How much salt do you eat?

The popular foods shown in this chart have a lot of salt. Your body only needs about a teaspoon of salt a day to keep you healthy. Many of us eat much more than this.

Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

To avoid health problems from eating too much salt:

• Don’t use table salt.

• Avoid or limit eating fast-foods. They may be cheap and tasty, but they often have a lot of “hidden salt.”

• Use spices, onions, or garlic to flavor foods.

Look for food labels that say "10% or less sodium" when you shop.

No-salt and low-salt foods are good for the whole family!

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* All numbers are rounded to the nearest whole number.
Source: Pennington, Jean A. Bowes & Church Food Values of Portions Commonly Used. Lippincott Williams & Wilkins. © 1998.