

# Tips for Cutting Salt

*Salt can raise your blood pressure.*

*You should eat only 1/4 teaspoon of salt each day.*

*That's the same as 1,500 mg each day.*

## **Fresh foods usually have less salt**

### **Cook at home**

Restaurants add a lot of salt to their food. But, you can skip the salt when cooking for yourself.

### **Fill up on vegetables**

### **Skip the salt**

Don't add salt when cooking or eating. Use spices, herbs, vinegar, or lemon instead.

### **Read food labels**

You'll be surprised at how much salt is in prepared foods, including cereal and crackers.

### **Pay attention to flavorings**

Avoid soy sauce, ketchup, salad dressing, and seasoning packets. If you need to use salted flavorings, use only a sprinkling instead of the whole thing.

### **Choose low-sodium dairy and protein foods**

Deli and lunch meats, sausages, and canned meat are very high in salt.

### **Cut back over time**

Cut back little by little. You'll get used to less salt.

### **Boost your potassium**

Potassium may help lower your blood pressure. Try a small banana, tomatoes, sweet potatoes, beans, or low-fat milk.