

Want to Lower Salt Intake?



LIMIT OR AVOID:

- ✓ Table salt (sodium chloride; NaCl)...the major source of salt in your diet. About 1/3 to 1/2 of the salt we consume is added during cooking or at the table.
- ✓ Fast foods and commercially processed foods—canned, frozen, instant—also add a significant amount of salt to the typical American diet. These include:

- Beef broth
- Ketchup and other condiments
- Commercial soups
- French fries
- Frozen meals
- Gravies
- Olives
- Pickles
- Potato chips
- Salted snack foods
- Sandwich meats, especially smoked meat or fish
- Sauces
- Sauerkraut
- Tomato-based products



INCREASE THESE FOOD OPTIONS:

- ✓ Look for **Low Sodium** options of the following foods:
 - Canned Vegetables
 - Processed Meats
 - Cheese
 - Soups
 - Bouillon and Broth
 - Canned Tuna
 - Crackers
 - Baked Goods
 - Chips and snack foods



- ✓ Increase intake of fresh or frozen fruits and vegetables (be careful of added sauces).
- ✓ When using canned goods, rinse in colander under cold water before using...this will help get rid of extra salt!
- ✓ Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting salt in half



Source: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how_make_dash.html

Created By: Alice B. Merritt, MPH, RD, LDN ♦ Access III of the Lower Cape Fear 2006.