



American Heart Association.

EmPOWERED to Serve™

# Break Up with Excess Sodium

## RESOURCE LIST

### **Call to Action:**

Reducing the amount of sodium in your diet can help you lower or avoid high blood pressure, which reduces your risk for heart disease and stroke. Make a pledge to reduce the sodium you and your loved ones consume and invite others in your social networks to join you in pledging to reduce their sodium intake. Visit [heart.org/sodium](http://heart.org/sodium) to learn more.

This lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



## BREAK UP WITH EXCESS SODIUM | RESOURCE LIST

The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Additional Sodium Resources

#### Sodium

Get the facts about sodium, how it affects your health and discover ways to reduce the sodium in your diet.

Learn more at [heart.org/sodium](http://heart.org/sodium).

#### Break up with Excess Sodium

Join the AHA sodium reduction initiative. Take the pledge to hold companies accountable and give them credit when they make improvements.

Visit [bit.ly/37uOmns](http://bit.ly/37uOmns)

#### Heart-Check Mark

The Heart-Check mark is a simple tool to help you eat smart and watch for sodium. When you see it, you can be confident a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern. That includes limiting sodium.

To learn more and find a list of certified foods, visit [heartcheck.org](http://heartcheck.org)



## Point 1: Sodium and Your Health



### **How Too Much Sodium Affects Your Health Infographic**

(3-5 minutes – pick sections to read aloud)

[bit.ly/38sDmIJ](https://bit.ly/38sDmIJ)



### **Get the Scoop on Sodium and Salt**

(5-10 minutes – website demo)

[bit.ly/2SDiGqw](https://bit.ly/2SDiGqw)

## Point 2: Common Sources of Sodium



### **Salty 6 Infographic**

(3 minutes to review key points)

[bit.ly/37thMCC](https://bit.ly/37thMCC)



### **7 Salty Sodium Myths Busted Infographic**

(3 minutes to review key points)

[bit.ly/2HniiHx](https://bit.ly/2HniiHx)



### **Sodium Can be Sneaky Infographic**

(3 minutes to review key points)

[bit.ly/2Hq28NO](https://bit.ly/2Hq28NO)



### **Sodium sources: Where does all that sodium come from?**

(5 minutes – website demo)

[bit.ly/31SoT6i](https://bit.ly/31SoT6i)



### **Sneaky Salt at Home**

(30 seconds)

[bit.ly/31Ry335](https://bit.ly/31Ry335)



**Sneaky Salt in Restaurants**

(30 seconds)

[bit.ly/3bCXGJc](https://bit.ly/3bCXGJc)



**Sneaky Salt at Work**

(30 seconds)

[bit.ly/2vCqgRN](https://bit.ly/2vCqgRN)

**Point 3: Reducing Your Sodium Intake**



**Sodium Swap - Change Your Salty Ways in 21 Days Infographic**

(3 minutes to review key points)

[bit.ly/2HniNkT](https://bit.ly/2HniNkT)



**Can Processed Foods Be Healthy Infographic?**

(3 minutes to review key points)

[bit.ly/2URip65](https://bit.ly/2URip65)



**Understanding Food Nutrition Labels**

(5 minutes – website demo)

Learning how to understand and use the Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet.

[bit.ly/2vzSNQA](https://bit.ly/2vzSNQA)



**Check for the Heart-Check Mark Infographic**

(3 minutes to review key points)

The Heart-Check mark is a simple tool to help you eat smart and watch for sodium.

[bit.ly/31UsEli](https://bit.ly/31UsEli)



**Sodium Tracker – How to Track Your Sodium**

(3 minutes to review key points; download PDF ahead of time)

[bit.ly/3bFrJ2T](https://bit.ly/3bFrJ2T)