



IS THERE TOO MUCH SODIUM IN YOUR FOOD?



Sodium Content in Common CNMI Foods

Salt contains sodium. The amounts below show sodium content.

LEGEND:



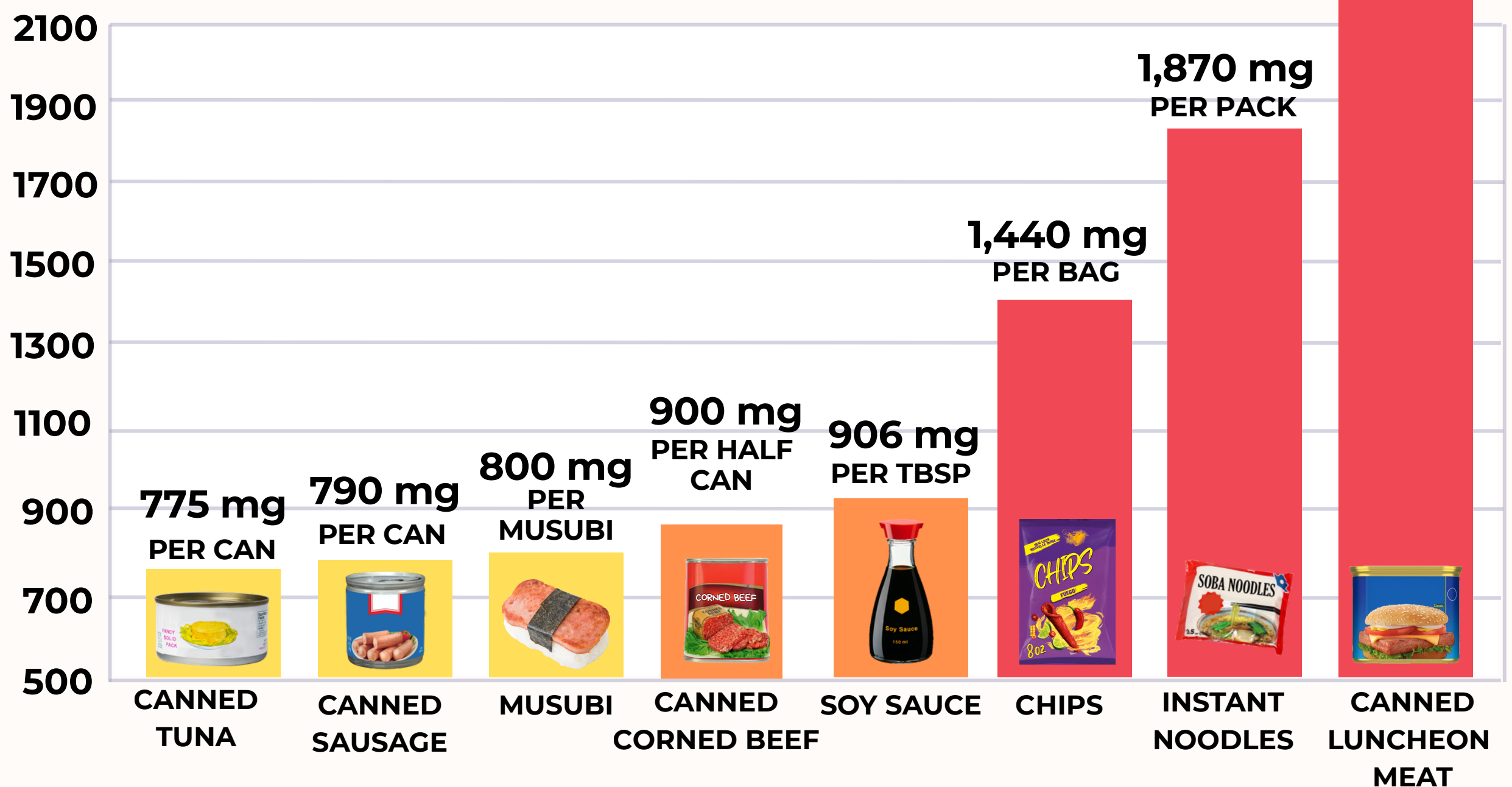
Moderate
Sodium Content



High Sodium
Content



Very High
Sodium Content



Skip the Salt



Seasoned meat tenderizer has **4,800 mg** of sodium per tablespoon.

RECOMMENDED DAILY LIMIT

Most Adults and Children Ages 14+

LESS THAN

2,300 mg

OF SODIUM PER DAY



= About 1
teaspoon of salt

Take Action!



- Choose low-sodium foods
- Eat more fresh foods
- Use herbs and spices instead of salt
- Cook more at home

What Happens?

Too much salt can:

- Raise blood pressure
- Raise your risk of heart disease and stroke
- Damage your kidneys



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