

# Salt (sodium) can be sneaky

**Breakfast, lunch, dinner, and snacks can add up to nearly 4,000 mg of sodium for the day.**

Each day, the average American eats nearly 3,400 milligrams of sodium for the day. This is more than two times the amount recommended by the American Heart Association for ideal heart health. Too much sodium can be risky for your health. Guess what? Meals with lower sodium can be just as delicious and can keep your sodium in check.

— Here's how the sodium can add up: —

## BREAKFAST



Sausage & cheese omelet with hash browns and orange juice

**Total sodium:**  
697 mg

VS

Egg and veggie breakfast sandwich on a whole-grain English muffin

**Total sodium:**  
547 mg



**Breakfast tip:** Add color! Replace some meats, cheeses and side dishes with flavorful fruits and vegetables.

## MORNING SNACK



Honey bun

**Total sodium:**  
280 mg

VS

Banana

**Total sodium:**  
1 mg



**Snack tip:** Satisfy your sweet tooth with a delicious piece of fruit.

## LUNCH



Turkey sandwich on white bread with cheese and a side salad and a pickle

**Total sodium:**  
1,532 mg

VS

Turkey sandwich on whole-grain bread with lettuce and tomato slices with a side salad and cucumber slices

**Total sodium:**  
650 mg



**Lunch tips:**

- Use veggies to add flavor instead of salty condiments, sauces and sides.
- Compare labels on salad dressings. Choose the option with less sodium.
- When dining out, ask for your meal to be prepared without extra salt.

## Sodium can be sneaky

### AFTERNOON SNACK



Potato chips  
**Total sodium:**  
148 mg

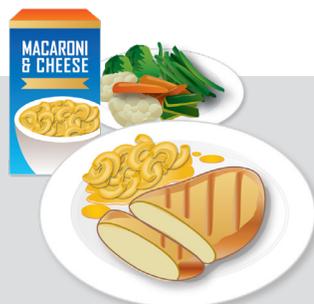
VS

Unsalted almonds  
**Total sodium:**  
1 mg



- Snack tips:**
- Need an afternoon pick-me-up? Choose unsalted nuts for extra crunch.
  - Compare labels. Choose the item with the lesser amount of sodium.

### DINNER



Chicken with boxed  
macaroni and cheese  
and frozen veggies  
(salted)  
**Total sodium:**  
1,207 mg

VS

Chicken with homemade  
veggie macaroni and  
cheese and fresh  
veggies (unsalted)  
**Total sodium:**  
370 mg



**Dinner tips:**

- Prepare food at home to have more control over the sodium in food. Replace salt in recipes with herbs, spices, citrus or vinegar.
- Foods that look the same may contain different amounts of salt. Compare labels. Choose the item with the lesser amount of sodium.

### GRAND TOTAL

**Option 1:**  
3,864 mg sodium

VS

**Option 2 :**  
1,569 mg sodium

The amount of sodium recommended for ideal health by the American Heart Association for most adults is **1,500 mg per day**.

Take back control of the salt in your food.



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



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<sup>1</sup>Sodium. Centers for Disease Control and Prevention, September 2021.

<sup>2</sup>Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. American Heart Association, November 2017.

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