Did you know?

• Systolic blood pressure can be lowered up to 8 points by keeping sodium under 2400 mg. a day.

• African-Americans and seniors are more sensitive to salt and sodium.

Tips to Reduce Sodium or Salt

□ Start small. Find 1-2 high-salt foods to omit.
□ Taste before adding salt to your food.
□ Use more spices and less salt when cooking.
□ Find 1-2 low-salt snacks that you like.
□ Check labels before buying food or snacks.
□ Switch from canned vegetables to frozen or fresh vegetables.
□ Assess your use of sodium or salt (below).
□ Make gradual changes until you achieve the goal of keeping sodium under 2400 mg a day.

What types of high-sodium foods did you eat yesterday?
Check (✓) all that apply.

1. Food with salt added in cooking □Yes □ No
2. Food with salt added at the table □Yes □ No
3. Cured meat (ham, bacon, hot dogs, sausage, luncheon meat) □Yes □ No
4. Canned meat, salami, tuna, or smoked fish □Yes □ No
5. Aged or processed cheese, cheese spreads (other than low salt) □Yes □ No
6. Fast food or take out food □Yes □ No
7. Salty snacks (potato chip, crackers, or pretzels) □Yes □ No
8. Canned vegetables, canned soup (other than unsalted) □Yes □ No
9. Soup packets or cubes (other than unsalted) □Yes □ No
10. Salted gravies, hot sauce, dressings, pickles, olives □Yes □ No
11. Ordinary breakfast cereal (other than low salt) □Yes □ No
12. Ordinary bread (other than low salt) □Yes □ No
13. Frozen or packaged dinners or pizza □Yes □ No

• Can you find 1-2 high-sodium foods to cut down? Circle them and set a goal. Make gradual changes. Take pride in making healthier choices!
• Learn about labels and other tips in: Your Guide to Lowering Blood Pressure
• Remember, cutting sodium may lower your BP up to 8 points

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