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LESS SODIUM MORE TASTE

THE FACTS:

Salt is a major source of sodium, and too much sodium is linked with high blood pressure, kidney problems, and other ailments. People often think that reducing the amount of sodium in their diet requires giving up on taste, but not true!

Surprising to many, most sodium in the diet doesn't come from the salt shaker, but rather from eating processed foods. Eating out is also a major source of extra sodium.

TIPS FOR KEEPING SODIUM INTAKE AT A HEALTHY LEVEL:

- Eat less processed foods, and more fresh foods including meats, grains, fruits and vegetables. Processed items such as luncheon meats, fast foods, canned foods, and vegetables with sauces can add half the daily recommended amount of sodium in 1 serving.
- Stock up on lemon pepper. This seasoning adds wonderful flavor without sodium to your vegetables, meats, and starches. Use it freely as a salt substitute.
- Use kosher salt. Kosher salt is coarser, so it has about ½ the sodium as table salt.
- Use a variety of herbs and spices to keep your food flavorful. Experiment with different tastes. Prepare a shaker with your favorites (thyme, basil, fennel and rosemary, or onion powder, garlic powder, oregano, mustard, coriander, red pepper flakes and black pepper).

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