

10 Ways to Lower Sodium in Your Diet



BlueCross BlueShield
of Mississippi

It's good to be Blue.

Lowering sodium (salt) in your diet is one of the best ways to improve your blood pressure. Try these simple suggestions below to lower your sodium intake:

- ▶ Buy fresh or frozen vegetables instead of canned
- ▶ Use fresh herbs and spices to season foods instead of salt
- ▶ Rinse canned food, such as tuna and beans, before use
- ▶ Use fewer sauces, mixes, and "instant" products
- ▶ Refer to the Nutrition Label and avoid foods with more than 300mg of sodium
- ▶ Avoid salting the water when boiling pasta or meat
- ▶ Go light on the condiments like mustard and ketchup
- ▶ Look for lower sodium deli meats
- ▶ Skip the fast food
- ▶ Put away the salt shaker