

“Shake The Sodium Habit”

The American Heart Association recommends that all people reduce their sodium intake to no more than 2,400 mg per day. For reasons that are not completely understood, salt can play a part in raising blood pressure in people who are salt sensitive. Not everyone is salt sensitive and there is no test for salt sensitivity, therefore, it makes sense for everyone to follow a prudent approach and limit sodium to 2,400 mg per day.

Self Test

Select the food in each pair that contains the most sodium.

Canadian bacon	Regular bacon
Yogurt (8 oz.)	Buttermilk (8 oz.)
Vegetable juice (6 oz.)	Cranberry juice (6 oz.)
Tonic water (6 oz.)	Club soda (6 oz.)
Pancakes (3 cakes)	English muffin (1)
Cornflakes (1 cup)	Puffed wheat cereal (1 cup)
Processed American Cheese (1 oz.)	Cheddar cheese (1 oz.)

ANSWERS:

Canadian bacon – 877 mg	vs.	Regular bacon – 905 mg
Yogurt (8 oz.) – 133 mg	vs.	Buttermilk (8 oz.) – 257 mg
Vegetable juice (6 oz.) – 644 mg	vs.	Cranberry juice (6 oz.) – 4 mg
Tonic water (6 oz.) – 8 mg	vs.	Club soda (6 oz.) – 30 mg
Pancakes (3) – 450 mg	vs.	English muffin (1) – 385 mg
Cornflakes (1 c.) – 201 mg	vs.	Puffed wheat cereal (1 c.) – 0 mg
Processed American cheese (1 oz.) 381 mg.	vs.	Cheddar cheese (1 oz.) – 176 mg