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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 to 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.

Use herbs, citrus, fermented foods, and spices for flavor! Herbs are delicious and often a favorite seasoning. Stay tuned to the links for delicious low sodium recipes using herbs and spices I will post below this video.

I want to point out that the love for salty foods is an acquired taste that can be changed. It can takes 6 – 8 weeks to retrain your tastebuds to love less salt.

In summary, by cooking your own meals you can control the salt and add flavor to your meals. I know it is easier said than done but I want to encourage you that it can be done, there are many resources to help you, and you can experience positive effects on your health.

By working together, a significant difference can be made in the fight against eating too much sodium.

There are many positive effects of reducing salt in your diet! If you would like to learn more about how high sodium content can be reduced, you can view my online webinar which is posted on my website.

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