



SALT

What is salt and why do I need it?

Salt is a substance which comes from the sea or ground. Salt is made of two minerals sodium and chloride. It is used to flavor food and to keep foods from spoiling. In our bodies, the sodium part of salt helps regulate body fluids and blood pressure.

How much sodium do I need and can I get too much?

The recommended amount is 2,300 milligrams per day for sodium. Just one teaspoon of salt contains 2,400 milligrams of sodium which is a little more than your entire day's allowance. Most people eat 2-3 times the recommended daily amount!

What happens if I eat too much sodium?

- Sodium causes some people to hold onto fluids. If you eat a lot of salt you may think you are gaining weight, but it is usually just fluid. In most people their body is able to get rid of the extra sodium and fluid. In some people, the extra fluid can cause their heart to work harder or make it harder to breathe.
- About 30% of people are sensitive to salt and in these people, eating a lot of salt may increase their risk for having high blood pressure.

How can I cut back on my Sodium intake?

- Taste foods before salting. Remember to taste before you shake.
- Season with spices, herbs, lemon juice or vinegar instead of salt.
- Gradually cut back on the amount of salt you cook with or add to your foods. It usually takes about (2) weeks to become adjusted to less.
- Try rinsing canned vegetables before using or use frozen vegetables without sauce because they are all usually low in sodium.
- Check the labels of frozen dinners, packaged foods, or canned foods. Choose low- or reduced sodium foods.
- Limit high sodium extras such as soy sauce, pickles, olives, ketchup and some mustard.

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