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Four Ways to Order Low-Sodium Fast Food

We all know that eating out isn't healthy. Some fast food chains are making an effort to cut down on the amount of fat in their meals. But a new study shows that fat is not the only thing they should be cutting down on. There is 2,300 milligrams of salt in one fast food meal. That is way over the daily healthy amount of sodium. But there are a few things you can order that are low in sodium next time you go to a fast food chain. Click on one of the links to find out five low sodium meals you can order at fast food chains.

Eating out can be a [headache](#) these days for people who are trying to stick to a healthy diet. Meals are intentionally loaded with sugar, fat, and [salt](#) to make them more palatable, and while most chains are making efforts at cutting down on fat, a new study published in the *Archives of Internal Medicine* finds that they're doing a pretty poor job of reducing the salt, exposing a large percentage of Americans to more than an entire day's recommended [sodium](#) allotment of 2,300 milligrams (mg) in a single entrée. Concerns about America's over-salted [diet](#) have prompted the federal government to consider regulating the use of salt in packaged and restaurant food.

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