

# FEBRUARY



2024

## Hold the Salt!

Sodium is a mineral found in many foods and is an essential nutrient in our diets. However, most of us consume well more than the recommended amount of daily sodium, and often, we aren't even aware of where it's hiding in the foods we're eating.

Take the **Swap the Salt Challenge** for 29 days of tips and tidbits on reducing sodium in your diet!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	