit the amount of salt you add at the table.

**Common Ingredients:** table salt, salt, monosodium glutamate, sodium nitrite and sodium nitrate (preservatives commonly found in cured meats), sodium bicarbonate (baking soda)

**Common Foods with Sodium**