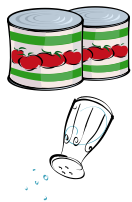# Eat Less Salt

Sodium and salt are found in most foods. Sodium helps to control body fluids but too much sodium or salt can be bad. Most of the sodium we eat comes from:

- **Processed Foods:** bacon sausage, hot dogs, lunch meats, cheese, chips, crackers, frozen dinners.

- **Prepared Foods:** fast food, restaurant food.

- **Canned Foods:** soups, vegetables, beans, pickles, meats.

- **Seasonings:** salt, soy sauce, steak sauce, seasoning blends, bouillon, fish sauce, salad dressing.

How much sodium is OK?
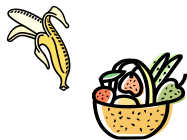Try not to eat more than 2000-3000 mg of sodium each day

1 tsp salt = 2300 mg sodium

Why is too much sodium bad?
Too much sodium can cause high blood pressure (hypertension).
High blood pressure can cause:

• Heart attack • Stroke • Eye problems • Kidney/liver damage

To eat less sodium
Read food labels and look for the words salt and sodium.
Don't eat canned and pickled foods with more than 400mg of sodium a serving.

- **Choose more of:**
  - Fresh or frozen vegetables & fruits
  - Low Fat dairy products (yogurt & milk)

- **Eat less of:**
  - Snack foods
  - Processed cheeses & meats
  - Fast food

- **Choose more of:**
  - Fresh herbs or garlic
  - Low sodium seasoning blends
  - Lemon juice & vinegar

- **Use less of:**
  - Salt in recipes
  - Garlic/onion salt
  - Soy sauce
  - Steak sauce & meat tenderizers