Sodium

LivelifeWell
Employee Well-being

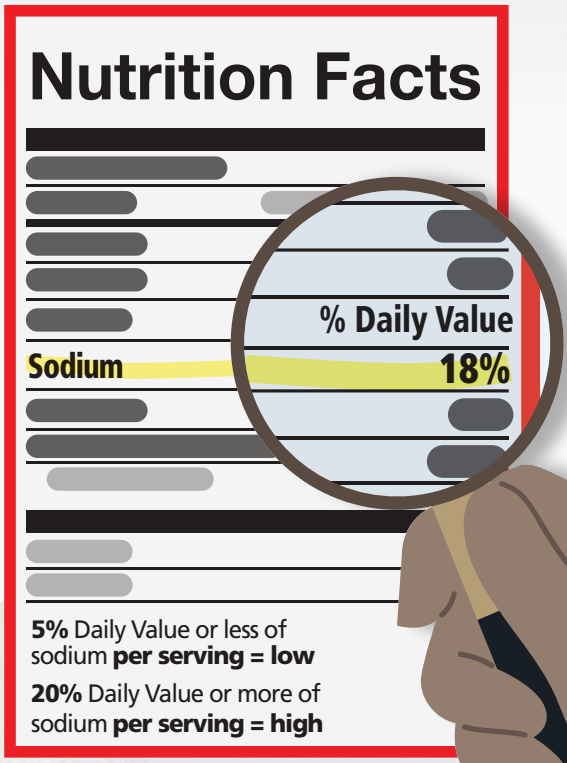
A nutrient you want LESS of.

The American Heart Association Recommends

limiting sodium DAILY to less than:

2,300 mg = **1 teaspoon of salt**

1,500mg for those with high blood pressure



For more information scan this code or visit:
https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/sodium.cfm

Limit intake of the SALTY SIX:

- Breads & Rolls
- Pizza
- Soups
- Sandwiches
- Cold Cuts & Meats
- Burritos & Tacos

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