I Love You Salt... but You're Breaking My Heart

February marks the start of American Heart Month. This month, commit to living a heart healthy lifestyle through both diet and exercise.

Provided by: Virginia Tech Dining Services

The American Heart Association suggests limiting sodium intake to:

1,500 MG/DAY

The average American consumes more than double the recommended sodium intake.

3,400 mg

1,500 mg

THE SALTY SIX

Sandwiches
Deli Meats
Pizza

The "Salty Six" are the six foods that add a surprising amount of sodium to your diet. Be sure to read food labels and select reduced or low-sodium options when possible.

Soup
Poultry
Bread

Did you know that just one teaspoon of salt contains 2,300 MG of sodium? That's more than the daily recommendation set by the American Heart Association!

10 Ways to Reduce Sodium in Your Diet

1. Don’t salt it before you taste it.
2. Season dishes with a no-salt spice blend or combination of fresh herbs.
3. Rinse canned fruits and vegetables to reduce excess sodium.
4. Use condiments in moderation.
5. Purchase fresh fruits, vegetables and meats whenever possible.
6. Limit frozen dinners which are a hidden source of sodium.
7. Cook pasta without adding salt.
8. Purchase low-sodium sauces.
9. Compare food labels between similar products.
10. Stray away from products that use broth, saline or sodium solution as ingredients.

1 IN 3
Americans have high blood pressure

HYPERTENSION
Major risk factor for the development of cardiovascular related diseases.

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