

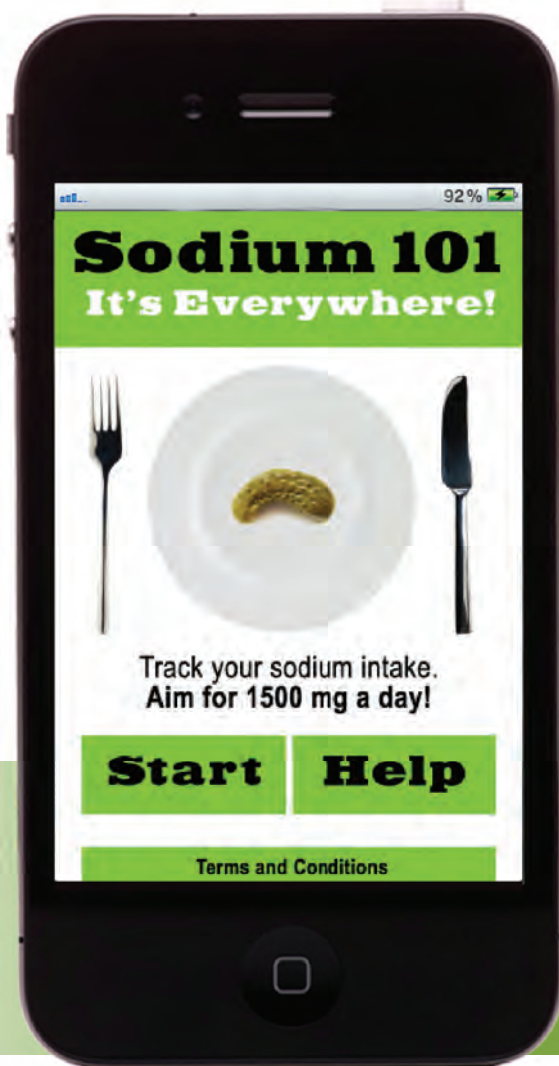
# Cutting back on sodium just got easier.

## FREE Sodium iPhone App\*

- Track your sodium intake based on your age.
- Track sodium in packaged foods.
- Build a list of your favourite food items for quick and easy tracking.
- Over 2,000 food items from popular takeout chains.
- A handy converter allows you to calculate the amount of sodium in any amount of salt.
- Follow your daily sodium total at a glance with the handy sodium thermometer.
- Share your daily sodium totals on Facebook and Twitter.



[www.Sodium101.ca/App](http://www.Sodium101.ca/App)



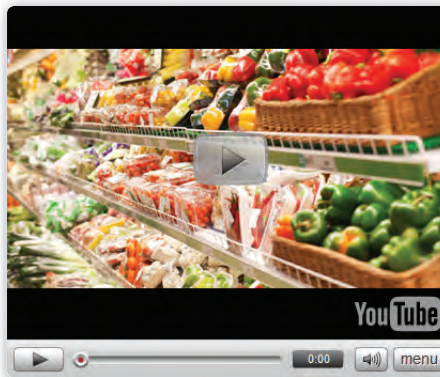
“Cutting sodium reduces your risk of stroke.”

*Kevin Willis, Ph.D.  
Canadian Stroke Network*

## Sodium 101

Visit our website for great grocery shopping tips, recipes and more.

[www.Sodium101.ca](http://www.Sodium101.ca)



## YouTube

Watch our video on how to eat a healthier, low sodium diet on YouTube.

[www.YouTube.com/strokenetwork](http://www.YouTube.com/strokenetwork)



## Take Action!

Join the conversation and stay up to date on Sodium 101 news.



Twitter @Sodium101



[www.facebook.com/sodium101](http://www.facebook.com/sodium101)



*\*Brought to you by the Canadian Stroke Network*

# Sodium 101

## Get the Facts!



Canadian Stroke Network

Réseau canadien contre  
les accidents cérébrovasculaires