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 5,650 mg (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
www.menustat.org

extension.psu.edu