

We had beautiful, cool weather for our September walk! Thanks to all who joined us. Dr. Hesterberg shared some information about sodium, here are 5 takeaway points to remember:

1. Diets high in sodium/salt are associated with increase risk of heart attack, stroke and heart failure
2. 2000 mg, 2 grams or about 1 teaspoon of sodium or less per day is the amount recommended
3. Most salt or sodium in our diets does not come from a salt shaker or us adding salt to our home cooked meals. Foods high in sodium or salt include canned foods, frozen foods, chips, crackers, but sodium is added to many foods we buy, including bread and cereal
4. Eating at restaurants or fast food is another source of salt or sodium in our diets
5. Reading nutrition labels helps to know how much salt or sodium is in your food. When eating out, asking for sauces on the side, looking for "heart healthy" options or looking at nutritional facts before ordering can help you make low sodium choices

See you at the next walk!