

TAKE THE HIDDEN SODIUM QUIZ

Q: Which of these foods often hides up to half of the recommended daily sodium for most adults?

a CHEESEBURGER



b TOMATO SOUP



c SANDWICH



d PIZZA



A: All of the above.



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Americans get **more than 75%** of their daily sodium from dining out and eating packaged or processed foods. Many of these foods don't even taste salty.

To help lower your sodium intake:

- Choose plenty of fresh fruits and vegetables.
- Order smaller portion sizes or take half home with you.
- Request no added salt in your meal.



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