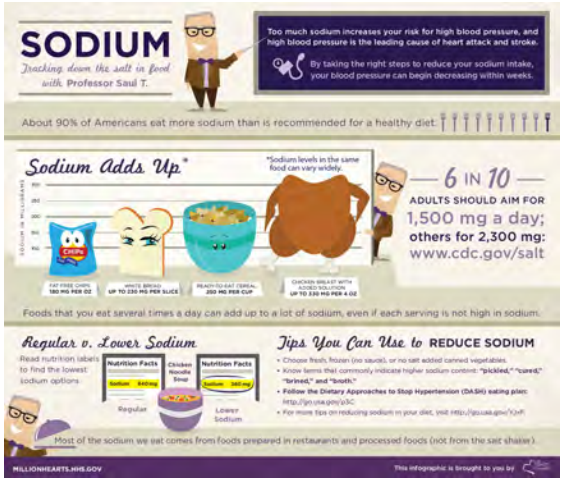
Sodium

Million Hearts® Sodium [Infographic]



Healthy Eating & Lifestyle Resource Center

The [Resource Center] features low-sodium, heart-healthy recipes and family-friendly meal plans.

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

WISEWOMAN

Sodium

Sodium Tracker: [Patient Handout]

SODIUM TRACKER

American Heart Association | American Stroke Association

When recording your sodium intake, be sure to keep in mind that different brands and restaurant preparation of the same foods may have different sodium levels so ask your server or look online for sodium content of restaurant foods. To track your sodium intake check the nutrition labels of the foods you eat and prepare. When preparing homemade foods, check the sodium content in individual ingredients, then add up the totals. Sodium levels of the same food can vary widely, so it is important to educate yourself by reading labels and looking for low-sodium options.

The American Heart Association's Heart-Check mark—whether in the grocery store or restaurant helps shoppers see through the clutter on grocery store shelves or find foods that help you build a heart-healthy diet.
Visit heart.org/sodium for more information.

MEAL	FOOD	SODIUM	NOTES
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
	DAILY SODIUM TOTAL		

American Heart Association®
Learn and Live℠

Portion Size

USDA [Choose My Plate.gov]

Of special note to WISEWOMAN clients:

Fruit intake recommendation: 1.5 Cups

Vegetable intake recommendations: 2-2.5 Cups, age dependent

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Colorado Department of Public Health and Environment

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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