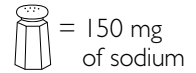


# HIDDEN SALTS AND DIABETES

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