



SHAKE YOUR SALT HABIT

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