



Salt Can Shake Up Your Health

Too much salt and sodium can lead to or worsen high blood pressure which raises the risk for heart disease and stroke.

What is too much?

- More than 1,500 mg of sodium per day, or only half a teaspoon of salt, if you are over the age of 51, African American, or if you have high blood pressure, diabetes, or chronic kidney disease
- More than 2,300 mg of sodium a day for all others

WHERE'S THE SALT & SODIUM?

Table salt, of course. But most of the sodium eaten comes from processed, packaged, and restaurant foods. About half of the sodium people eat comes from ten types of foods:

- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soups
- Burritos and tacos
- Chips, popcorn, pretzels, snack mixes, and crackers
- Chicken
- Cheese
- Eggs and omelets

ASSAULT ON SALT

- Buy fresh rather than packaged and processed foods.
- Buy fresh, frozen, or canned vegetables with no salt or sauce added.
- Eat more home-prepared meals and less fast food, take-out, and restaurant meals.
- When you eat out, ask that salt not be added to your foods.
- Use little or no salt when cooking. Kosher salt and sea salt count.
- Read nutrition labels closely. Choose foods with the words "low sodium" or "no salt added."
- Go easy on condiments, such as soy sauce, pickles, olives, ketchup, and mustard. Use ones lower in sodium.
- When preparing food use garlic, lemon juice, spices, herbs, and salt-free seasonings.
- Remove the salt shaker from the table.

ACTION STEP

Spice up your life without salt. Use seasonings, such as bay leaf, marjoram, curry powder, garlic, and lemon juice for your meats. Add cinnamon, cloves, dill, rosemary, and tarragon to your vegetables.