

# Sodium: e-resources

Below are additional resources on sodium available online. For more online resources, visit <http://www.cdc.gov/salt>.

## Centers for Disease Control and Prevention Resources

### Salt Web Page

<http://www.cdc.gov/salt>

### Podcasts: *Living a Less Salty Life*

<http://www2c.cdc.gov/podcasts/player.asp?f=11112> (long version)

<http://www2c.cdc.gov/podcasts/player.asp?f=11113> (short version)

### Radio Public Service Announcement: *Too Much Salt Can Be Risky PSA*

<http://www2c.cdc.gov/podcasts/player.asp?f=760255>

### Health e-Card: *Salt Intake*

<http://www2c.cdc.gov/ecards/message/message.asp?cardid=284&category=173>

## U.S. Food and Drug Administration Resource

### Lowering Salt in Your Diet

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm181577.htm>

## National Heart, Lung, and Blood Institute Resources

### Reduce Salt and Sodium in Your Diet

<http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm>

### National High Blood Pressure Education Program

<http://www.nhlbi.nih.gov/about/nhbpep/index.htm>

### Healthy Eating

[http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)

## U.S. Department of Agriculture Resources

### What's in Food

Visit [www.usda.gov](http://www.usda.gov) and search "whats in food and salt"

### Information on Salt/Sodium

Visit [www.usda.gov](http://www.usda.gov) and search "information sodium"

