Break Up with Excess Sodium

#EmPOWERChange
BREAK UP WITH EXCESS SODIUM | Lesson Overview

Welcome
• What is EmPOWERED to Serve™?
• Program Topic and Urgent Community Need

Health Lesson: Breakup with Excess Sodium
• Understand how sodium affects your health
• Learn about common sources of sodium (salt)
• Identify steps to help reduce your sodium intake

Closing Thoughts
• Your Voice Matters
• Online Resources
EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.

AHA’s Mission Statement: To be a relentless force for a world of longer, healthier lives.
POINT 1: Sodium and Your Health

Sodium and Your Body

• Your body needs some sodium to work properly.

• Too much sodium causes your body to hold onto water. This puts an extra burden on your heart and blood vessels.

• Most of the sodium we consume is in the form of salt.
POINT 1: Sodium and Your Health

Reducing the amount of sodium in your diet can help you lower or avoid high blood pressure.

High blood pressure is a leading cause of heart disease and stroke.
POINT 1: Sodium and Your Health

Too much sodium also puts you at risk for:

- Enlarged heart muscle
- Headaches
- Kidney disease
- Osteoporosis
- Stroke
- Heart failure
- Kidney stones
- Stomach cancer
POINT 1: Sodium and Your Health

Did You Know?

• Nine out of 10 Americans consume too much sodium.

• Sodium added to food outside the home accounts for more than two-thirds of total sodium intake in the U.S.

• More than 70% of sodium consumed is from processed, packaged and restaurant foods.
Diverse Groups at Risk

High blood pressure (HBP) among blacks is among the highest in the U.S. as well as worldwide.

In the U.S.:

- Over 57% of non-Hispanic blacks have HBP.
- Among Hispanics, 44% have HBP.
- Over 41% of Asian Americans have HBP.
POINT 1: Sodium and Your Health

How Much is Too Much?

• Most adults consume more than 3,400 milligrams (mg) of sodium a day.

• The American Heart Association recommends no more than 2,300 mg a day, moving toward an ideal limit of no more than 1,500 mg per day for most adults.

• Even cutting back by 1,000 mg a day can improve blood pressure and heart health.
## POINT 2: Common Sources of Sodium

### What’s the Difference Between Salt and Sodium?

<table>
<thead>
<tr>
<th>SODIUM</th>
<th>SALT</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sodium is a mineral that’s essential for life.</td>
<td>• Table salt is about 40% sodium and 60% chloride.</td>
</tr>
<tr>
<td>• Sodium helps your body work.</td>
<td>• Salt and sodium are commonly used interchangeably.</td>
</tr>
<tr>
<td>• It helps to control your body’s fluid balance.</td>
<td>• To find out the amount of “salt” in a food, check the “sodium” content on the label.</td>
</tr>
<tr>
<td>• Sodium also helps send nerve impulses and affects muscle function.</td>
<td></td>
</tr>
</tbody>
</table>
POINT 2: Common Sources of Sodium

Did you know?
These six popular foods can add high levels of sodium to your diet.

- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soup
- Burritos and tacos
WHERE DOES THE SODIUM WE EAT COME FROM?

Most of the sodium we eat comes from packaged, processed and restaurant foods.

- **Processed foods** are packaged in boxes, cans, or bags.

- **Packaged foods** are ready to eat, convenience items such as prepared meals, gravy mixes, canned soups, and cake mixes.

- **Restaurants** often rely on some processed foods in their food prep.
POINT 2: Common Sources of Sodium

More than 70% of the sodium we eat comes from processed and restaurant foods.
• Packaged and prepared foods often have sodium added during the manufacturing process.
• Breads and cereals, cold cuts and cured meats, pizza, poultry, soup, and sandwiches contain sodium.

Some foods contain sodium in their natural state.
• Cantaloupes, potatoes, and milk contain sodium in small amounts.
• Bok choy, beets, and chard have moderate amounts of sodium.

We also add sodium during cooking and at the table.
• Sodium is in products such as baking soda and seasoning blends.
• It is also found in table salt.
SODIUM ON THE NUTRITION FACTS LABEL

Take note of the serving size.

If your portion size equals two servings of a product, you’re eating double the sodium listed.

Listed in milligrams ("mg").

Look for "soda" and "sodium" and the symbol "Na" in the ingredients list.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>2/3 cup (55g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>260mg</td>
</tr>
<tr>
<td>Iron</td>
<td>8mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>235mg</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
HIDDEN SOURCES OF SODIUM

Ingredients such as:

- Monosodium glutamate (MSG)
- Sodium bicarbonate
- Sodium nitrate
- Sodium citrate
- Sodium glutamate
- Sodium lactate
- Sodium phosphate

Baking soda and baking powder also contain sodium.
POINT 3: Reducing Your Sodium Intake

Read the Nutrition Facts Label

• When buying prepared and packaged foods, always check the sodium content on the Nutrition Facts label.

• Compare the sodium content of similar products.

• Choose the items with the lowest sodium.
UNDERSTANDING FOOD PACKAGING

Sodium-free

Less than 5 milligrams of sodium per serving and contains no sodium chloride

Very low sodium

35 milligrams or less per serving

Low sodium

140 milligrams or less per serving
UNDERSTANDING FOOD PACKAGING

Reduced (or less) sodium

At least 25 percent less sodium per serving than the usual sodium level

Light (for sodium-reduced products)

The food is “low calorie” and “low fat” and sodium is reduced by at least 50 percent per serving

Light in sodium

The sodium is reduced by at least 50 percent per serving
LOOK FOR THE HEART-CHECK MARK

One of four sodium limits applies depending on the food category:

- up to 140 mg per label serving
- 240 mg per label serving
- 360 mg per label serving
- 480 mg per label serving and per standard serving size

For more information and a list of certified foods, visit heartcheck.org.
HEALTHY DIET TIPS

Follow an overall heart-healthy diet that emphasizes:

- Variety of fruits and vegetables
- Whole-grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat, sodium, red meat, sweets and sugary drinks
HEALTHY DIET TIPS

When Cooking at Home

• **Resist temptation.**
  Use less salt when cooking and seasoning.

• **Try it first.**
  Don’t salt your food before you taste it.

• **Be free.**
  Try salt-free seasoning alternatives.

• **Be adventurous.**
  Use herbs, spices, vinegars or fresh lime or lemon juice to add flavor instead of salt.
HEALTHY DIET TIPS

When Eating Out

• Search before you go. Lots of restaurants and fast food chains have nutrition information on their websites.

• Look for clues. Look for “healthy” designations or symbols on the menu.

• Have it your way. Request that your dish be prepared without added salt or high-sodium ingredients.
CHECK YOUR MEDICINES

If you have HBP, ask your health care provider or pharmacist about the sodium content of your medicines, including over-the-counter drugs.

- Read the labels before buying over-the-counter drugs.
- Ask your pharmacist if there are low-sodium alternatives available to medicines you may be taking.
HELP TAKE ACTION

Take the Pledge:

• Pledge to hold companies accountable and give them credit when they make improvements.
• Commit to telling food companies and restaurants that you support healthier options!

Visit sodiumbreakup.heart.org/take_the_pledge
YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join You’re the Cure today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text EMPOWER to 46839 join today!
USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to EmPOWEREDtoServe.org

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!
WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at: empoweredtoservec@heart.org
WE ARE EMPOWERED TO SERVE

...serve our health, serve our community

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