# Cut the Salt



## Less Sodium, Better Health



The recommended daily limit is 2,300 mg - about a teaspoon.

- Too much sodium (salt) can be bad for your health.
- It can increase the risk of high blood pressure in adults and children. It also increases the risk of heart disease and stroke.
- Most people eat too much sodium and may not be aware of it.

### Packaged and Restaurant Foods

### True or False?

You can always taste when foods have a lot of sodium.



False

Most of the sodium we eat comes from packaged and restaurant foods - and they don't always taste salty.

Look for the sodium warning icon on menus in chain restaurants. It tells you if a dish has 2,300 milligrams (mg) or more of salt. Choose dishes without this warning.



Check the nutrition facts label on all packaged foods, even baby food. The label tells you how much sodium is in each serving. Compare labels when shopping and choose the option with less than 5% of the daily value (DV) of sodium.



Health Bulletin Visit nyc.gov/health to see all Health Bulletins. Call 311 to order free copies.

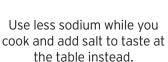
# Healthy Eating



These tips can help you avoid processed foods and reduce the amount of sodium in your diet:



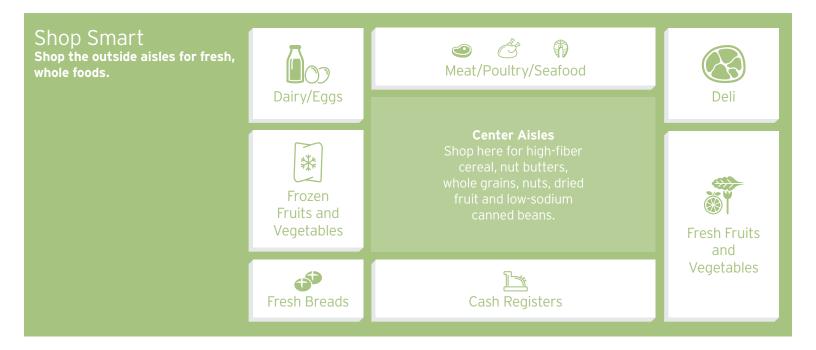
Prepare more meals at home using fresh, frozen or no-salt added canned fruits and vegetables.





Snack on fresh fruits and vegetables or unsalted nuts, seeds and popcorn.

Practice these healthy eating tips with your loved ones, especially your children. Helping your children develop healthy eating habits now protects them from health concerns in the future.



#### Resources



🥑 @nychealthy

🗧 nychealth

#### @nychealthy

### Learn More

Visit **nyc.gov/health** and search **sodium** 

#### Find Healthy Eating Ideas

Visit **nyc.gov/health** and search **healthy eating** 

#### Receive the Latest Health Bulletins

Visit nyc.gov/health/pubs



Visit **nyc.gov/health** for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language. These services are free at all New York City Health Department offices and clinics.