

# What Can You Do To Reduce Salt in Your Diet?

One of the ways you can help lower your blood pressure is by lowering the amount of salt or sodium that you eat each day. Here are a few tips to help you get started:

- ✓ Buy your vegetables fresh, frozen, or canned “with no salt added.”



- ✓ Use fresh chicken, fish, and lean meat. Avoid them canned and processed.



- ✓ Use herbs, spices, and salt-free seasoning blends in cooking and at the table instead of salt.



- ✓ Choose convenience foods that are lower in sodium. Cut back on frozen dinners, packaged mixes, canned soups and broths, and salad dressings.

- ✓ Rinse canned foods, like tuna, to remove some sodium.

- ✓ When available, buy low-sodium, reduced-sodium, or no-salt-added versions of food.

- ✓ Choose breakfast cereals that are lower in sodium.



- ✓ Snack on fruits and vegetables instead of chips.

