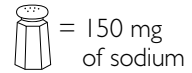


HIDDEN SALTS AND DIABETES

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, 11 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.