

# NATIONAL EATING HEALTHY DAY, WEDNESDAY NOVEMBER 6TH

Heart disease and stroke affect everyone in this country — you, your neighbors and your loved ones. But beating these deadly diseases doesn't have to mean radical fad diets and crazy exercise trends that are only temporary fixes. A long life of heart health is about taking small steps each day to change how you eat and live. As those small steps add up, you'll change your life for the better.

Ready to make a change? Take one step at a time. Your goal for today is to make half your plate fruits and vegetables!!!!

Test your sodium knowledge by answering the following six questions.

1. There is a direct relationship between sodium intake and blood pressure.

- A. True
- B. False

2. How much sodium does the body need daily?

- A. 1,000 mg
- B. 2,300 mg
- C. 200 mg
- D. None of the above

3. Most of the salt people consume is added at the table.

- A. True
- B. False

4. Healthy American adults should eat less than 1,500 mg of sodium per day. What is the average amount of sodium consumed by most Americans over the age of two?

- A. About 1,500 mg
- B. About 2,300 mg
- C. Over 3,000 mg
- D. Over 5,000 mg

5. When reading food labels to count sodium content, baking soda should be counted toward the total.

- A. True
- B. False

6. Kosher salt and sea salt are low-sodium alternatives to table salt.

- A. True
- B. False



"My doctor told me to eat 5 fruits and vegetables every day. Today I had 3 raisins and 2 peas."

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Answers below, don't peek!!

## Answer Key

1. True. Sodium plays a role in regulating fluids and blood pressure in the body. Too much sodium in your system causes your body to retain water, which puts an extra burden on your heart and blood vessels. Reducing the amount of sodium in your diet may help you lower or avoid high blood pressure.
2. 200 mg. Your body doesn't need much sodium for daily functions and fluid maintenance. Americans consume an average of 3,000-3,600 mg of sodium each day.
3. False. About 75 percent of dietary sodium comes from processed food. Salt added at the table accounts for only about 6 percent.
4. Over 3,000 mg. Many of our prepared foods contain excessive amounts of sodium, which can make it difficult to notice our sodium intake. Read labels and choose fresh foods when possible, and resist adding table salt for flavoring. Instead try seasoning with herbs and spices.
5. True. When buying prepared foods, always read the nutrition label for the sodium content. Compare the sodium content of similar products to find those with less sodium. Watch for the words "soda" (referring to sodium bicarbonate, or baking soda) and "sodium" and the symbol "Na." These products contain sodium compounds that count toward your daily sodium intake. For instance, 1 teaspoon of baking soda contains 1,000 mg of sodium.
6. False. Kosher salt and sea salt are about the same as table salt- 40 percent sodium- and count the same toward the total sodium consumption.

Source: <http://startwalkingnow.org/StartEatingHealthyDay.jsp>