

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

DP Hallahan



Low Salt Secrets For Your Diet:

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