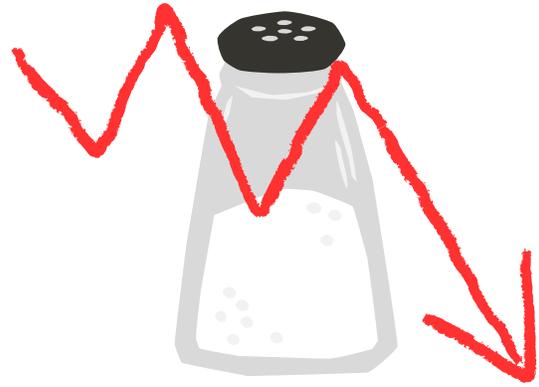
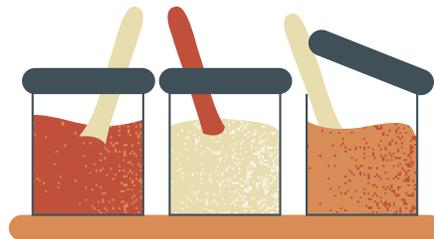


HOW TO:

REDUCE SALT INTAKE



- Always taste the food first before adding salt.
- Use dried herbs and spices to season food.
- Try onions, garlic, ginger, and other aromatics to season food.
- Use low-sodium broth, soy sauce, and other condiments when available.
- Pay attention to serving sizes. Even if food is unsalted, big servings may lead to weight gain and elevated blood sugar.
- Adopt alternate cooking methods such as roasting, air frying, or poaching. This may change the taste as well as the texture of food and may require less salt.
- Reduce salty snacks, fast food, and convenience food.
- Experiment with citrus juice, zest, or flavored vinegar for flavor in place of salt.
- Buy lightly salted or unsalted nuts and seeds for snacks.
- Use flavored spices such as garlic or onion powder in place of salt or seasoned salt.



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