



Shake the habit before time runs out.

Too much sodium raises your blood pressure to dangerous levels and puts you at risk for heart attack, stroke, coronary artery disease and heart failure!

CUT BACK ON SALT!

The American Heart Association recommends consuming less than 1500 mg of sodium a day – that’s about 2/3 teaspoon. Here are smart ways you can cut sodium and lower your blood pressure:

1. Nix the salt shaker.

A balanced daily diet contains enough sodium – don’t add more!

2. Use spices and herbs.

Add flavor with parsley, oregano, garlic powder or fresh fruit juice instead of table salt or salty condiments like ketchup.

3. Check food labels.

Sodium is an ingredient in nearly every processed and packaged food. Choose unsalted, sodium free or low sodium products whenever possible. Always check the amount of sodium “per serving” vs. the entire package.

4. Eat fresh or frozen foods.

Avoid hidden sodium by choosing fresh or frozen lean meats, fish, poultry and vegetables.

Sodium Cheat Sheet

1/4 teaspoon salt =
600 mg sodium

1/2 teaspoon salt =
1,200 mg sodium

3/4 teaspoon salt =
1,800 mg sodium

1 teaspoon salt =
2,300 mg sodium

Need help shaking high blood pressure? Enroll in the Condition Management Program.

Protect your heart. Work with experienced nurses by phone or secure email whenever it’s convenient for you – including night and weekend hours. Your nurse will provide you with reliable education and helpful tips and suggestions to help you overcome the temptations that are putting your life at risk. It’s confidential and available at no additional cost, as part of your benefits plan.

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