

National Nutrition Month® 2017—Savor the Flavor with Less Salt

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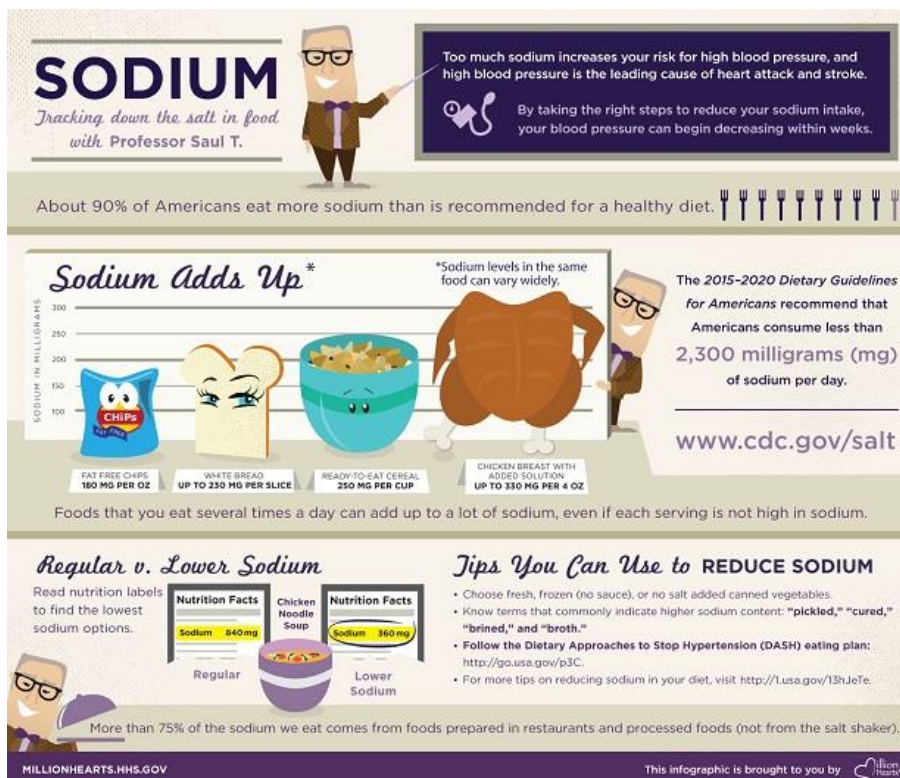
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March Focus

Healthy eating includes eating nutritious foods, but it also means limiting foods high in ingredients, such as salt, that can affect our health when consumed in excess. Most of the sodium we consume is in the form of salt, and while the body needs some sodium, too much can contribute to [high blood pressure and heart disease](#).

The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 milligrams of sodium per day as part of a healthy eating pattern. However, nearly [90% of Americans](#) consume more sodium than is recommended. Most of that sodium is found in places other than the salt shaker, such as processed, packaged, and restaurant foods. The good news? There are easy, manageable ways to lower your sodium intake at home, at the grocery store, and in your community!

For National Nutrition Month® 2017, Million Hearts® is encouraging Americans to reduce their sodium intake and make healthier meal choices. All month long, we'll be sharing sodium-savvy tips and resources to incorporate into your meals!



Get Involved

Follow Million Hearts® on Facebook and Twitter. Retweet and share our #NNM posts.

- Twitter (@MillionHeartsUS): <https://twitter.com/MillionHeartsUS>
- Facebook: <https://www.facebook.com/MillionHearts>

Key Messages

Use these key messages in original social media posts and other communications materials to help spread the word about National Nutrition Month®:

- *Make healthy food choices.* Simple food swaps can make your meals and snacks healthier. Look for opportunities throughout the day to add more fruits and vegetables to your plate. Start with [these ideas](#) for inspiration.
- *Skip the salt; keep the flavor.* Replace salt with flavorful spices and herbs, like thyme, rosemary, and pepper. Find a list of [recommended herbs and spices](#), and then get cooking!
- *Decode nutrition labels.* Read [nutrition labels](#) on packaged foods to see the amount of sodium per serving and choose the lower sodium option. Many canned foods are available in “no salt added” and reduced sodium versions.
- *Know before you go.* Nearly [25% of the sodium](#) we consume comes from restaurant meals. Knowing the amount of sodium in restaurant food can be a challenge. Check the online menu beforehand and scope out healthy options and substitutions. Ask that no salt be added to your meal and that dressings be served on the side.

Social Media

Share the social media content below on Twitter, Facebook, and Instagram.

Facebook

- Happy National Nutrition Month®! Learn how to have a heart-healthy diet by reducing your sodium intake. Need pointers on how to cut back on salt? Follow Million Hearts [tag] for tips and resources! #NNM <http://bit.ly/2k6jp1N>
- 9 in 10 Americans eat too much sodium, which can increase your risk for high blood pressure. The good news is that there are easy, manageable ways to lower the sodium in our diets! Learn how with these tips from CDC. #NNM <http://bit.ly/2aXvxfR>
- FACT: More than 75% of the sodium we eat comes from processed and restaurant foods, not the salt shaker! These tips can help YOU become a sodium-savvy shopper. #NNM <http://bit.ly/2kwqZD9>
- Savor the flavor with less salt. Find SALternatives for the whole family to make your meals healthier! #NNM <http://bit.ly/2kWXXQ6>

Twitter/Instagram

- Happy #NationalNutritionMonth! Learn how to reduce #sodium in your diet with these tips from @MillionHeartsUS! <http://bit.ly/2k6jp1N> #NNM
- 9 in 10 Americans eat more #sodium than recommended. Where’s the sodium in our diets? Get the facts: <http://bit.ly/2kwqZD9> #NNM

Click on each file to download and save it to your device.



Need a healthy snack?

Replace chips and dips with **cherries and berries**.

 www.heart.org/100mhearts

Sodium's favorite hiding spot?

Processed and restaurant foods.


 www.heart.org/100mhearts

Rethink your drink.

No- or low-calorie beverages are refreshing and heart-healthy.


 www.heart.org/100mhearts

Twitter




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Additional Resources

Below, find healthy eating and sodium reduction tips from Million Hearts®, CDC, and our partners.

Sodium Reduction Resources:

- [Sodium and Food Sources](#)
- [How to Reduce Sodium](#)
- [Sodium Reduction in Communities Program Success Stories](#)
- [Sodium Reduction Fact Sheets, Infographics, and Videos](#)

Healthy Eating Resources:

- [Healthy Eating and Lifestyle Resource Center](#)
- [Shopping and Cooking Tips](#)
- [Easy Meal Plans](#)
- [DASH Eating Plan](#)

We Want to Know!

Do you like these messages? Do they meet your needs? Tell us how we're doing! We want your feedback! We also want you to use these messages as you wish on your own communications channels. Please share the content in this newsletter!