

# Reducing Sodium: From Menu to Mouth



Excess sodium can lead to high blood pressure, a major contributor to **heart disease** and **stroke**



Home prepared meals have **less sodium** than meals prepared in fast food or sit down restaurants

## What Can You Do?

**Ask for sodium content before ordering, or check online before eating out.**



Home prepared meals have less sodium per calorie than meals prepared in fast food or sit down restaurants, on average



Food from fast food restaurants contains **1,848 mg** sodium per 1,000 calories, on average



Food from sit-down restaurants contains **2,090 mg** sodium per 1,000 calories, on average

**2,300mg**  
**Sodium**  
per day

The U.S. Dietary Guidelines recommend limiting sodium to less than **2,300 mg/day**, and about 6 in 10 adults should further limit sodium to **1,500 mg/day\***

\* Refers to those age 51 and older, and those of any age with high blood pressure, diabetes, or chronic kidney disease.

\*\* Averages are for 2012-2013

1 IOM Strategies to Reduce Sodium Intake in the United States

2 Sodium content was determined using [MenuStat.org](http://MenuStat.org)

## TOP 6

Sources of Sodium from Restaurant Foods<sup>1,2</sup>

**Choose wisely to stay under 2,300 mg\*\***



**170 to 7,260mg**  
(per sandwich)



**393 to 4,163mg**  
(per slice of pizza containing meat)



**200 to 2,940 mg**  
(per burger)



**62 to 7,358 mg**  
(per chicken entrée)



**250 to 4,870 mg**  
(per Mexican entrée)



**4 to 4,530 mg**  
(per salad)

