



# 7 Salty Myths Busted

**MYTH:** Eliminate sodium completely for good health.

**Sodium** is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.



**MYTH:** Sea salt has less sodium than table salt.

**Sea salt** is popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

**MYTH:** I usually don't salt my food, so I don't eat too much sodium.



Over 75% of sodium people in the U.S. consume is estimated to come from processed and ready meals — not the saltshaker.

That's why it's important to compare Nutrition Facts labels and serving sizes.

**MYTH:** Lower sodium foods have no taste.

There is a rich world of creative and flavorful **alternatives to salt**. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!

**MYTH:** High levels of sodium are only found in food.

Some **over-the-counter medications** contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products. Check with your health care professional regarding sodium content in your prescription medications.



**MYTH:** I don't eat a lot of salty food so I don't eat too much sodium.



Sodium is found in **almost all foods** including mixed dishes such as sandwiches, burgers and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.

**MYTH:** My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart Association recommends no more than **2,300 milligrams (mg) a day** and 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 help improve your blood pressure and heart health.

