

Tips To Eat Less Salt and Sodium

1

Be A Smart Shopper

Buy fresh, frozen, or no-salt-added canned vegetables. Choose food packed in water instead of broth or salt.

Buy fresh garlic or garlic powder instead of garlic salt.

Choose foods labeled “low sodium,” “sodium free,” or “no-salt-added.”

Eat fresh vegetables and fruit instead of salty snacks.

2

Modify How You Cook

Slowly cut back on the amount of salt added when cooking until you don't use any.

Do not add salt to the water when cooking beans, rice, pasta, and vegetables.

Cut back on meats high in sodium, such as bologna, ham, hot dogs, and sausage.

Rinse all canned products to reduce the amount of sodium.

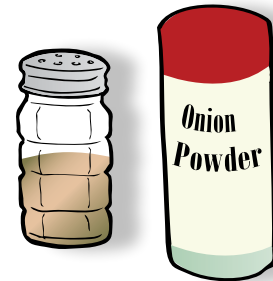
Use reduced-sodium bouillon, and soy sauce. If you use these condiments, do not add salt to your food.

3

Make Healthy Choices

Fill the salt shaker with a mixture of herbs and spices. Use it instead of salt to flavor foods. For example, try this recipe:

- 2 tablespoons black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 bay leaf, ground

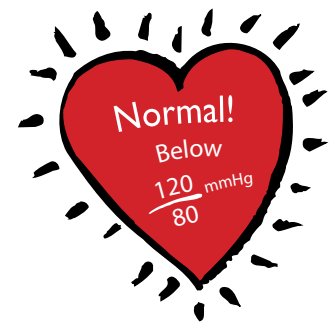


Slowly cut back on the amount of salt added to foods at the table.

When eating out, ask that salt not be added to your food, even with french fries.

Taste your food before you add seasoning.

Cut down on salt and sodium to prevent and lower high blood pressure. A normal blood pressure is below 120/80 mmHg.



National Heart, Lung,
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