

# STACKED AGAINST US.

Are you or someone you love trying not to eat too much sodium? **That's not as easy as it sounds.**

The average American takes in at least 50% more sodium than the recommended daily maximum. **And less than 5% of that sodium comes pouring out of the salt shaker at the table.** Another 6% comes from home food preparation (like adding salt to boiling



the big number

# 1500

Between the bread, the lunch meat, the cheese, and condiments, an innocent sandwich can easily add up to 1500 of your daily max of 2300 mg of sodium.

pasta) and 14% occurs naturally in unprocessed foods, including eggs, milk, chicken, beef, and even veggies like celery. But none of those sources really make a difference compared to the real culprit: **fully 75% of the sodium we eat comes from restaurant food and processed grocery store food** – like snack foods, pizza, soup, frozen meals, lunch meats, processed cheese, and even bread, cereal, and soda – **where it's much harder to spot and control.**

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

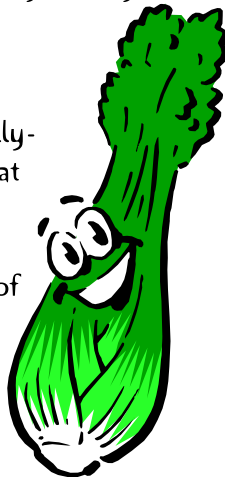
“STACKED AGAINST US”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

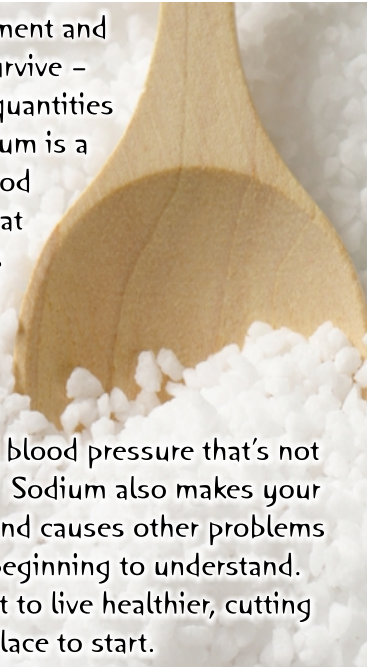
### CELERY

Even fresh vegetables contain naturally-occurring sodium, but not enough that you should worry about eating too many veggies! Celery, for instance, contains among the highest amount of sodium of any veggie – 30 mg per medium stalk. Which means 10 stalks only gets you to 300 mg of your 2300 mg max per day.



## LIVE HEALTHIER

Sodium is a natural element and our bodies need it to survive – but not in the massive quantities that we consume! Sodium is a prime cause of high blood pressure, a condition that afflicts 1 in 4 Americans and contributes to over 500,000 deaths a year in our country. Another 1 in 3 Americans has elevated blood pressure that's not quite in the high range. Sodium also makes your body hold extra water and causes other problems that scientists are just beginning to understand. Bottom line: if you want to live healthier, cutting back on salt is a great place to start.



## PLAY HARDER



If you exercise really hard for a long time and sweat a lot, you can lose a lot of sodium – as much as 2400 mg per hour of intense exercise for someone who is a “salty sweater.” Such folks may not need to think as much about sodium and may even benefit from the extra sodium and electrolytes in “sports” drinks.

## LEARN EASIER

Here's something we should all learn: “salt” and “sodium” aren't exactly the same thing. Sodium is the name you see on nutrition labels. You should eat a maximum of 2300 mg a day of sodium a day. Table salt contains about 40% sodium. There's 2300 mg of sodium in each tiny teaspoonful of table salt.



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal counts as a complete lunch!

*Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, all of the meals we serve must include fruit or vegetable servings.*