Sodium

*Million Hearts® Sodium Infographic*

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**Healthy Eating & Lifestyle Resource Center**

The [Resource Center](millionhearts.hhs.gov) features low-sodium, heart-healthy recipes and family-friendly meal plans.

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**Shaking the Salt Habit**

**Salt vs. Sodium Equivalents**

Sodium chloride or table salt is approximately 40% sodium. Understand just how much sodium is in salt so you can take measures to control your intake. These amounts are approximate.

- 1/4 teaspoon salt = 575 mg sodium
- 1/2 teaspoon salt = 1,150 mg sodium
- 3/4 teaspoon salt = 1,725 mg sodium
- 1 teaspoon salt = 2,300 mg sodium

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Sodium Tracker: Patient Handout

![Sodium Tracker Image]

Of special note to WISEWOMAN clients:

**Fruit intake recommendation:** 1.5 Cups

**Vegetable intake recommendations:** 2-2.5 Cups, age dependent
Portion Size

NHLBI Serving Size Wallet Card

Sugar Sweetened Beverages

Harvard School of Public Health: How Sweet Is It?
Healthy Food Access

Healthy Food Access Portal

The Healthy Food Portal is a multi-faceted resource developed to support the movement to improve access to affordable, healthy foods in underserved communities.

Health-centric Smartphone Apps

Smartphone App Listing

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