Heart Health

Lower your blood pressure by eating right

- Eat less sodium or salt. Limiting these helps reduce water retention and controls blood pressure. Try to eat less than 2,000 mg of sodium per day.
- Avoid adding salt to foods during cooking and at the table.
- To add flavor to meals and snacks, while reducing sodium, try these suggestions:
 - Use salt-free herbs and spices, black pepper, vinegar and lemon juice
 - Cook with fresh, frozen or "no salt added" canned vegetables
 - Prepare fresh meats and unsalted meat
- Choose more fresh fruits, vegetables and whole grains every day.
- Avoid, or use sparingly, foods with sodium in the ingredient list such as sodium chloride, monosodium glutamate (MSG), and sodium bicarbonate (baking soda).
- Read food packaging labels to make eating less sodium easier:
 - Best Sodium-Free and Very-Low Sodium
 - Good Low-Sodium
 - Be Careful with Reduced-Sodium which is at least 25 percent less sodium than the
 original version of the product. Some reduced-sodium foods like chicken broth, canned
 soups, and soy sauce may still contain a significant amount of sodium. Use them sparingly
 Also avoid No Added Salt or Unsalted which does not guarantee that the product is
 sodium-free.

Are You at Risk for High Blood Pressure?

Find out today.
For a referral to a cardiologist, call
1(855) HEART-11 or
1(855) 432-7811.





