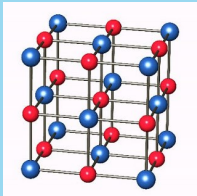
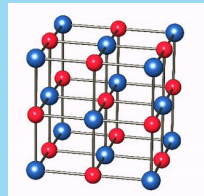


# Low Sodium Diet?

Sea Salt is Not the Answer!



Sea Salt



"Table" Salt

- ◆ Salt is Sodium Chloride (NaCl)
- ◆ No Matter the Source, Molecular Structure of Salt is Same

<b>Total Fat</b> 12g	<b>18%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Trans Fat</b> 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>

- ◆ [Read Sodium Content in Food Labels](#)
- ◆ Follow Your Doctor's Advice
- ◆ [Here are Low Sodium Diet Guidelines](#)

*Best Wishes for Good Health!*

*Jada Rogers and her Grandpa Bob*