

Keep Your Heart in Mind: Lola's Tips To Eat Less Salt and Sodium

Do you know your blood pressure numbers?

- A normal blood pressure is below **120/80 mmHg**.
- If your blood pressure is between **120/80** and **139/89 mmHg**, you have **prehypertension**. This means that you do not have high blood pressure yet, but you are likely to develop it if you don't change your health habits.
- If your blood pressure is **140/90 mmHg** or higher, you have high blood pressure or hypertension. High blood pressure does not go away by itself. Ask your doctor for help in lowering it.
- Ask your doctor what your blood pressure is. Keep track of each reading on your wallet card.



Write down your blood pressure reading here:



Spice it up!

Discover how much flavor you can add by using spices and herbs.

Lola Idad has learned that it is not hard to get your family to eat less salt and sodium.

Look for low-sodium or salt-free seasonings and sauces in the grocery store.

My family got used to foods with less salt when I learned to use fewer high-sodium sauces and add less salt to my foods. Now, I make food taste good by using vinegar, bay leaf, green onion, garlic, ginger, saffron, tamarind, lemongrass, and even a dash of hot pepper. If I need some *patis* (fish sauce) or *bagoong alamang* (salted shrimp paste) for the sauce, then I use only a small amount of it.



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Take the lead and try these simple changes:

When Shopping

1. Buy fresh, frozen, or no-salt-added canned vegetables. Choose food packed in water instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt. 
3. Choose foods labeled “low sodium,” “lite,” “light,” “sodium free,” or “no salt added.”

When Cooking

1. Slowly cut back on the amount of salt added when cooking until you do not use any.
2. Reduce the amount of high-sodium sauces, paste, and seasonings.
3. Add no salt to the water when cooking beans, rice, noodles, and vegetables.
4. Cut back on smoked, cured, and processed beef, seafood, poultry, and pork, such as ham, sausage, and corned beef.
5. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the saltshaker with a mixture of herbs and spices instead of salt. 
2. Slowly cut back on the amount of salt added at the table until you don't use any.
3. Choose fruits and vegetables instead of salty snacks such as chips, fries, and pork rinds.
4. Cut back on sauces that have a lot of sodium, like *bagoong* (salted fish paste) and *patis* (fish sauce).



Ric has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning to make sure that he does not forget to take them. He walks daily, has stopped smoking, and has found that food can still taste good with less salt and sodium.

Make your personal pledge to do what Ric has done! Look at these examples:

Breakfast

Cook oatmeal with fat-free or low-fat (1%) milk or soy milk, raisins, cinnamon, and no salt.

Lunch

Use leftover roast beef to make a sandwich instead of using lunch meats, or have beef with leftover rice and vegetables.



Dinner



Make your own fish cardillo with vegetables and half the usual amount of salt.

Snack

Eat a mango instead of salty chips.

Write the changes you will try to make this week:

Your health and your family's health are priceless. Value it!