Don’t Go Breakin’ Your Heart

_Eat Better, Take the Pledge to Reduce Sodium for You and Your Loved Ones_

**Resource List**

The 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.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association’s Healthier Kids resources ([http://bit.ly/1Hwez4p](http://bit.ly/1Hwez4p)).

Is the program aimed at adults? 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 aloud key messages.

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.
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.

**Point #1: Too much sodium increases your risk for heart attack and stroke.**

- The Effects of Excess Sodium  
  (3-5 minutes—pick sections to read aloud)  

- Sodium and Your Health Printed Version  
  (3-5 minutes—ask groups to review and report back on the different topics covered)  

- Too Much Sodium  
  (3-5 minutes—pick sections to read aloud)  
  [http://bit.ly/1aW7o8X](http://bit.ly/1aW7o8X)

- Frequently Asked Questions About Sodium  
  (3-5 minutes—pick sections to read aloud)  

- Seven Salty Myths Busted  
  (3-5 minutes—pick sections to read aloud)  

- Sodium Quiz  
  (5-10 minutes—participants complete in small groups; requires internet connection)  
Point #2: Most of the sodium we eat comes from packaged, processed and restaurant foods.

Sneaky Salt
(1 minute 6 seconds)

The Salty Six
(3-5 minutes to read aloud)
http://bit.ly/1xB11SA

Processed Foods: Where is All That Salt Coming From?
(5-10 minutes for small group discussion)
http://bit.ly/1wKncih

How Much Sodium Should You Eat?
(5-10 minutes—open page online and review how food labels help you learn about the amount of sodium in a food)
http://bit.ly/1I0VckE

How Much Sodium Should You Eat?
(5-10 minutes—print website page to review as print document)
http://bit.ly/1I0VckE

Understanding Food Nutrition Labels
(10-15 minutes to review online)
http://bit.ly/1INSQ6I

Understanding Food Nutrition Labels
(10-15 minutes—print website page to review as print document)
http://bit.ly/1INSQ6I

Point #3: Take steps to reduce sodium when shopping, cooking and eating out.

Sodium Swap Challenge–Infographic
(5-10 minutes for small group discussion)
http://bit.ly/1zRGk0U

Breaking Up with Excess Sodium: How to Reduce Salt in Your Diet
(3-5 minutes to read aloud)
http://bit.ly/1INTpxl
How to Track Your Sodium—Article
(2 minutes to review article and form)
http://bit.ly/1zRGLZ8

Sodium Tracker
(2 minutes to review form)
http://bit.ly/1d60Q9b

Heart Check Food Certification Program Tour
(10-15 minutes for a quick walk-through of high-level features)
http://bit.ly/1JhWCJ7

Sodium Website Tour
(5-10 minutes for a quick walk-through of features)

Healthier Condiments and Seasoning Alternatives
(5-10 minutes for small group discussion)
http://bit.ly/1DV3f75

Seasoning Alternatives
(5-10 minutes for small group discussion)
(click the “Seasoning Alternatives” tab)
http://bit.ly/1Fi0RSr

Recipes With Less Sodium
(15-minute demo of recipe; English and Spanish available)
http://bit.ly/1yYgsiq

Cooking Skills Videos
(Ranging from 3 to 7 1/2 minutes; English and Spanish language versions available)
http://bit.ly/1INVx0W

I Pledge to Reduce The Sodium I Eat
(Encourage participants to take the pledge online, requires internet connection; recite pledge together)
http://bit.ly/1EVbGLr