

## Kicking the Salt Habit! The Scoop on Sodium

Nine out of ten of us eat too much sodium. The more sodium we consume each day, the higher chance we have of developing high blood pressure.

Overtime, high blood pressure can set us for blood vessel damage and contribute to blockages in our arteries. It is estimated that 90% of American adults are expected to develop high blood pressure in their lifetime.

Even if you don't have high blood pressure now, eating less salt can help blunt the rise in blood pressure that occurs as we get older.

Did you know more that 70% of sodium we consume comes from packaged, prepared and restaurant food. All the more reason to get cooking with your HEAL manual!

### QUICK FACTS:

- The dietary guidelines recommend no more than 2300 mg sodium a day (and an ideal limit of only 1500 mg/day). Most of us average 3500 mg a day!
- Read nutrition labels to know the sodium amount in your food. A main entrée should have less than 600 mg.
- A good rule of thumb is to try for a 1:1 ration of sodium to calories per serving. If a food is 300 calories a serving, then shoot for no more than 300 mg of sodium.
- Be careful when dining out – watch out for these words: pickled, cured, barbequed, brined, smoked, soy or teriyaki sauce, Au jus. Consider buying a 'sodium counter' pocket guide to reference.
- Salt free seasoning mixes and a wide variety of herbs can be your new FLAVOR BOOSTERS. Adjust recipes!

### HIGHEST SODIUM FOODS:

BREAD  
& ROLLS

PIZZA

SANDWICHES

COLD CUTS &  
CURED MEATS

SOUP

BURRITOS  
& TACOS

Plus! Consider other high salt foods you may want to limit: salty snack foods, bacon, hot dogs, sausages, chicken and processed foods such as frozen dinners, convenience box foods and of course, fast food and restaurant foods.

If you have high blood pressure – YOU CAN take steps to halt its progression and even reverse it with a plant rich diet. Check out our resources at the back of the book which includes information on desirable blood pressure numbers. Consume an abundance of nutrient dense fruit and vegetables – they are of paramount importance in lowering your blood pressure.