

## One Simple Change



### Track your sodium intake – (you could win a FitBit)

If you're like many people, you're getting far more sodium than is recommended, and that could lead to serious health problems. Consider that a single teaspoon of table salt has 2,325 milligrams (mg) of sodium. The Dietary Guidelines from the American Heart Association recommend limiting sodium to less than 1,500 a day. And it's not just table salt you have to worry about. Almost all processed and prepared foods contain sodium.

So why is too much salt a bad idea? Sodium attracts and holds water and when the sodium starts to build up in your blood, your blood volume increases, which makes your heart work harder and increases pressure in your arteries. High blood pressure and heart disease can follow if the problem is not managed.

So, this month, try to keep track of your salt intake on a daily basis. This will require you to read food labels, and journal the total mg of salt you ingest each day. It might surprise you just how much you are getting.

If you take this challenge, **send me your sodium totals for one week** (even if they are much too high) and you will be entered into a raffle **to win a FitBit activity tracker from MNHG!** Send your one week totals with your name and contact information to Marcy Morrison at: [Marcymohealth@verizon.net](mailto:Marcymohealth@verizon.net) or text me at 561-271-1655.

For more information visit [www.minuteman-nahsoba.org/wellness](http://www.minuteman-nahsoba.org/wellness)