



MAYO CLINIC
HEALTH SYSTEM

Salty news for your diet

WHERE DOES THE SODIUM WE EAT COME FROM?

Source: Centers for Disease Control



ON AVERAGE, AMERICAN ADULTS EAT MORE THAN 2X THE RECOMMENDED LIMIT OF SODIUM.

Source: American Heart Association



CHECK YOUR FOOD LABELS FOR THESE INGREDIENTS INCLUDING SALT OR SODIUM-CONTAINING COMPOUNDS.

Source: Mayo Clinic

- Monosodium glutamate (MSG)
- Baking soda (also called sodium bicarbonate)
- Baking powder
- Disodium phosphate
- Sodium alginate
- Sodium citrate
- Sodium nitrite