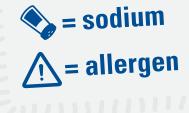


BEWARE OF **Sedium** And Hidden **ALLERGENS** IN YOUR BBO

Too much salt puts you at risk for serious medical conditions like **high blood pressure**, **heart disease and stroke**.



45mg/can Soda

160mg/tbsp Prepared tomato products

(ketchup, sauces, drinks)









Mixed salads

may contain nuts, gluten, corn)

Hot Dogs





150-300mg/piece Chicken

(many raw chicken products are soaked in a solution, usually a salt water marinade for flavor and moistness)





Potato & macaroni salads



Oil (on grill from seafood, or any oils mixing from other grilled foods)

up to **780**mg/each Sausages



Low Fat

Cheese (especially processed cheese)

Silice

150-200mg/tbsp "Low Fat"

(foods use salt to make up for flavor loss)

200-300mg/slice

Cured meats (like bacon and salami)

RECOMMENDED SODIUM INTAKE

Oľ





if over age 51, African American, or have high blood pressure, diabetes, or kidney disease

SODIUM SYOUR HEALTH

In addition to standard high blood pressure (hypertension), pulmonary hypertension (PH) is high blood pressure in the lungs, which also affects the heart. **Symptoms include:**

- shortness of breath
- Iow oxygen levels
- chest pain
- near-fainting/fainting
 heart rhythm problems
 possible heart failure

Too much sodium can worsen PH.

njhealth.org 1.800.222 LUNG (800.222.5864)

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