To reduce your risk of chronic disease limit your sodium intake to the following:

**1500 mg/d limit**
- Persons 51 and older
- African Americans
- Persons with hypertension
- Children

**2300 mg/d limit for**
- Any other adult

We get much of our sodium from processed foods. The ingredient list on a package can help us decide if the food is processed. The longer the ingredient list, the more processing that has occurred.

**120/80 mm Hg. Keep YOUR blood pressure under control to reduce YOUR risk.**

### A DAY OF SODIUM

**3,210mg Sodium**
- 680mg sodium: Caesar salad (with dressing, no meat)
- 80mg sodium: 2 fun-sized candy bars
- 400mg sodium: Pretzels (1 oz.)
- 800mg sodium: Bacon, egg, cheese English muffin
- 1000mg sodium: 2 cups spaghetti with meat sauce
- 250mg sodium: 1 cup popcorn
- 500mg sodium: Homemade salad (feta, olive oil, balsamic dressing)
- 270mg sodium: Vegetables and ranch dressing
- 125mg sodium: Yogurt (8 oz.)

**A DAY OF SODIUM**

**1,379mg Sodium**
- 0mg sodium: Oatmeal with raisins
- 484mg sodium: 1 cup spaghetti with meat sauce
- 0mg sodium: Fresh fruit salad

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Be a label reader to make the best choice.

Canned Spaghetti and Meatballs 1 cup: 925mg

Frozen Spaghetti and Meatballs 1 cup: 568 mg

Spaghetti and Meat Sauce made from canned meat sauce 1 cup: 484 mg

Look for sodium on the food label to make the best choice.

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To keep your sodium intake low:
• Prepare YOUR meals.
• Enjoy MORE fruits and vegetables.
• Limit processed foods.

Beef Stir Fry
Serves 6

Ingredients
• 1 Tbsp vegetable oil
• 2 garlic cloves, chopped
• 1 small onion, chopped
• 1 pound lean beef, cut into thin strips (or other meats such as pork or chicken)
• 2 cups fresh or frozen vegetables (carrots, broccoli, cauliflower, peppers, snap peas, etc.)
• 2 cups cooked rice, hot (optional)
• 1/4 teaspoon red pepper flakes (optional)

Directions
1. Place stir-fry pan, wok or skillet over medium-high heat. Add 1 tablespoon vegetable oil.
2. When oil and pan are hot, add the garlic and onion; cook until the onions are browned.
3. Add the meat and cook until it begins to brown.
4. Add vegetables and stir until vegetables are tender.
5. Combine sauce mixture (see recipe below).
6. Pour into skillet with stir-fry. Cook until sauce bubbles.
7. Spoon stir-fry mixture over cooked rice. (optional)
8. Add red pepper flakes (optional).

Nutrition Facts
Serving Size 1 cup (228g)
Serving Per Container 2
Amount Per Serving
Calories 413
Total Fat 8g
Saturated Fat 2g
Trans Fat 0g
Cholesterol 30mg
Sodium 235mg
Total Carbohydrate 31g
Dietary Fiber 6g
Sugars 17g
Protein 19g

Stir-Fry Sauce
• 2 Tbsp cornstarch
• 1 1/2 cups cool water
• 3 Tbsp low-sodium soy sauce
• 1/2 tsp black pepper

Directions
1. Combine cornstarch and cool water. Mix well with a whisk or fork.
2. Stir in remaining ingredients.
3. The cornstarch will settle to the bottom, so stir again before adding sauce to stir fry.