

6

WAYS

TO REDUCE SODIUM INTAKE WHEN PREPARING FOOD



Use onions, garlic, herbs, spices, citrus juices, and vinegar in place of some or all of the salt to add flavor. Recipes can help!



Drain and rinse canned beans (like chickpeas, kidney beans, etc.) and vegetables. You'll cut the sodium by up to 40 percent.



Combine lower-sodium versions of food with regular versions. You'll get less salt and probably won't notice much difference in taste.



Cook pasta, rice, and hot cereal without salt. You're likely going to add other flavorful ingredients, so you won't miss the salt.



Cook by grilling, braising, roasting, searing, and sautéing to bring out natural flavors. This will reduce the need to add salt.



Incorporate foods with potassium like sweet potatoes, potatoes, greens. Potassium helps counter the effects of sodium and may help lower your blood pressure.

Low Salt Secrets For Your Diet

William Vaughan



Low Salt Secrets For Your Diet:

Decoding **Low Salt Secrets For Your Diet**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Low Salt Secrets For Your Diet**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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