Salty surprise in everyday foods

By Sabrina Tavernise, New York Times

Salt can lurk in surprising places.

Consider bread. One slice of Arnold Specialty Brick Oven Premium white bread has more sodium (160 milligrams) than about 20 Utz Kettle Classic Original potato chips (120 milligrams).

The average American adult, who consumes 3,400 milligrams of sodium a day – more than 1,000 milligrams more than the recommended daily allowance of 2,300 milligrams – may not know that more than 70 percent of the sodium consumed in this country is already in food before it reaches the table.

Too much sodium, a main component of table salt, can raiseblood pressure, which is a major risk factor for heart disease and stroke.

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