WHY WE NEED TO LOWER SODIUM INTAKE

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

HERE ARE THE RISKS
Of consuming too much sodium.

- Heart Disease
- Hypertension
- Stroke
- Stomach Cancer
- and other health complications.

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 3780 mg/day

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

Some TIPS:

**OFTEN**
- Choose mostly FRESH FOODS when possible
- Carefully Read Food LABELS

**LIMIT**
- These types of foods are often exceptionally high in sodium
- Highly Processed FOODS
- The Nutrition Facts table can help compare sodium content in similar foods
- Something to remember in the future...
- Packaged Foods are highest in dietary SODIUM, so check the nutrition facts