How to Eat the Right Amount of Salt

- Salt is also called "sodium" and is found in many foods.

- Many foods you eat have salt even if you can't see it or taste it or you have not added it yourself.

- Choose foods that are low in salt.

- Don't add salt when you cook.

- Take the salt shaker off the table.

- Take in between 2000 and 2500 milligrams (mg) of sodium each day unless your doctor recommends a different amount for you.

Eating the right amount of salt will help you feel better.

- Salt makes your body hold water, sort of like a sponge.

- Eating too much salt can make your legs, feet and belly swell up and make you hold water in your lungs, making you short of breath.

- Low salt does not mean no salt. Your body and heart need some salt to work normally.

Remember

Most of the sodium we eat comes from prepared or packaged foods and eating out. Fresh foods are naturally low in sodium.