

# Be Salt Smart!

It is easy to eat too much salt each day. Salt is added to food for flavor. Salt is in many foods like:



- Processed food and food in a package like:
  - Potato chips
  - Soups
  - Canned veggies
  - Frozen meals
- Fast foods and foods you eat out like:
  - Chinese food
  - Empanadas
  - Fried Chicken
  - Frituras
- Salty sauces, like soy sauce, ketchup and mustard, etc.

Many people add salt to their food when they cook like Adobo seasoning and garlic salt. They also add salt at the table.

Eat less than 1 teaspoon or less than 2300mg of salt each day from all sources. Too much salt in your diet can cause high blood pressure and can cause too much water to stay in your body.

Be salt smart! Have less salt.



- Taste foods before adding salt.
- Read the “Nutrition Facts” label to find out how much sodium is in your food.
- Ask for food to be made with less or no salt when you eat out.
- Choose fresh or frozen vegetables instead of canned. You can also try low-salt canned choices.
- Eat less processed foods, such as dry soups, cheeses, snack foods, canned foods and frozen dinners.
- Try low-sodium soy sauce and other low-sodium sauces.



In place of salt, try using herbs and spices such as:

- Garlic
- Pepper
- Paprika
- Onion
- Rosemary
- Bay leaves
- Basil
- Parsley
- Ginger
- Lemon juice