

# 7 Salty Myths Busted

**MYTH:** Eliminate salt (sodium) completely for good health.

**Sodium** is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, **but you need the right amount.**



**MYTH:** Sea salt has less sodium than table salt.

**Sea salt** is very popular, but it isn't any less salty. Just like table salt, it typically contains 40% sodium.

**MYTH:** I usually don't salt my food, so I don't eat too much sodium.



**About 71%** of sodium Americans eat is estimated to come from **processed and restaurant foods** – not the saltshaker. **This is hidden sodium.**

That's why it's so important to compare Nutrition Facts labels and serving sizes.

**MYTH:** High levels of sodium are only found in food.

Some **over-the-counter medications** contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products.



**MYTH:** Lower sodium foods have no taste.

There is a rich world of creative and flavorful **alternatives to salt.** Experiment with spices, herbs and citrus to enhance the natural flavor of your food! Your taste buds will adjust quickly.

**MYTH:** My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart Association recommends

**no more than 2,300 milligrams**

**(mg) a day** and moving toward an ideal limit of no more than **1,500 mg per day** for most adults. Even cutting back by 1,000 mg a day can help improve blood pressure and heart health in both men and women.

**1,500mg**  
daily

**MYTH:** I don't eat a lot of salty food so I don't eat too much sodium.

**Sodium is found in almost all foods** including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium. **Remember, about 71% of sodium in foods is hidden sodium.**



[TexasHealth.org/SodiumFacts](https://www.texashealth.org/sodiumfacts)

<sup>1</sup>"Sodium." Medline Plus, October 2021.

<sup>2</sup>"Strategies to Reduce Sodium Intake in the United States." Institutes of Medicine, National Academies Press (US); 2010.

<sup>3</sup>"Sources of Sodium in US Adults From 3 Geographic Regions." Circulation. 2017; 135:1775–1783.

<sup>4</sup>"Sodium Bicarbonate." Medline Plus, September 2021.

<sup>5</sup>"2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults." Hypertension. 2018; 71: e13–e115.

<sup>6</sup>"Dietary Guidelines for Americans 2020 – 2025." U.S. Department of Agriculture and U.S. Department of Health and Human Services. 9th Edition. December 2020.

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