

Salt Alert



Besides the following important notice from the US government it is a savvy shopper who **reads labels** and ASK the waiter or server at EVERY restaurant for the FACTS about the food they are shelling out their hard earned money for.

Based on this research, the US government is revisiting its sodium guidelines. The new thinking: Adults should consume no more than **1,500 mg** of sodium per day (two-thirds of a teaspoon), down from the previous limit of less than 2,300 mg.

Did YOU Know				
Item	Serving Size	Sodium per Serving	Daily Allowance USED	Daily Allowance GONE
Frozen Meat Lasagna	1	730 mg	49%	1/2
Vegetable Juice	12 oz	630 mg	42%	1/2
Frozen Pepperoni Pizza	1 slice	930 mg	62%	3/4
Soy Sauce	1 T	920 mg	61%	3/4
Microwaveable Veggie Soup	1	880 mg	59%	3/4
Mac & Cheese	2 C	1200 mg	80%	4/5
LOWFAT Cottage Cheese	1 C	918 mg	61%	3/4
Tuna Salad	1 C	824 mg	55%	1/2 +

Well, I guess that means **NO** popcorn tonight. Anytime **ONE** item cost you nearly ONE HALF of your daily sodium -- you might as well pack it in -- **NO MORE SALT TODAY!!!!** Because, as you can see, there is WAY MORE salt in EVERYTHING, much more than you ever imagined and believe me totally unnecessary. Compare these numbers with FRESH living foods that get their nutrients from the earth and the energy from the sun and you will quickly make the switch. Not only to prevent deadly diseases but mostly because YOU will feel better, look better and have a lot more energy to enjoy life at its best.

From your friend in the kitchen, Judy

[Cooking with Judy](#)