



# TIPS TO REDUCE SODIUM TO LOWER HIGH BLOOD PRESSURE

Too much salt is a major contributor to high blood pressure in America. An average American consumes **3,500mg** of sodium per day, when someone on a low blood pressure diet should aim for **1,500mg** per day. Surprisingly, very is coming from the shaker. Most of it is coming from **processed foods, breads, cold cuts, and pizza.**

*Here are some ACTIONABLE TIPS for reducing your sodium intake.*



## READ FOOD LABELS

Turn the package over and look at the sodium number. Your goal is to stay within 1,500 mg of sodium per day. And disregard the percentage daily value (it's calculated off a higher mg than is recommended).

*Bonus tip:* Look at the serving size! Sometimes a can of soup is really 2-3 servings.



## EAT MORE VEGGIES AND FRUITS

Vegetables are rich in **potassium, magnesium, and fiber!** Getting these key minerals into your diet is the trick to lowering your blood pressure.

When you eat, divide your plate into three parts. Fill up at least two parts with fruits and veggies, and fill the last part with protein.



## LOOK FOR THE HEART-CHECK MARK

The American Heart Association has developed the Heart-Check mark. When you see it, it means that the food product meets the American Heart Association's criteria for sodium, trans fat, and saturated fat per single serving.

Your fork and knife are the most powerful tools you have to manage high blood pressure. In fact, according to Mayo Clinic, adhering to the DASH diet (Dietary Approaches to Stop Hypertension) can help lower your blood pressure by a few points in just weeks. Yeah, you think - that's great - but how am I going to incorporate DASH into my life without it becoming a full time job? **Try out our program for free** and learn how to eat to lower your high blood pressure.

**To learn more, check out:  
[www.savoryliving.com/high-blood-pressure](http://www.savoryliving.com/high-blood-pressure)**