

# DID YOU KNOW?

## *Sodium*

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### FUN FACTS

- Sea salt **does NOT contain less sodium** than table salt. Sea salt and table salt have essentially the same amount of sodium.
- Food is NOT the only source of sodium - some **over the counter medications** contain high levels of sodium - be sure to carefully read labels. Some companies make low sodium versions of their products. If you take any over the counter medications it's a good idea to discuss with your doctor to see if these might be a hidden source of sodium!
- There are other ways to flavor food aside from salt - there are so many ways to bring flavor to food aside from salt. There are sodium free or low sodium “salt” options like Mrs Dash or just adding herbs, spices or citrus works well too (see handout .
- More than 75% of our sodium comes from restaurant or processed foods and not the salt shaker - this is why it is so important to read the Nutrition Facts Label!
- These food products are often highest in sodium - it is important to pay attention to sodium content by checking the nutrition facts label when shopping for these items:
  - Bread and rolls
  - Soups - canned or prepared foods
  - Cold cuts or cured meats (sausage, bacon, turkey bacon, Canadian bacon, ham, jerky, charcuterie meats)
  - Pizza - frozen or from a restaurant
  - Sandwiches or burgers