




BEWARE OF SODIUM AND HIDDEN ALLERGENS IN YOUR BBQ

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

 = sodium
 = allergen

 **45mg/can**
Soda


 **160mg/tbsp**
Prepared tomato products
(ketchup, sauces, drinks)

 **Green beans**
(with added seasonings/toppings)


 **300-500mg/2 tbsp**
Salad dressings
(especially Italian)

 **Mixed salads**
(may contain nuts, gluten, corn)

 **up to 780mg/each**
Hot Dogs


 **Breads**
(wheat, gluten)

 **227mg/ounce**
Pickle relish


 **150-300mg/piece**
Chicken
(many raw chicken products are soaked in a solution, usually a salt water marinade for flavor and moistness)

 **1100mg/cup**
Baked beans

 **500-600mg/cup**
Potato & macaroni salads

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

 **up to 780mg/each**
Sausages

 **Salad dressing**
(nuts, gluten, corn)

 **200mg/slice**
Cheese
(especially processed cheese)


 **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


2,300mg/day

or


1,500mg/day
if over age 51, African American, or have high blood pressure, diabetes, or kidney disease

SODIUM & YOUR 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
- ◆ low oxygen levels
- ◆ chest pain
- ◆ near-fainting/fainting
- ◆ heart rhythm problems
- ◆ possible heart failure

Too much sodium can worsen PH.