



Eat Less Salt and Sodium

Spice it up!

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

To break your family's habit of using the salt shaker at the table, try Ms. Diane's secret recipe!

Look for other salt-free seasonings in the grocery store.

To make food taste good without salt, use cilantro, cumin, fresh garlic, parsley, onion, green pepper, oregano, and a dash of hot pepper. Everyone in my family now likes the taste of foods with less salt.





Eat Less Salt and Sodium (continued)

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,” “sodium free,” or “no salt added.”

When Cooking

1. Slowly cut back on the amount of salt added when cooking until you don’t use any.
2. Don’t add salt to the water when cooking beans, rice, pasta, or vegetables.
3. Cut back on meats high in sodium, such as bologna, ham, hotdogs, and sausage.
4. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the salt shaker with a mixture of herbs and spices.
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.

Darnell has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning, so he won’t forget to take them. He walks daily, has stopped smoking, and has found that food tastes good with less salt and sodium.



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

Breakfast

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

Lunch

Use leftover roasted chicken to make a sandwich, instead of using luncheon meats.

Dinner

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

Snack

Eat an orange instead of salty chips.

Your health and your family’s health are priceless. Make an investment!

Write the changes you’ll try to make this week:
