

WATCH THE SALT. LOOK FOR THE LABEL.



Philly has a sodium warning label on chain restaurant menus. Why? Because more sodium can lead to more health risks. So look for the label. And keep high blood pressure, heart disease and stroke off your plate.

 **SODIUM WARNING**

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SODIUM WARNING LABEL LAW

The sodium warning label law requires all chain restaurants in Philadelphia with 15 or more locations nationwide to include a sodium warning label on menu items that have 2,300 milligrams or more of sodium. Consuming too much sodium can increase your risk of high blood pressure, heart disease and stroke. The sodium warning label increases awareness about high sodium menu items and allows diners to make healthier choices.



71% of sodium in our diets comes from processed and restaurant foods.

Studies show customers underestimate sodium by 1,000 mg - by even more for higher sodium dishes.



Some items have more than the daily recommended amount of sodium (2,300 mg)!

TIPS FOR REDUCING SODIUM WHEN DINING OUT



LOOK FOR LABELS ON CHAIN RESTAURANT MENUS



TAKE HALF THE FOOD HOME



REQUEST LESS OR NO SALT IN YOUR MEAL



ASK FOR NUTRITION INFO OR SEARCH ONLINE



SHARE AN ENTRÉE WITH SOMEONE



LIMIT HOW OFTEN YOU EAT OUT



FOR ADDITIONAL INFORMATION VISIT US AT WWW.FOODFITPHILLY.ORG/SODIUMWARNING/