Health Tip of the Month

Cut down on your Sodium!

Canned vegetables and luncheon meats taste great but contain large amounts of sodium. In fact, the Dietary Guidelines for Americans 2010 tells us that excessive sodium is one of the dietary factors that increases blood pressure. **It's the sodium in salt that makes blood pressure rise.**

So how do you identify high-sodium foods? Look at the nutrition facts label. See how much sodium is in each serving. Then check the serving size before you decide how much to eat. Remember that most adults should consume no more than 1,500 mg of sodium per day.

Did you know you don't have to lose flavor to cut back on sodium?

- Use fresh herbs, spices and other flavorings to enhance the taste.
- Give your meals a kick by adding zest from citrus fruits and lemon juice.
- Cut back on the use of sodium-laden condiments such as sauces, ketchup, mustard and salad dressings.
- When eating out, ask for dressing on the side.
- Instead of canned, try eating fresh fruits and vegetables.

ChooseMyPlate.gov says,

"Compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers."

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