



HCS STAFF WELLNESS NEWSLETTER



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For better blood pressure, lose the SALT but not the flavor!

Cutting back on your salt intake is one way to help control blood pressure.

Many people consume much more salt than their bodies need, on average, at least 12 times as much. The American Heart Association recently released new recommendations that all Americans should limit their daily salt intake to 1,500 milligrams. If you are used to salty flavor, know that you can shake the salt habit without feeling deprived.

Here's how:

- **Limit processed foods, which are usually high in sodium. Eat more fruits, vegetables, and other low-sodium foods instead.**
- **Drain and rinse canned vegetables before preparing them. They'll keep a little of their salty flavor but you'll rinse away about 1/3 of the sodium.**
- **Try packaged foods labeled low sodium.**
- **Prepare plain brown rice or white rice instead of flavored rice mixes. Use herbs or olive oil to flavor.**

Check out this list of 10 sodium trouble spots and try to avoid them:

<u>Food Item</u>	<u>Milligrams of Sodium</u>
Canned Soup	700-1,000 mg per cup
Frozen Entrees	1,500 mg per meal
Lunch Meats	600-1,000 mg per 2 slices
Salad Dressing	400-500 mg per tablespoon
Soy Sauce	850 mg per tablespoon
Marinades	250-500 mg per tablespoon
Spaghetti Sauce	900-1,200 mg per cup
Chicken Broth	900 mg per cup
Boneless Skinless Chicken Breasts	230 mg per 4 oz
Rice and Pasta Mixes	500-1,000 mg per cup