

A weekly resource
for your well-being



A TIP FOR TENNESSEANS

April 4, 2017

The salty truth about sodium.

Do you know which food is higher in sodium (salt)?

- A. One slice of white bread
- B. One ounce of potato chips

The answer is A.¹ In fact, the number one source of most Americans' daily salt intake is from processed foods like breads and rolls. And almost half of the salt we eat each day comes from [10 types of food](#). Most of us take in about 3,500 milligrams of salt every day. But health experts suggest a daily goal of 1,500 – 2,300 milligrams. Eating less salt may help:

- Prevent or control high blood pressure
- Lower stroke risk
- Prevent heart attack

Learn how to [reduce sodium](#) at home, the supermarket or a restaurant.



Get some extra support.

Watch this short health coaching [video](#) to learn how it can help you reach or maintain a well-being goal.



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¹ Sources:

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