

Eat less salt

Limit sodium to 1,500–2,400mg per day. Eating too much salt can increase your risk of stomach cancer and high blood pressure.

Look for foods that are low in sodium (less than 300mg sodium per serving). Try to avoid foods with more than 600mg of sodium per serving.



½ tsp. of salt has almost 1,200 mg of sodium!

⊗ Beware of salt hiding in these foods:

- Canned foods
- Frozen foods
- Chips and crackers
- Pre-packaged foods
- Instant foods
- Bread mixes
- Processed meats
- Condiments
- Canned sauces
- Pickles and olives
- Canned meat



☑ Instead of salt, try one of these seasoning options:

Beef	Chicken	Eggs	Fish	Lamb
Basil	Basil	Chervil	Basil	Cloves
Bay leaf	Cranberries	Dill	Bay leaf	Curry
Caraway	Mace	Dry mustard	Chervil	Dill
Curry	Nutmeg	Garlic or garlic powder	Curry	Garlic or garlic powder
Dill	Oregano	Green pepper	Dill	Mace
Dry mustard	Paprika	Nutmeg	Dry mustard	Mint jelly
Garlic	Parsley	Onion powder	Lemon juice	Onion
Green pepper	Pineapple	Paprika	Marjoram	Oregano
Marjoram	Sage	Parsley	Paprika	Parsley
Nutmeg	Saffron	Rosemary	Pepper	Rosemary
Onion or onion powder	Tarragon	Tarragon	Tarragon	Tarragon
Parsley	Thyme	Tomato	Tomato	Thyme
Pepper	Turmeric		Turmeric	
Rosemary	Tarragon			
Sage	Thyme			

Source: Academy of Nutrition & Dietetics

