

Cut the Salt!

I don't know about you but I love salt. I salt eggs, salads, chicken, toast, bagels, just about anything. The Institute of Medicine (IOM) has just issued a warning that Americans eat way too much salt and need to cut way back. In most of our prepared foods, takeout, and canned vegetables, there is loads of salt. Chips, condensed soups, and pizza also rate high on the sodium list. The IOM recommends adults 19 to 50 should consume no more than 1,500 mg a day of sodium. For people over 50 it drops to 1,300 mg and for those over 70, it drops again to 1,200 mg.

What can you do to drop your sodium intake? Try some of these tips: Look for labels on prepared foods that say "reduced sodium." Use fresh vegetables instead of canned. Try to add spices to your food instead of cooking with salt. Read nutritional labels carefully and try to add up your daily sodium intake. When you are eating out, ask that your dinner be prepared with less salt. Of course, with anything that seems good for you, this may take a little more effort on your part, but take care of yourself and cut down on the salt intake!