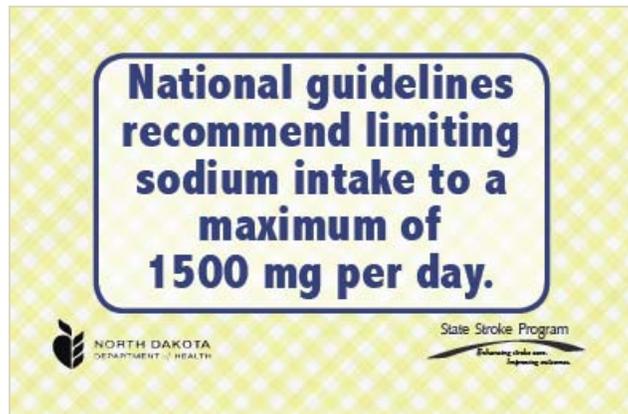


FRONT



**National guidelines
recommend limiting
sodium intake to a
maximum of
1500 mg per day.**

 NORTH DAKOTA
DEPARTMENT OF HEALTH

State Stroke Program
ndhealth.org/stroke
Reducing stroke. Improving outcomes.

BACK



If your food serving* has:

400+ mg	TOO MUCH
200-400 mg	WATCH OUT
0-200 mg	GO AHEAD

***mg of sodium per serving**