

## WHERE DOES THE SODIUM WE EAT COME FROM?

Source: Centers for Disease Control

71%

Processed foods and restaurant meals

14%

Natural sources such as vegetables, dairy products, meat and shellfish

Home cooking/preparation

Added at the table

<1% Other

## ON AVERAGE, AMERCIAN ADULTS EAT MORE THAN 2X THE RECOMMENDED LIMIT OF SODIUM.

Source: American Heart Association

## avg consumed

3,400 milligrams

recommended

1,500 milligrams

CHECK YOUR FOOD LABELS FOR THESE INGREDIENTS INCLUDING SALT OR SODIUM-CONTAINING COMPOUNDS.

Source: Mayo Clinic

- Monosodium glutamate (MSG)
- Baking soda (also called sodium bicarbonate)
- Baking powder
- Disodium phosphate
- Sodium alginate
- Sodium citrate
- Sodium nitrite

MAYO CLINIC HEALTH SYSTEM | mayoclinichealthsystem.org