

Consume Less Salt & Lower Your Blood Pressure!


How much sodium should you consume each day?

2300 mg Sodium	1500mg Sodium
Adults: ✓ 18 - 39 years old	Adults: ✓ 40 years or older ✓ With High Blood Pressure ✓ African American

Instead of	Substitute Look for foods with 5% or less Sodium content
 <p>Salt 1 teaspoon = 100% Daily Value of Sodium (or 2400 mg Sodium)</p>	 <p>Black Pepper 1 teaspoon = 0% Daily Value of Sodium (or 0 mg Sodium)</p>
 <p>Garlic Salt 1 teaspoon = 42% Daily Value of Sodium (or 1000 mg Sodium)</p>	 <p>OR</p>  <p>Fresh Garlic or Garlic Powder 1 clove or 1 teaspoon = 0% Daily Value of Sodium (or 0 mg Sodium)</p>
 <p>Adobo 1 teaspoon = 42% Daily Value of Sodium (or 1000 mg Sodium)</p>	 <p>Homemade Adobo without Salt 1 teaspoon = 0% Daily Value of Sodium (or 0 mg Sodium)</p>
 <p>Sazón Goya 1 packet = 33% Daily Value of Sodium (or 800 mg Sodium)</p>	  <p>Mrs. Dash (Salt Free) 1 packet or 1 teaspoon = 0% Daily Value of Sodium (or 0 mg Sodium)</p>

*All are approximate milligrams of Sodium

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<p style="text-align: center;">Instead of</p>	<p style="text-align: center;">Substitute</p> <p style="text-align: center; color: green;">Look for foods with 5% or less Sodium content</p>
<div style="text-align: center;">  <p>Black Beans in Can ½ cup = 25% Daily Value of Sodium (or 600 mg Sodium)</p> </div>	<div style="text-align: center;">  <p>Dry Black Beans (cooked without salt) ½ cup cooked = Less than 1% Daily Value of Sodium (or 20 mg Sodium)</p> </div>
<div style="text-align: center;">  <p>Tomato Sauce ½ cup or ½ can = 25% Daily Value of Sodium (or 600 mg Sodium)</p> </div>	<div style="text-align: center;">  <p>Tomato Paste 2 tablespoons = Less than 1% Daily Value of Sodium (or 20 mg Sodium)</p> </div>
<div style="text-align: center;">  <p>Chicken Boullion 1 tablet = 104% Daily Value of Sodium (or 2500 mg Sodium)</p> </div>	<div style="text-align: center;">  <p>Low Sodium Chicken Broth -“Herbox” 1 packet = Less than 1% Daily Value of Sodium (or 5 mg Sodium)</p> </div>
<div style="text-align: center;">  <p>“Ramen Noodles” 1 package cooked = 67% Daily Value of Sodium (or 1600 mg Sodium)</p> </div>	<div style="text-align: center;">  <p>Spaghetti (prepared without salt) 3 cups cooked = 0% Daily Value of Sodium (or 0 mg Sodium)</p> </div>
<div style="text-align: center;">  <p>Wendy’s: Soda (medium), Chicken Nuggets(10 piece), French Fries (small), Barbecue Sauce (1) 54% Daily Value of Sodium (or 1300 mg Sodium)</p> </div>	<div style="text-align: center;">  <p>Wendy’s:Chicken Nuggets(5 piece), Salad, lemon, Baked Potato, Sour Cream,Chives, Water 21% Daily Value of Sodium (or 500 mg Sodium)</p> </div>

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