

Low-Salt Diet: Your Path to a Healthier Heart

Why Should I Consider a Low Salt Diet?

Maintaining a low-salt diet is crucial for managing blood pressure, reducing the risk of heart disease, and promoting overall well-being.

- **Blood Pressure Control:** High sodium intake can lead to elevated blood pressure, increasing the risk of heart disease and stroke.
- **Kidney Health:** Reducing salt helps your kidneys function better, preventing complications.
- **Reduced Bloating:** A low-salt diet minimizes water retention, leading to less bloating and discomfort.

How Can I Best Transition to a Low Salt Diet?

- **Read Labels:** Choose products with "low sodium" or "no salt added."
- **Cook at Home:** Prepare meals from scratch to control the amount of salt.
- **Flavor with Herbs and Spices:** Use herbs, spices, lemon, and vinegar to enhance flavors without adding salt.
- **Limit Processed Foods:** Processed and pre-packaged foods often contain high amounts of sodium.
- **Rinse Canned Foods:** Rinse canned beans and vegetables to remove excess sodium.



What Foods Should I Try to Avoid or Limit?

- **Processed Meats:** Bacon, ham, sausages, and deli meats.
- **Canned Soups and Broths:** Try to opt for low sodium versions or make your own.
- **Salty Snacks:** Chips, crackers, and pretzels.
- **Frozen Meals:** These items are often loaded with sodium for preservation.
- **Condiments:** Soy sauce, ketchup, and salad dressings—choose low-sodium options.

What Are Some Lower Salt Alternatives?

Snacks:

- Swap chips for unsalted nuts, fresh fruits, or air-popped popcorn.

Proteins:

- Choose fresh chicken, turkey, or fish instead of processed meats.

Carbohydrates:

- Opt for whole grains like brown rice, quinoa, and whole-wheat pasta.

Dairy:

- Select low-sodium cheese and opt for plain yogurt.

Seasonings:

- Use garlic, onion powder, fresh herbs, and citrus zest instead of salt.

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