Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

1. BREADS & ROLLS
2. COLD CUTS & CURED MEATS
3. PIZZA
4. POULTRY
5. SOUP
6. SANDWICHES

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