

Tips on Reducing Your Sodium Intake



• Use herbs and spices to flavor foods.

Try herbs or dried herbs, onion, vinegar, and citrus to season your foods instead of reaching for the salt shaker. Remember: Take time to read product labels. For instance, choose garlic powder instead of garlic salt. They are usually next to each other on the grocery shelf.



• Choose fresh or frozen foods over canned foods.

Fresh or frozen fruits, vegetables, and meats are naturally lower in sodium than canned foods.



• Prepare your own foods.

Restaurant and convenience foods typically have a lot of salt. When you cook your own food, you control how much salt you add.

High Sodium Foods

Look out for sodium in the foods you buy or eat:

- Bacon
- Breakfast cereals or flours
- Bread, rice, and noodle dishes
- Breakfast cereals
- Canned soups
- Canned vegetables
- Cheese
- Cheese puffs
- Frozen dinners – Read food labels and look for reduced sodium
- Gravy
- Ham
- Hot dogs
- Ketchup
- Marinades
- Olives
- Packaged deli meats
- Pickles
- Potato chips
- Potatoes
- Processed cheese
- Restaurant meals
- Salad dressings
- Salad mixes
- Sausage
- Sprinkled seasonings



Shake the Salt Habit



1% added during cooking
8% added in the table
12% naturally occurring

17% processed or prepared foods

Sodium in our diet
Where does it come from?



Diets high in sodium are linked to:

- high blood pressure
- heart disease
- stroke
- kidney retention

Learn to Read Labels

Food packages and labels include salt and sodium related words. Watch what they mean.

• Sodium-free or salt-free

Each serving in this product contains less than 5 mg of sodium.

• Very low sodium

Each serving contains 10 mg of sodium or less.

• Low sodium

Each serving contains 10 mg of sodium or less.

• Reduced or less sodium

The product contains at least 25 percent less sodium than the regular.

• Light or light in sodium

The sodium content has been reduced by at least 50 percent from the regular version.

• Unsalted or no salt added

No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.



Limit foods with more than one mg of sodium per serving

Read the Nutrition Facts label for the serving size and compare how many servings you actually eat.

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ML Morrison



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Printed Aids for High Blood Pressure Education, 1985 **Foods for Health** National Heart, Lung, and Blood Institute. Foods for Health Project Group, 1983 Abstract The description and findings of a 1 year nutrition education project conducted cooperatively by the US National Heart Lung and Blood Institute and by Giant Food are reported The project was conducted to increase consumer awareness and knowledge about the relationships of nutrition to cardiovascular risk and to provide practical ways for dietary improvement and cardiovascular disease prevention The primary nutrition information vehicles were a bi weekly brochure the Eater s Almanac of which over 2 million copies were distributed and shelf signs Program evaluation was made via telephone surveys of shoppers food purchase data from the computer assisted checkout system in 20 supermarkets and a completed questionnaire A gain in correct scores was noted for questions on fat and cholesterol in foods and on the relationship between dietary fat and serum cholesterol levels the scores appeared to be related to respondent characteristics of sex education age and having a family member on a special diet Changes in overall food sales trends were similar in the 2 study areas Washington D C and Baltimore MD wz Foods for Health : Report of the Pilot Program National Heart, Lung, and Blood Institute. Foods for Health Project Group, 1983 **Anti-Aging Hacks** Karen Asp, 2019-01-01 Preserve your looks and your health with these 200 easy strategies to age proof your body and mind Are signs of aging or even just worrying about signs of aging taking their toll on you In Anti Aging Hacks you ll find more than 200 easy actionable tips and exercises you can implement right away to help age proof your body and mind Through straightforward easy to understand language you ll learn how to preserve your appearance and health as well as combat or prevent the most common ailments conditions and risks associated with aging From protecting your skin from wrinkles and fortifying your diet to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities to preserving a youthful glow you ll find all you need to know to stay healthy strong sharp and youthful for years to come A selection of anti aging hacks include Sleeping on your back to reduce wrinkles Wearing sunglasses to help prevent cataracts and macular degeneration Slowing aging and improve health through intermittent fasting Using skincare products with retinol Reading for 30 minutes a day to increase your life span Embrace Anti Aging Hacks as your own personal fountain of youth in handy guidebook form **It's time to walk the talk** World Health Organization, 2019-12-04 **SCORE for health data technical package**, 2020-08-27 The new SCORE for health data package forms the cornerstone of WHO s efforts to strengthen health information systems worldwide and countries capacity to generate analyse and use health data The packages are published during one of the most data strained public health crisis responses ever that of the COVID 19 pandemic which is placing a huge burden on already overstretched health and health related data systems worldwide The SCORE for health data technical package can guide countries to take action by providing a one stop shop for best technical practices that strengthen health information systems using universally accepted standards and tools **SHAKE: THE SALT**

HABIT. World Health Organization,2022 **Mahjubah** ,1993 Mademoiselle ,1983 *Million Dollar Habits* Brian Tracy,2017-09-12 95% of what people think feel and do is determined by habits Habits are ingrained but not unchangeable new positive habits can be learned to replace worn out ineffective practices with optimal behaviors that can cause dramatic immediate benefits to the bottom line In *Million Dollar Habits* Tracy teaches readers how to develop the habits of successful men and women so they too can think more effectively make better decisions and ultimately double or triple their income Readers will learn how to organize their finances increase health and vitality sustain loving relationships build financial independence and take a leadership role to turn visions into reality *Library Journal* ,1984 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Lose Weight Naturally** Mark Bricklin,1993-05 When you go on crash diets your body thinks you re starving and tries to put on fat more effectively In effect dieting pits your will against your body In the end your body naturally always wins Dieting has now been proven to fail to keep weight off the faster you lose it the faster your body tries to put it back on In this no nonsense book Mark Bricklin explains how to lose weight and keep it off not by dieting but by pursuing the life style nature intended a healthy one that allows you to eat nutritious wholesome food and invigorates your body through exercise Your body will not panic and think you are starving and you won t enter the cycle of food obsession Food was meant to be enjoyed and Mark Bricklin never loses sight of that positive attitude in this uplifting sensible book *Lose Weight Naturally* offers intelligent reassurance without the hype and without empty promises to people everywhere concerned about their weight and their health *Adventist Review* ,1984 **30 Minutes a Day to a Healthy Heart** Frederic J. Vagnini,Selene Yeager,2005 Innovative 30 minutes a day plan to reduce weight lower blood pressure cut cholesterol and stabilize insulin level with small lifestyle changes **Message** ,1982 **The Listener** ,1984 Nature's Prescriptions Frank W. Cawood and Associates,1998 **Listener and BBC Television Review** ,1984 **The Ladies' Home Journal** ,2009 **Changing Times** ,1979

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