DID YOU KNOW?

- One teaspoon of table salt contains 2,300 mg of sodium
- The average American eats 3,400 mg of sodium daily!
- The American Heart Association recommends less than 2,300 mg per day for healthy adults
- More than 60% of sodium Americans consume comes from foods bought at the grocery store

Nature’s Own White Bread Slices (2) 220 mg

Hillshire Farm Thin Sliced Honey Ham 690 mg

Papa John’s “Works” Pizza Slices (2) 1780 mg

McDonald’s Big Mac Extra Value Meal 1230 mg

Panera Frontega Chicken Panini 2050 mg

Campbell’s Chicken Noodle Soup 993 mg

Taco Bell Soft Tacos (2) 1030 mg

6” Subway Italian B.M.T with Cheese 1450 mg

Stouffer’s Meatloaf Frozen Dinner 960 mg

McDonald’s Chicken Nuggets (10 Count) 840 mg