

Living Well Tip of the Week

The body needs only about $\frac{1}{2}$ gram of salt each day. Americans average about 6-18 grams of salt daily. *(American Heart Association)*

Reducing salt in your diet may help to lower blood pressure!

Tips for Reducing Sodium in Your Diet

- ❖ Buy fresh, plain frozen, or canned “with no salt added” vegetables
- ❖ Use fresh poultry, fish & lean meat, rather than canned or processed types
- ❖ Use herbs, spices, & salt-free seasoning blends in cooking and at the table
- ❖ Cook rice, pasta, & hot cereals without salt. Cut back on instant or flavored rice, pasta, & cereal mixes, which usually have added salt
- ❖ Cut back on frozen dinners, pizza, packaged mixes, canned soups & 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 food

Check out the Living Well Health Manger Nutrition Improvement Program.
Go to www.webmdhealth.com/ut select “**Nutrition**” under “**Living Healthy**”

