

# *Want to help change dietary guidelines?*

*Help us investigate how different measures of sodium impact  
heart health by participating in our study!*

*You may be eligible to participate if  
you...*

- Are an adult between the ages of 45-65*
- Are generally healthy*

*If interested, scan the  
QR code for more  
information and to take  
a brief pre-screening  
survey:*



<https://redcap.link/euq8fnr8>

*Selected participants may earn  
up to \$150 for successful  
completion of all interventions*



*Please direct any questions to the lab  
- [HNFScardionutritionlab@fsu.edu](mailto:HNFScardionutritionlab@fsu.edu)*