

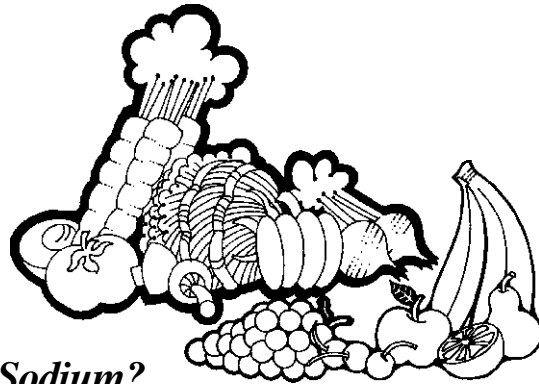


## ***Be Good To Your Heart***

# Use Less Salt and Sodium

Sodium can be found in many foods. Some of these are: salt, soy sauce, bouillon, salad dressings, pizza, ham, sausages, bacon, hot dogs, french fries and chips, lunch meats, salty cheeses, and many processed foods.

Vegetables and fruits have little sodium. Rice, pasta, beans, lentils, meats and eggs prepared with little or no salt also have little sodium.



## ***Who Should Use Less Salt and Sodium?***

Children and adults should use salt and sodium in moderation.



People who have some health problems should use small amounts of salt and sodium. Keep this in mind if you have:

- *High blood pressure.*
- *Heart and kidney problems.*
- *Diabetes and high blood pressure or heart and kidney problems.*

If you have these health problems, consult your doctor.

## ***Use Less Salt and Sodium in Your Diet***

- Use little salt when preparing foods.
- Season foods with herbs, lemon, lime, garlic, cumin, cilantro, onion, chile, peppers, and other spices.
- Don't put a salt shaker on the table. Instead place other spices on the table.
- Use lemon juice or vinegar in salads instead of regular salad dressing.
- Avoid, or use very little bouillon, soy sauce, salty cheeses, olives, and canned or instant soups.
- Limit pizzas, french fries, chips, hot dogs, ham and other meat sandwiches.



***Take care of your health: Use salt and sodium in moderation!***