



American Heart Association®

Healthy for Good™

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.



heart.org/Sodium