

LOW SALT LIVING

Too much salt can lead to high blood pressure, which can cause heart attack, kidney failure, and stroke. Salt can cause shortness of breath and swelling in people with heart conditions (especially for people suffering from heart failure). In short, too much salt can be deadly.

LIMIT THESE ITEMS

- ♥ Salt from a salt shaker. Get rid of it.
- ♥ Seasonings listing “salt” or “sodium” as an ingredient.
- ♥ Convenience or “junk” foods.
- ♥ Processed meats such as lunch meat, bacon, and sausage.
- ♥ Regular canned, smoked, or salted fish.
- ♥ Processed cheeses, buttermilk, and vegetable juices.
- ♥ Canned vegetables that are not low salt.
- ♥ Some breads and other baking mixes containing added salt.
- ♥ Flavorings, such as soy sauce, salad dressings, and ketchup.
- ♥ Restaurant food (request your meal to be prepared without added salt).

TRY THESE LOW SALT ALTERNATIVES

- ♥ Fresh or frozen meats, poultry or fish.
- ♥ Unsalted or low sodium canned goods.
- ♥ Fresh or frozen fruit, juices and vegetables.
- ♥ Unprocessed grains such as pasta, noodles and rice.
- ♥ Low sodium bread and dairy products.
- ♥ Snack foods without salt toppings.
- ♥ Low salt prepared foods, salad dressings and condiments.
- ♥ Flavorings, spices, and herbs not containing salt.