



## Get Involved

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#### Additional Resources

Below, find healthy eating and sodium reduction tips from Million Hearts<sup>®</sup>, CDC, and our partners.

Sodium Reduction Resources:

[Sodium and Food Sources](#)

[How to Reduce Sodium](#)

[Sodium Reduction in Communities Program Success Stories](#)

[Sodium Reduction Fact Sheets, Infographics, and Videos](#)

Healthy Eating Resources:

[Healthy Eating and Lifestyle Resource Center](#)

[Shopping and Cooking Tips](#)

[Easy Meal Plans](#)

[DASH Eating Plan](#)

We Want to Know!

Do you like these messages? Do they meet your needs? Tell us how we're doing! We want your feedback! We also want you to use these messages as you wish on your own communications channels. Please share the content in this newsletter!