

Spying Out Sodium



TEXAS A&M
AGRILIFE
EXTENSION

Where is Sodium hiding in your diet?

Mission File

**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**



Sodium Recommendations

Recommended Intake for the average American
over the age of 14

2300 mg or less

Recommended Intake for people with
prehypertension or hypertension

1500 mg or less

Agent Report

Myth

Sodium is only
found in table
salt.

Other ingredients that add
sodium to food include:

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

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

2016

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.