

Healthy Eating Challenge

Hold the salt

Hold the salt means eating less salt (sodium). Canadians eat way too much. We need less than 2300 mg of sodium per day.

Most of the sodium we eat comes from processed foods like pizza, soups and sauces:



1 slice

654 mg



(1 cup)

890 mg



(1 Tbsp)

1038 mg



(1 cup)

1357 mg

For information on how to lower your sodium intake, go to www.healthyeatingstartshere.ca, search for [*Hold the Salt*](#).