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## Healthy Heart: Tips to Eating Less Sodium

**Consuming too much sodium can lead to high blood pressure, heart disease, and stroke.**

### **Tips to Eat Less Salt and Keep Meals Delicious.**

1. Eat more whole foods like fruits and vegetables. They are not only delicious, but they will add lots of vitamins, minerals, and nutrients to your meals.

2. Cook at home! You have more control over the nutritional value of your meals, and how much salt goes into them. 70% of the excess sodium most people consume comes from packaged foods or take-out.

3. Use herbs and spices – dried or fresh, citrus, vinegar, garlic, and ginger to flavor your foods.

4. Read food labels/nutrition information on packaged foods as well as from takeout/restaurants. Remember to pay attention to the portions. Reading food labels is key because sodium content can be surprisingly high. And it also helps know the right portions that we need for keeping your meals low sodium.

5. Get to know foods that are surprisingly high in sodium such as pepperoni pizza, white bread, processed cheese, hot dogs, spaghetti with sauce, ham, ketchup, cooked rice, and flour tortillas. A slice of white bread can have about 200mg of sodium which adds up if you eat 2 or 4 slices.

## Did you know our love for salty foods is an acquired taste?

**It takes 6 to 8 weeks to retrain your pallet**

## How much sodium should I have per day ?

- 1500 mg - less than a 3/4 teaspoon - adult recommended
- 2300 mg - about 1 teaspoon - adult upper level
- Most people consume too much salt