

Pass (on) the SALT



Did you know?

- 1,500 mg per day = recommended
- 3,500 mg = average consumed
- 2,400 mg = 1 teaspoon SALT



Lots of fruits and veggies, whole grains, lean sources of protein and low fat dairy.

Rich in magnesium, calcium and potassium, DASH eating plan lowers blood pressure and LDL cholesterol.

Potassium rich foods

Baked potato with skin	610 mg
Yogurt—8 oz.	490 mg
Spaghetti sauce 1/2 cup	369 mg
Milk—8 oz.	366 mg
Banana	362 mg
Almonds - 1 oz.	206 mg
Orange	174 mg



Magnesium rich foods

Beans and lentils
Whole grains
Leafy green vegetables

“Foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.” FDA Approved Health Claim