



About 75% of the total sodium (salt) you get in your diet comes from sodium already in packaged and restaurant foods, not from the salt shaker, said an FDA deputy commissioner. That makes it very difficult for you to reduce your sodium intake because the foods you have available to you in the marketplace already have high levels in them.

So what can you do? The FDA offers some advice:

- When shopping for food, read food labels and choose foods that are lower in sodium.
- Foods providing 5% (Percent Daily Value or %DV on the label) are considered low. And 20%DV is considered high (avoid these foods).
- The CDC identified 10 surprising foods as the greatest sources of sodium: breads and rolls; luncheon meat, such as deli ham or turkey; pizza; poultry, fresh and processed, much of the raw chicken bought from a store has been injected with a sodium solution; soups; cheeseburgers and other sandwiches; cheese, natural and processed; pasta dishes; meat dishes, such as meat loaf with gravy; and savory snack foods, such as potato chips, pretzels, and popcorn.

