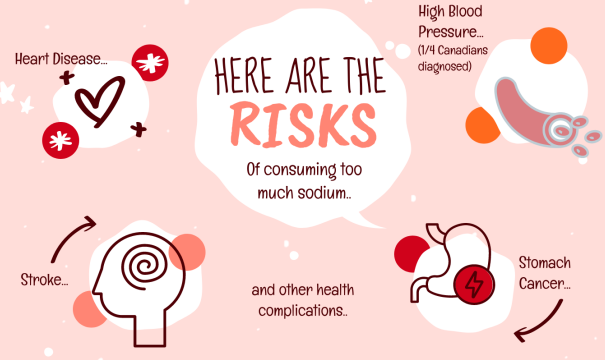


WHY WE NEED TO LOWER SODIUM INTAKE

What are the consequences if we continually consume an essential nutrient in excess?



Canadian Sodium Intake Recommendations

Sodium Intake should be 1500 to 2300 mg/day (up to 1 tsp. of Salt)



Canadian Sodium Intake Statistics

...average consumption is around 2760 mg/day



Here are a few things to consider when choosing foods for a reduced sodium intake!



OFTEN	LIMIT
<p>Choose mostly FRESH FOODS ...when possible</p>	<p>These types of foods are often exceptionally high in sodium...</p> <p>Highly Processed FOODS</p>
<p>Carefully Read Food LABELS</p> <p>The Nutrition Facts table can help compare sodium content in similar foods...</p>	<p>Something to remember in the future...</p> <p>Packaged Foods are highest in dietary SODIUM ...so check the nutrition facts</p>