

The CDC recommends Americans consume no more than 2,300 mg of sodium per day (or roughly one teaspoon of salt), and those with certain medical conditions (like high blood pressure) should really keep consumption to under 1,500 mg per day. But the average American consumes about 3,400 mg daily, which can contribute to major heart problems.
(HOLY COW!)

HOW TO SQUASH SALTY CRAVINGS

- **THEY'LL SNEAK UP ON YOU.** Become a label reader. Monosodium glutamate (MSG), baking soda, disodium phosphate, and sodium benzoate contain high amounts of sodium and can be found where we least expect them, like bread, deli meat, condiments, cheese, and baked goods. So, pay attention to what's really on the plate before it's licked cleaned.
- **REDUCED SODIUM JUST MEANS "LESS THAN A SH*T TON.** "Reduced" means the sodium has been reduced about 25 percent from the "full sodium" versions. Go with sodium free if you can.
- **AVOID PACKAGED, PROCESSED AND PREPARED FOODS.** Sodium is often added to packages, processed and prepared foods as an additive to extend the shelf life. Fresh fruits and veggies are naturally low in sodium, so try to make them a main part of the dish and select fresh meat versus lunch meat, or opt for low-sodium options (Boar's Head is usually nitrate and sodium free).
- **REPLENISH ONLY WHEN NEEDED.** Sweating a ton? Refuel with some low or no-calorie Gatorade or other electrolyte-enhanced beverage to replace lost electrolytes (especially after exercising for more than one hour or when it's extra hot and humid outside).
- **IODIZED TABLE SALT= SEA SALT = KOSHER SALT.** They all contain the same amount of sodium. 1tsp =2,300 mg
- **SPICE IT UP.** Cooking? Skip the salt. Use fresh herbs
- **TAPER SLOWLY.** Gradually decrease the amount of salt from a diet, and the taste buds will adjust — maybe even within the week!

TRY THESE OPTIONS BELOW FOR HEALTHY SALTY ALTERNATIVES

Diced Watermelon with Crumbled Feta Cheese
and Balsamic Vinegar
Pistachios
Kosher Dill Pickles
Sesame Seaweed Snacks
Dry Roasted & Salted Pumpkin Seeds
Kaia Foods Sprouted Sunflower Seeds
Part Skim Mozzarella Cheese Stick and Olives
Crumbled Feta with Tomato and Olive Oil

Multigrain Wasa Crispbread Topped with
Cottage Cheese and Red Bell Pepper
Edamame with Sea Salt
Herr's Whole Grain Pretzel Stick
Low sodium Jerky and Cucumber Sticks
Tostitos Multigrain Tortilla Chips
SunChips and Salsa
Baked Lentil Chips
Sea Salt Rice Crackers
Whole Grain Crackers with Mixed Olive Spread