

EATING RIGHT WITH LESS SALT

Most Americans are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension.

THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS recommends that adults and children ages 14 years and older reduce their sodium intake to less than 2,300 milligrams a day. Adults with hypertension are encouraged to reduce their intake further to 1,500 mg per day, since that can help to reduce blood pressure.



TIPS TO REDUCE SODIUM INTAKE

- 1 FOCUS ON FRESH** Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt, and grains like rice are naturally low in sodium. Include these foods in snacks and meals more often.
- 2 COOK AT HOME** Enjoy home-prepared foods where you are in control of how much salt is added.
- 3 READ FOOD LABELS** Read the Nutrition Facts label and the ingredients list to find packaged and canned foods low in sodium. Use caution with condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium.
- 4 EAT PROCESSED AND PREPARED FOODS LESS OFTEN** Highly processed and ready to eat foods tend to be high in sodium. Eat these foods only occasionally or in smaller amounts- cheesy food, like pizza; cured meats such as bacon, sausage, or deli meats; and ready to eat foods, like canned chili, soups, and flavored noodles. "Diluting" these foods with vegetables, while maintaining portion size, can increase nutrient content, reduce sodium intake, stretch your meal, and be friendly towards your budget.
- 5 TRY NEW FLAVORS** Skip the salt and try salt-free seasonings such as herbs, spices, garlic, pepper, or lemon juice.

HERB BLEND

1/4 c dried parsley, 2 TBSP dried tarragon, 1 TBSP each of oregano, dill weed, and celery flakes.

MEDITERRANEAN BLEND

2 tbsp dried basil, 2 tbsp marjoram, 1 tsp garlic powder, 1 tsp oregano, 2 tsp thyme, 2 tsp rosemary, and 2 tsp crushed red pepper.

CHILI BLEND

1/2 c chili powder, 1 tbsp each of cumin & onion powder, 1 tsp each of oregano, garlic powder, cayenne, and 1/2 tsp cinnamon.