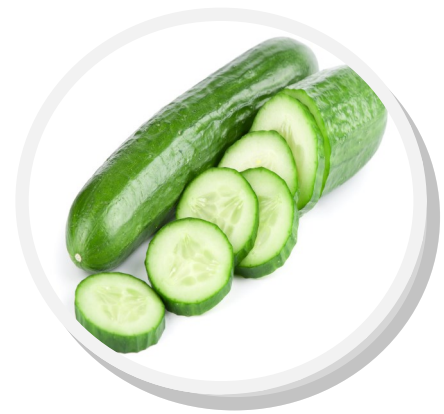


# Food For Thought

## Spice It Up and Use Less Sodium

- Buy and eat more fresh fruit and vegetables.
- Eat less fast food and ask for less salt to be added.
- Avoid processed foods whenever possible.
- Choose brands with the lowest sodium content on the food label.
- Eat foods with less than 120 mg of sodium and/or less than 5% of daily value.
- Don't add salt to your cooking.
- Wash canned foods in water before eating or cooking.
- Avoid using extra sauce on food.

**Nutrition labels can help you identify foods with the lowest sodium content, but unprocessed food products are best.**



### DASH DIET

#### (Dietary Approaches to Stop Hypertension)

- Promotes sensible weight loss and helps you keep it off.
- Helps lower your cholesterol and blood pressure.
- Encourages you to eat healthier by gradually changing your diet to include more nutrients, fruits and vegetables.
- Assists you to spread out servings and have two or more meatless meals a week.
- Urges you to use half the amount of butter or margarine.