



## Champions for Change

Arizona Department of Health Services



### **As an Eat Less Salt Champion for Change, I pledge to:**

- Keep my daily sodium intake to the recommended level of 2,300 milligrams per day.
  - Choose foods like fresh fruits and vegetables more often.
  - Look for sodium on the Nutrition Facts label.
  - Ask for foods low in sodium when I eat out and shop.
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I, \_\_\_\_\_ pledge to be a Champion for  
Change and lower my salt intake.

*Celia Nabor*

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Celia Nabor



## 10 Tips to Lower Your Salt.

1. Think fresh
2. Enjoy full-flavored, home-prepared foods
3. Fill up on foods naturally low in sodium
4. Get enough, but not too much, of some other foods low in sodium
5. Learn to enjoy the natural taste of foods
6. Skip the salt
7. Read the label
8. Learn the lingo
9. Ask for low-sodium foods where you eat out or shop
10. Pay attention to the condiments and seasonings you use

Cut Here



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