

# Be heart SMART

CELEBRATING HEART HEALTH MONTH



High amounts of sodium can cause high blood pressure, increasing risk for heart disease & stroke

When it comes to eating heart-healthy, reducing sodium is a key component.

## Top Sources of Sodium

- Processed Food
- Prepackaged Food
- Restaurant Food
- "The Salty Six"



Breads/Rolls · Cold Cuts · Pizza



Poultry · Soup · Sandwiches

Refers to items like frozen chicken nuggets and chicken patties. Raw chicken can have a high-sodium solution added, so always read labels! ←

Some of these foods may be appealing for their low prices and are easier to prepare.

## Here are 4 ways to cut down on high-sodium foods:

### 1 Enjoy Meals From Home.

This will reduce the need for take-out or other processed meals/snacks.

### 2 Incorporate More Fruits and Vegetables.

Produce provides abundant essential nutrients and can keep you feeling fuller longer. Aim for 1.5–2.5 cups of fruit and 2–3.5 cups of vegetables daily.



### 3 Choose Less-Processed Options.

Pick items closer to their original whole-food source. i.e. Bagged baby carrots vs. potato chips.

### 4 Look for the Heart-Checkmark.

The American Heart Association's Certified Heart-Checkmark identifies heart-healthy options, including processed items. Aim for products with this label.



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