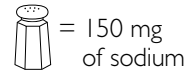


# HIDDEN SALTS AND DIABETES

## 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.




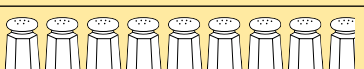





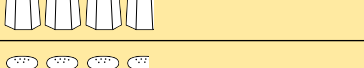

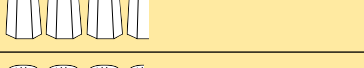


Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

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!

|  |   |
|--|---|
| <b>Macaroni and cheese, 1 cup</b><br>1,340mg of sodium |    |
| <b>Canned chili with beans, 1 cup</b><br>1,340mg       |    |
| <b>Canned chicken noodle, 11 ounces</b><br>1,320mg     |    |
| <b>Corned beef brisket, 3 ounces</b><br>960mg          |    |
| <b>Canned sauerkraut, 1 cup</b><br>940mg               |    |
| <b>Pickle, 1 large</b><br>830mg                        |   |
| <b>Chicken bouillon, one 4-gram cube</b><br>740mg      |  |
| <b>Deli ham meat, 2 ounces</b><br>740mg                |  |
| <b>Hot dog (beef), one</b><br>580mg                    |  |
| <b>Fresh Baked Biscuit, 3 inches</b><br>540mg          |  |
| <b>Cup-A-Soup (chicken), one</b><br>540mg              |  |
| <b>Pasta sauce, 1/2 cup</b><br>520mg                   |  |
| <b>American cheese, 1 ounce</b><br>410mg               |  |
| <b>Canned peas, 1 cup</b><br>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.