

# Penn State **Extension**

## Reducing Sodium: From Menu to Mouth



Excess sodium can lead to high blood pressure, a major contributor to **heart disease** and **stroke**.



Home prepared meals have **less sodium** than meals prepared in fast food or sit down restaurants.

### What Can You Do?

**Ask for sodium content before ordering, or check online before eating out.**



Home prepared meals have less sodium per calorie than meals prepared in fast food or sit down restaurants, on average.



Food from fast food restaurants contains **1,848 mg** sodium per 1,000 calories, on average.



Food from sit-down restaurants contains **2,090 mg** sodium per 1,000 calories, on average.

The U.S. Dietary Guidelines recommend limiting sodium to less than **2,300 mg/day**, and about 6 in 10 adults should further limit sodium to **1,500 mg/day**.

## Top 6 Sources of Sodium from Restaurant Foods

Choose wisely to stay under 2,300 mg



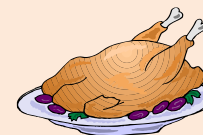
**180 to 5,880 mg**  
(per sandwich)



**250 to 1,391 mg**  
(per slice of pizza containing meat)



**200 to 3,880 mg**  
(per burger)



**62 to 5,650mg**  
(per chicken entrée)



**210 to 4,745 mg**  
(per Mexican entrée)



**4 to 4,530 mg**  
(per salad)



[www.cdc.gov/salt/images/sodium\\_menu\\_to\\_mouth1\\_small.jpg](http://www.cdc.gov/salt/images/sodium_menu_to_mouth1_small.jpg)  
[www.menustat.org](http://www.menustat.org) Accessed: July 8, 2014.

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