

# Ditch the Salt for a Healthier Heart

## Did You Know?

- Salt preference is an acquired taste that can be unlearned.
- It can take about 6 to 8 weeks to get used to eating food with lower quantities of salt.
- Once you have done this, it's actually difficult to eat high salt content foods because they will taste too salty.

## 5 Simple Ways to Nix the Salt

- Avoid processed foods.
- Cut back on condiments, dressings, and sauces.
- Opt for alternatives to adding salt (use freshly ground pepper or salt-free herb and spice blends, such as Mrs. Dash).
- Avoid eating fast food.
- Remove the salt shaker from the dinner table.

## Recommended Salt Intake

- The American Heart Association recommends to limit your intake of sodium (salt) to no more than 2,300 mg per day.
- Ideally, sodium intake should be no more than 1,500 mg per day, which is associated with the greatest reduction in blood pressure.

## Salt Content

- 1,500 mg of sodium is equal to about  $\frac{3}{4}$  teaspoon of table salt.
- More than 75 percent of the sodium Americans eat comes from processed, prepackaged and restaurant foods – not from the salt shaker.

## The Salty 3

- Avoid these common foods that usually have excess sodium.
  1. Lunch meat and cured meat (bacon)
  2. Frozen pizza and other frozen foods
  3. Soups
- Make sure to read the food labels and choose low sodium options.