

Limit Sodium

Your body needs some sodium (salt), but not too much, to keep the right balance of body fluids, use muscles properly and transmit nerve signals. Limit foods high in sodium and use added salt sparingly. Ways to limit sodium include:

- Limit processed meats like sausage and pepperoni.
- Choose salt-free or low-sodium canned foods (soup, vegetables, etc.) by reading the food label.
- Read nutrition information for restaurant items when available.
- Leave the salt shaker off the table. Taste your food before adding salt. If needed, add a little.
- Flavor foods without salt. Instead, use more herbs and spices.

