

WELL BALANCED

- FEBRUARY 2025 -

Heart Month



One impactful way to improve heart health is by reducing sodium intake.

- » 90% of adults and children consume more than the recommended daily amount of sodium.
- » The recommended daily amount of sodium is 2,300 mg (1 teaspoon); most adults consume 3,400 mg per day.

If you want to improve your heart health by reducing your sodium intake, consider making some changes to how you shop for groceries, cook at home, and order meals when dining out.

- » Grocery Shopping
 - Choose fresh options.
 - Read food labels.
 - Talk to a nutrition expert.
- » Cooking at Home
 - Limit table salt.
 - Rinse canned items with water.
 - Be mindful of condiments.
- » Dining Out
 - Review nutritional information ahead of time.
 - Ask for no salt and dressings on the side.
 - Share your meal.

Heart disease is the leading cause of death for both men and women in the United States.

Risk Factors for Developing Heart Disease	Strategies to Prevent Heart Disease
Eating a poor diet	Following a heart-healthy diet
Being sedentary	Getting and staying active
Excessive alcohol consumption	Consuming alcohol in moderation
Smoking	Quitting smoking/vaping
Living a high-stress lifestyle	Managing stress
Being overweight or obese	Maintaining a healthy weight
Having diabetes	Controlling cholesterol, blood glucose, and blood pressure
	Getting enough sleep

Resources

- » Tips for Reducing Sodium Intake ([cdc.gov](https://www.cdc.gov))
- » Sodium in Your Diet ([fda.gov](https://www.fda.gov))
- » 5 Ways to Cut Down on Sodium and Improve Heart Health ([nhlbi.nih.gov](https://www.nhlbi.nih.gov))
- » Keep your Heart Healthy ([odphp.health.gov](https://www.odphp.health.gov))

For more information, refer to the **February Well Balanced Newsletter** from the **Wellness Alliance!**



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