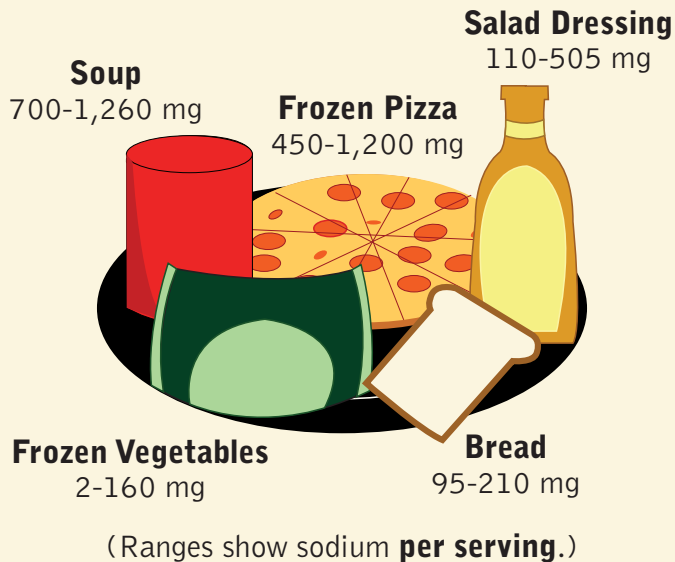


Too much **SALT** can lead to **HEART ATTACK** and **STROKE**.

The amount of salt in common food items can **VARY GREATLY**:



Too much salt is harmful.

Eating too much sodium can raise your blood pressure and put you at risk for a heart attack or stroke. Salt contains sodium -- the two words mean the same thing.

How much salt should I eat?

Many adults should eat no more than **2300 mg** of sodium daily. You should eat no more than **1500 mg** daily if:

- You are 51 years of age or older
- You are African American
- You have high blood pressure
- You have diabetes
- You have chronic kidney disease

Most restaurant meals and processed foods are packed with salt.

Your salt shaker is not the main problem. In fact, most of the salt we eat is already in the food we buy, such as pre-packaged, processed, prepared and restaurant foods.

Compare labels.
CHOOSE LESS SODIUM.



How can I cut the amount of sodium I eat?

- Read food labels for sodium:
 - A food with less than 50 mg sodium per serving is very low in sodium.
 - A food with more than 250 mg sodium per serving is high in sodium.
 - Choose whole meals with no more than 480 mg sodium.
- Compare the amount of sodium in different brands. They may look alike, but have very different amounts of sodium.

Is sea salt any healthier?

No! Sea salt, kosher salt, and table salt all contain the same amount of sodium.



For more information, please visit:
www.mass.gov/dph/salt