

SALT



EVERYDAY TIPS FOR REDUCING SALT INTAKE IN YOUR LIFE

TIPS FOR FLAVORING FOOD WITHOUT ADDING SODIUM:

Beef:	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Pork:	Garlic, onion, sage, pepper, oregano
Chicken:	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish:	Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper
Lamb:	Curry powder, garlic, rosemary, mint
Carrots:	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn:	Cumin, curry powder, onion, paprika, parsley
Green Beans:	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
Tomatoes:	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

TIPS FOR REDUCING YOUR SALT INTAKE:

- Buy fresh, plain frozen, or canned “with no salt added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed meats.
- Use herbs, spices, and salt-free seasoning blends for cooking and at table.
- Cook rice, pasta, and hot cereal without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods sparingly and selectively. Choose those low in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings.
- Rinse canned foods such as tuna and vegetables, to remove some sodium.
- Choose ready-to-eat breakfast cereals that are low in sodium.
- Select frozen meats carefully being wary of injected fluids containing sodium.

ONLINE INFORMATION:

Search these titles for free information:

“Shaking the Salt Habit” - American Heart Association

“Your Guide to Lowering Your Blood Pressure with DASH” - National Institute of Health.



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