

Cut Down on Salt and Sodium!

Eating less salt and sodium helps you prevent or lower high blood pressure.

"I want to keep my blood pressure under control, so I cut back on salt and sodium. I took my salt shaker off the table and use less salt in my cooking. My doctor said to eat fewer regular canned soups and lunch meats because they have too much sodium and salt. After making my own homemade soups again, my family won't even eat canned soups. Too salty - and not as good as mine!"

—Cristina López



Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods. You can make a few simple changes to help you and your family eat less salt and sodium.

When you shop:

Buy fruits and vegetables for snacks instead of salty chips and salty crackers. Read food labels. Buy foods that say "reduced sodium," "low in sodium," "sodium free," or "no salt added." Choose fewer regular canned and processed foods like sausage, bologna, pepperoni, salami, ham, canned or dried soups, pickles, and olives.

When you cook:

Each day cut back a little on the amount of salt you add to foods. You will soon get used to eating less salt. Use spices instead of salt. Season your food with herbs and spices such as pepper, cumin, mint, or cilantro. Use garlic powder and onion powder instead of garlic salt and onion salt. Use less bouillon cubes, soy sauce, and ketchup.

When you are at the table:

Take the salt shaker off the table.

Try these spices instead of salt to season food.

For beef... try bay leaf, garlic, marjoram, basil, pepper, thyme, cilantro.

For chicken... try marjoram, oregano, rosemary, sage, tarragon.

For fish... try curry powder, dill, parsley.



You will be amazed at how good your food will taste!

Choose two or three things you will do to eat less salt and sodium.

Make homemade soups with less salt. Check food labels when you shop. Buy foods marked "low sodium," "reduced sodium," "sodium free," or "no salt added." Season your foods with spices instead of seasoned salt and bouillon cubes. Take the salt shaker off your table. Eat fruits like mango and orange without adding any salt.

Eat less salt and sodium! An ounce of prevention is worth a pound of cure.

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