




Nutrition and Aging
Resource Center





Sodium Reduction

Social Media Toolkit

Please feel free to use any or all of the following sample posts for your social media presence. As always, tag us in your nutrition posts @Aging.Nutrition so we can share your amazing work as well!

Post #1

 Eating a balanced and nutritious diet is one of the best things you can do for your health! Here are some tips for incorporating healthy foods into your diet while also reducing your sodium intake. #nutrition #healthyeating #balanceddiet #lowsodium

-  Eat plenty of fruits and vegetables: These nutrient-packed foods are great sources of vitamins, minerals, and fiber, and are naturally low in sodium.
-  Choose lean protein sources: Chicken, fish, beans, and tofu are all great options. Try to avoid processed meats, which tend to be high in sodium.
-  Eat whole grains: Whole-wheat bread, brown rice, and quinoa are all good sources of fiber and nutrients and be sure to check the sodium content of packaged products.
-  Reduce your sodium intake: Aim for no more than 2,300 milligrams of sodium per day (or 1,500 milligrams if you have high blood pressure or other health conditions). To reduce your sodium intake, choose low-sodium or no-salt-added options when possible and use herbs and spices to flavor your food instead of salt.

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Post #2

Are you watching your sodium intake for your health? Small steps can go a long way: limit processed foods, choose fresh fruits and veggies, and add flavor with herbs and spices. Let's prioritize our health and make conscious choices for our bodies!

🥕🥦🧄🧂👉 #healthyeating



Post #3

Are you keeping track of your sodium intake? High salt intake can put your health at risk. Choose naturally low sodium foods like fruits and vegetables and cook from scratch when you can. Let's make smart choices and take control of our health!

#healthylifestyle #sodiumintake



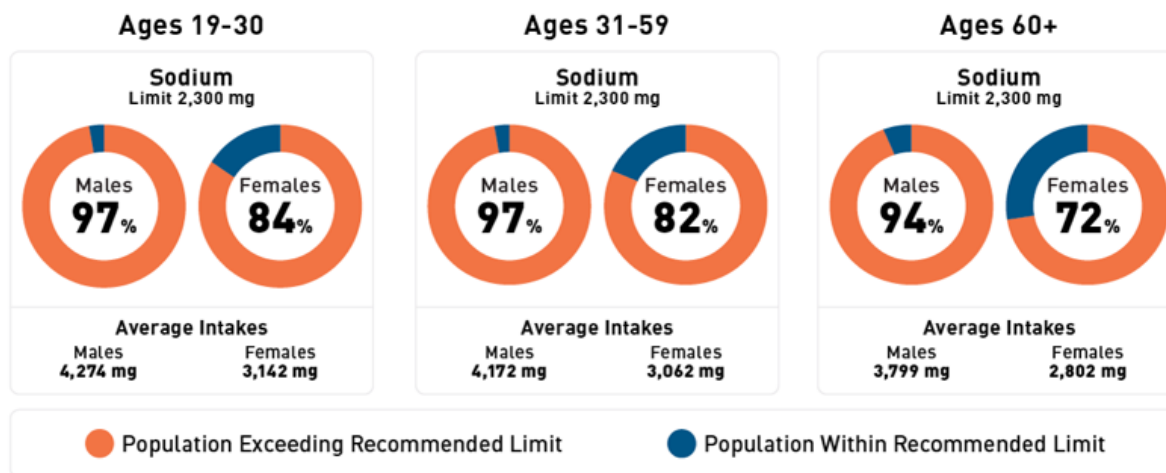
Post #4

🥤 The first #WHConfHungerHealth in more than 50 years is committed to lowering sodium and improving health. The @FDA is guiding food companies to lower sodium products! Over the next few years, watch sodium levels drop on nutrition labels near you! 🥤

Nutrition Facts	
Serving Size 1 (44g)	
Amount Per Serving	
Calories 96	
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Post #5

DYK? A majority of Americans consume too much sodium, putting their health at risk. The @FDA is guiding food companies to lower sodium products and you can do your part by reducing how much salt you prepare meals with! #sodiumlimit 🥤



Source: Dietary Guidelines for Americans, 2020-2025