

Read the article.

Too Much of a Salty Thing

Sodium Overload

The salt on your table contains sodium and chloride. These minerals are good for you in small amounts. Unfortunately, most people eat way too much sodium. This can cause extra fluid in the body. It can lead to high blood pressure, which is hard on the heart.

How much sodium is healthy? The American Heart Association says no more than 1,500 milligrams per day. That's a little less than $\frac{3}{4}$ teaspoon of table salt. Most people eat twice this amount.

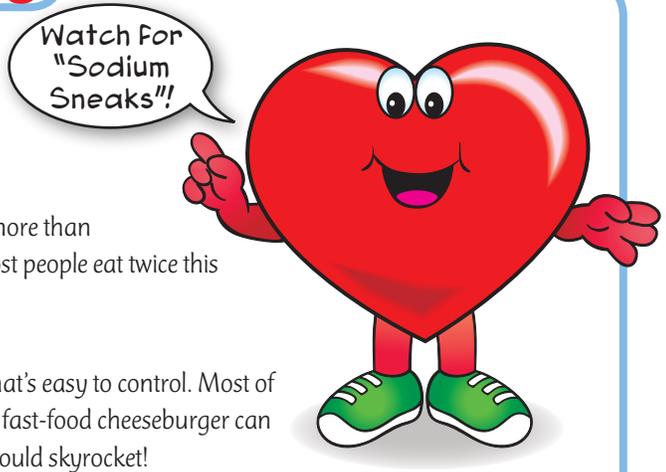
Sneaky Sodium

The salt you sprinkle on your food isn't the biggest part of the problem. That's easy to control. Most of the salt we eat comes from two sneaky sources. The first is restaurant food. A fast-food cheeseburger can have half of your day's sodium or more. Add french fries, and your sodium could skyrocket!

The other big source of sneaky sodium is foods that come in packages. We all know snack foods like potato chips are salty. But many foods we think are healthy can add a lot of sodium to our diets, too. These foods have been nicknamed the "Salty Six." They are bread and rolls, cold cuts and cured meats, pizza, soup, sandwiches, and poultry. For example, some fresh chicken is injected with flavor solutions. These solutions can include high amounts of sodium.

Tricking the Sodium Sneaks

Cutting down on sodium can be done, but it takes planning. First, check the Nutrition Facts label on packaged foods. The label lists how much sodium is in one serving. Compare labels. Choose the product with the lowest amount of sodium. You might be surprised that different brands of the same food can have different sodium levels. Also look for the American Heart Association's Heart-Check Mark on food packages. It will help you find foods that can be part of a heart-healthy diet.



Write the answers.

1. Table salt is a combination of _____ and _____.
2. How much sodium is healthy to eat every day? _____
 a. 1,900 mg b. 1,500 mg c. 2,400 mg
3. Most of the sodium people eat comes from _____

4. What are the "Salty Six"? _____

5. How do you find out how much sodium is in packaged food? _____

(RI.3.1)
Answer Key

“Too Much of a Salty Thing”

1. sodium and chloride
2. b
3. restaurant food and processed or packaged foods
4. breads and rolls, cold cuts and cured meats, pizza, soup, sandwiches, poultry
5. Read the nutrition facts label.