



# Shake the Salt Shaker

Eating foods high in sodium can increase the risk of developing serious medical conditions, like high blood pressure, heart disease and stroke. On average, Americans consume 3,400 milligrams (mg) of sodium per day. The American Heart Association recommends that adults limit their sodium intake to no more than 2,300 mg a day as part of a healthy diet plan. Adults diagnosed with high blood pressure should consume 1,500 mg of sodium per day for heart healthy eating.

High levels of sodium are found in many of the foods that we eat frequently. As a result, your daily intake of sodium can add up quickly. About 70% of the sodium found in the American diet is from processed food and restaurant meals.

According to the American Heart Association, breads, pizza, sandwiches, cold cuts, soup, and burritos/tacos are the most popular foods with high levels of sodium in the American diet.



## Tips for Eating Less Sodium

- Salt alternatives** — Season with lemon juice and salt-free herbs and spices, such as garlic and pepper, instead of sauces and prepacked seasonings.
- Meal prep** — Limit added salt when preparing meals. Taste food first before adding salt at the table.
- Dining out** — ask restaurants not to add salt to your meal and check ahead to explore the menu to find lower sodium options.
- Eat smaller portion sizes** — less food equals less sodium consumed. Split a meal with the person you are dining with or ask the server to put half of your meal in a take-out container prior to it coming to the table.

In addition to eating a low sodium diet, eating foods high in potassium can help lower your blood pressure.

Think you need to use the salt shaker at the table to spice up your dish? Good news: you can enjoy flavorful food full of spice without using table salt. Don't let your taste buds fool you. Try preparing your meals with this salt substitute recipe to season your food. Fill the salt shaker with these herbs and spices, and use it instead of salt to flavor foods:

- 2 Tablespoons black pepper
- 1 Tablespoon cayenne pepper
- 1 Tablespoon paprika
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 Bay leaf, ground

For more information on how to manage and control high blood pressure, visit [www.gethealthyclarkcounty.org/manage-your-risk/heart-disease](http://www.gethealthyclarkcounty.org/manage-your-risk/heart-disease).

## COMMUNITY RESOURCES

### Produce Market at Bonneville Transit Center

Use SNAP/EBT cards to purchase fruits and veggies. SNAP application assistance available onsite. September 15, 22 and 29 from 2-6pm at 101 E. Bonneville Ave. downtown.

### FREE Virtual Nutrition and Cooking Course

Presented in both English and Spanish, this free course is offered by the UNCE Cooperative Extension every Wednesday and Friday from September 8 to October 1 at 11 a.m. Email [marias01@unr.edu](mailto:marias01@unr.edu) to register.

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).