

## Top 10 Tips for Finding Hidden Salt

*Food is usually too salty if...*

1. It tastes salty, or you can see the salt on it.
2. It comes in a can or a box.
3. It doesn't need refrigeration or stays fresh for a long time.
4. The label says "instant" or "quick."
5. It's processed meat like lunch meat, deli meat, hot dogs, ham, sausage.
6. It only needs a microwave for cooking.
7. There's more than 400 mg of sodium per serving
8. Salt or sodium is listed in the first 10 ingredients.
9. It has more than 10% of the daily sodium value per serving.
10. You got it from a fast food restaurant.