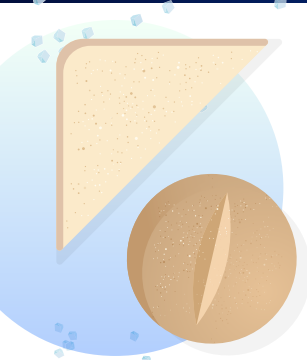


# 10 Surprising Salt Sources

On average, Americans eat more than **3,400 mg of sodium** each day—far more than the American Heart Association’s recommended ideal limit of 1,500 mg per day. To help you make informed choices, here are the 10 foods that contribute the most sodium to our diets, along with tips for dialing back the salt for each.

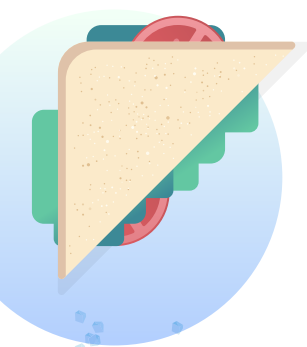


## Bread and Rolls

Even if bread doesn’t taste salty, each slice can easily include 150 mg of sodium. That means 2 slices is already 20% of your 1,500 mg daily allowance. Check the nutrition facts panel on labels and select lower-sodium varieties.

## Pizza

Salty dough, sauce, cheese, and toppings like pepperoni, sausage, and olives add up to a high-sodium meal. To cut back, try thin crust, less cheese, and veggie toppings like mushrooms, onions, and peppers.

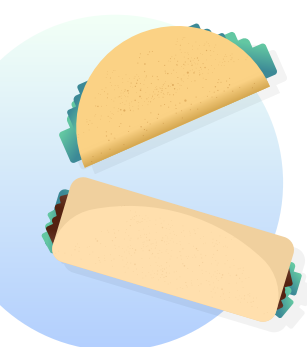
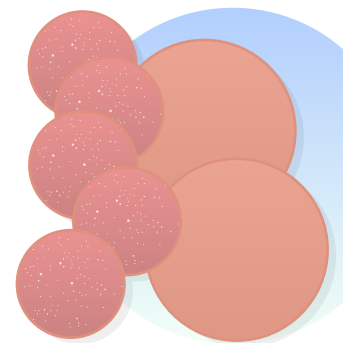


## Sandwiches

Bread + cold cuts + cheese + salty condiments + oversized portions = sodium bomb. Simple switches: Try low-sodium lunch meat and add veggies instead of cheese, pickled peppers, and olives.

## Cold Cuts and Cured Meats

Salty dough, sauce, cheese, and toppings like pepperoni, sausage, and olives add up to a high-sodium meal. To cut back, try thin crust, less cheese, and veggie toppings like mushrooms, onions, and peppers.



## Burritos and Tacos

Seasoned meat, cheese, salsa, and guacamole can all pack a salty punch. At home, try low-sodium cheese, sliced avocado, and chopped tomato, onion, and cilantro. Eating out? Try a salad bowl to skip the tortillas and rice.

## Soups

One cup of canned soup can contain up to 940 mg of sodium. So choose low-sodium varieties at the store, and when cooking, start with low-sodium broth and add flavor with spices, vinegar, and lemon or lime juice.



## Savory Snacks

Chips, pretzels, popcorn, crackers — snack food and salt tend to go hand in hand. Look for unsalted or low-sodium versions of your favorite snacks. Or try unsalted nuts, fresh fruit, and vegetables with a refreshing crunch, like bell pepper slices and cucumber spears.



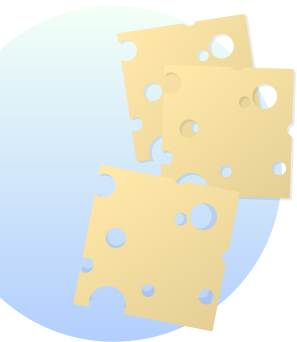
## Chicken

This popular protein's sodium content can vary widely depending on how it's been prepared. At restaurants, opt for unseasoned, grilled chicken rather than rotisserie, fried, or marinated. At the grocery store, choose the brand with the least sodium per serving on the nutrition facts label.



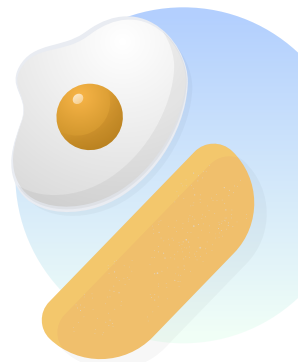
## Cheese

Sodium content varies by type of cheese and brand. A study published in BMJ Open found halloumi, blue cheese, feta, processed cheese singles, and Parmesan were among the highest. Lower-sodium options included goat cheese and mozzarella. No matter which you choose, enjoy it in moderation.



## Eggs and Omelets

With only 62 mg of sodium per large egg, eggs themselves aren't high in salt. But egg dishes, especially at restaurants, often are. Ask the chef to leave out the salt, and for omelets, choose low- or no-sodium fillings like spinach, avocado, and onions instead of cheese and ham.



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