Sodium: e-resources

Below are additional resources on sodium available online. For more online resources, visit http://www.cdc.gov/salt.

Centers for Disease Control and Prevention Resources

Salt Web Page

http://www.cdc.gov/salt

Podcasts: Living a Less Salty Life

http://www2c.cdc.gov/podcasts/player.asp?f=11112 (long version) http://www2c.cdc.gov/podcasts/player.asp?f=11113 (short version)

Radio Public Service Announcement: Too Much Salt Can Be Risky PSA

http://www2c.cdc.gov/podcasts/player.asp?f=760255

Health e-Card: Salt Intake

http://www2c.cdc.gov/ecards/message/message.asp?cardid=284&category=173

U.S. Food and Drug Administration Resource

Lowering Salt in Your Diet

http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm181577.htm

National Heart, Lung, and Blood Institute Resources

Reduce Salt and Sodium in Your Diet

http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm

National High Blood Pressure Education Program

http://www.nhlbi.nih.gov/about/nhbpep/index.htm

Healthy Eating

http://www.nhlbi.nih.gov/hbp/prevent/h eating/h eating.htm

U.S. Department of Agriculture Resources

What's in Food

Visit www.usda.gov and search "whats in food and salt"

Information on Salt/Sodium

Visit www.usda.gov and search "information sodium"







