

## Healthy Heart



### Reduce Salt and Sodium in Your Diet

Most Americans consume more salt than they need. The current recommendation is to consume about 1 teaspoon of table salt a day. That should include ALL salt that is used in cooking and at the table.

#### *Tips for Reducing Sodium in Your Diet*

- Buy fresh, plain, frozen or canned “no-salt-added” vegetables.
- Use fresh poultry, fish and lean meat, rather than canned or processed types.
- Use herbs, spices and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta and hot cereals without salt. Cut back on instant or flavored rice, pasta and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths and salad dressings — these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.
- When available, buy low- or reduced-sodium or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.



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