

SHAKING THE SODIUM OUT OF YOUR BBQ



A Typical BBQ Meal

3,233 mg



Recommended Sodium Intake

1,500 mg/day*

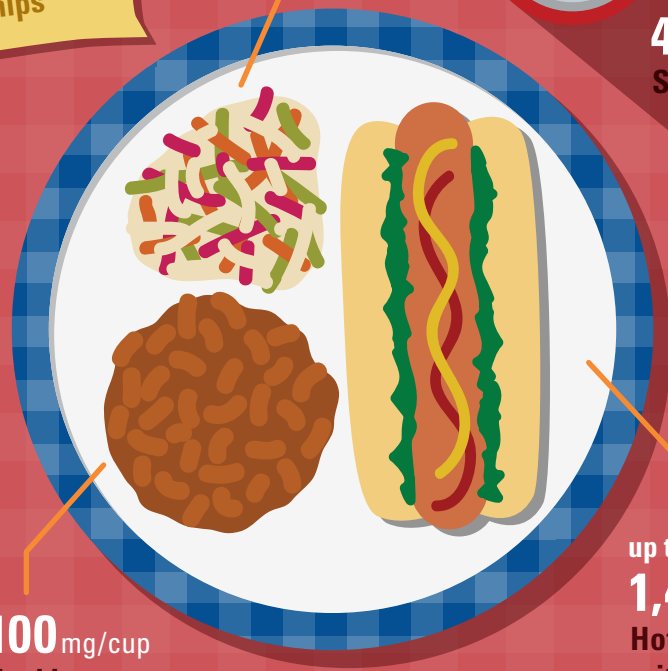


262 mg
Chips

388 mg/cup
Coleslaw



45 mg/can
Soda



1,100 mg/cup
Baked beans

up to **1,434 mg/ea.**
Hot dog with fixings



Too much sodium increases your risk of high blood pressure, heart disease and stroke. Sodium is hidden in prepared and processed foods including hot dogs, lunch meat, canned foods, sauces, dressings, store-made salads and processed cheese.

Reduce Your Sodium Intake with These Healthier Options



Fresh meat: fish, chicken or other lean meats



Hearty vegetables: Portobello mushrooms, asparagus, eggplant, quinoa burger



Fresh fruit and vegetable salads with low-sodium dressings



Enhance flavor with lemon juice and herbs



Sweet or white potato fries baked in light olive oil drizzle



Make-your-own-condiments



Low or no sodium condiments



Use prepared toppings sparingly



Water, fruit-infused water



Unsweetened iced tea

* The American Heart Association recommendation if you are over age 51, African American, or have high blood pressure, diabetes or kidney disease

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