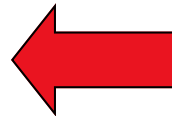


March 2013

Eat less sodium



Look for the Heart-Check mark to find products that meet the American Heart Association's criteria for a heart-healthy food.

heartcheckmark.org



Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

KNOW THE SALTY 6

Common food that may be loaded with excess sodium:

1. Breads & Rolls
2. Cold Cuts & Cured Meats
3. Pizza
4. Poultry
5. Soup
6. Sandwiches

