

# Too Much of a Salty Thing

**Figure out which letters are missing from the partial word or words in each sentence. Then search around the letter border to find and circle the missing letters. All the letters from one word will be next to each other in clockwise order. The first one has been done for you.**

1. The average American con\_\_\_\_\_ more than 3,400 milligrams of sod \_\_\_\_\_ a day—more than twice the amount recommended by the American Heart Association/American Stroke Association.
2. Sodium consumption may lead to ele \_\_\_\_\_d blood pressure, which increases the r \_\_\_\_\_k of heart attacks and strokes.
3. More than 75 percent of the sodium in American d \_\_\_\_\_s comes from processed and \_\_\_\_\_urant foods.
4. Even if you're never using a salt shaker, you're pro \_\_\_\_\_y getting too much sodium.
5. Choosing fresh foods instead of \_\_\_\_\_aged or processed foods will help \_\_\_\_\_d \_\_\_\_\_e the amount of sodium you eat.
6. The American Heart Association re \_\_\_\_\_ends that most adults eat no more than 1,500 mi \_\_\_\_\_ams of sodium a day.
7. About 90 p \_\_\_\_\_nt of Americans ages 2 and up eat too much sodium—about the same as the number of American \_\_\_\_\_lts who own a cell phone.
8. Cooking at home gives you more c \_\_\_\_\_ol over the amount of sodium in your food.
9. You can also cut back on \_\_\_\_\_ces \_\_\_\_\_ foods and request that your dish be made with less salt when d \_\_\_\_\_ng out.
10. Eating too much sodium can cause your body to hang onto extra fl \_\_\_\_\_d, and that can lead to high blood pressure.



**What are the Salty Six?**  
They are the six foods that provide the most sodium in kids' diets: pizza, breads and rolls, cold cuts and cured meats, snacks like chips and pretzels, sandwiches, and cheese.