

Sodium

Less is more. Spice is nice!

Consuming too much sodium can increase your risk of high blood pressure, heart disease and stroke. Sodium is added in most processed foods and is in both table salt and sea salt.

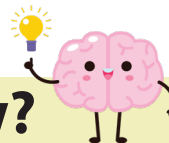


You can lower the amount of sodium you consume by:

- Adding different flavors, such as lime juice, or fresh herbs, rather than salt.
- Choosing “low-sodium” or “no salt added” options.
- Eating less premade soup, which is often high in sodium.
- Limiting packaged foods and cooking fresh foods at home.
- Rinsing canned vegetables and beans.
- Salting foods at the table rather than while cooking.



Did you know?



Experts recommend adults, including older adults, consume less than 2,300 mg of sodium per day, or the equivalent of 1 teaspoon of table salt.

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