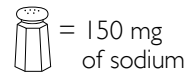


HIDDEN SALTS AND DIABETES

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.










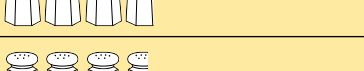
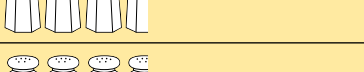



Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

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!

Macaroni and cheese , 1 cup 1,340mg of sodium	
Canned chili with beans , 1 cup 1,340mg	
Canned chicken noodle , 1 1/2 ounces 1,320mg	
Corned beef brisket , 3 ounces 960mg	
Canned sauerkraut , 1 cup 940mg	
Pickle , 1 large 830mg	
Chicken bouillon , one 4-gram cube 740mg	
Deli ham meat , 2 ounces 740mg	
Hot dog (beef) , one 580mg	
Fresh Baked Biscuit , 3 inches 540mg	
Cup-A-Soup (chicken) , one 540mg	
Pasta sauce , 1/2 cup 520mg	
American cheese , 1 ounce 410mg	
Canned peas , 1 cup 430mg	

* 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.

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