

# Pledge for Life! Session 4

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Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself and/or share with others.

- Learn the stroke warning signs.
- Share the stroke survival tips with your family and friends.
- Know your family history of high blood pressure.
- Use Nutrition Facts labels to help you choose low-sodium food products.
- If available, choose low-sodium sauces and seasonings, or reduce the amount of sauces and seasonings that are high in sodium.
- Choose canned soups that are lower in sodium or prepare homemade soup without adding salt.
- Choose unsalted crackers for a snack instead of regular potato chips.
- Reduce the amount of salt you add to foods.
- Shop for fresh or frozen vegetables and fruits instead of canned vegetables and fruits.
- Try the fish cardillo recipe and other heart healthy recipes.
- Take the saltshaker off the table.
- If you use traditional Asian medicine or home remedies, share this information with your doctor.
- Other \_\_\_\_\_