

# Be **SALT** smart for a healthy heart!

**Too much sodium (salt) can lead  
to heart attack and stroke.**



## **Too much salt is harmful.**

- ♥ It's the sodium in salt that makes blood pressure go up.
- ♥ Most of the sodium we eat – almost 80 percent – comes from pre-packaged, processed and store-bought food, and from restaurant meals (including fast food meals).
- ♥ Most people should eat no more than 1,500 milligrams of sodium per day.



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

## Tips for lowering sodium.

### Shopping:

- ♥ Read food labels; choose foods with 400 mg of sodium or less per serving.
- ♥ Canned products like beans and soups can be high in sodium. Choose items that are “low sodium” or “salt-free.”
- ♥ Processed foods labeled “healthy” or “low-fat” may be high in sodium. Always check the label.

### Cooking:

- ♥ Choose fresh or frozen vegetables instead of canned vegetables.
- ♥ Do not add salt while cooking.
- ♥ Cut down on sodium (salt) gradually, over a few weeks or even months. You’ll be less likely to notice a difference in taste.

### Eating Out:

- ♥ Ask for foods with sauces on the side. Sauces are often high in sodium.
- ♥ Ask for your meal to be prepared without added salt.



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