

# Natural Health Tips

## Go Easy On The Salt!

**Do you reach for the salt shaker before you even taste your food? If you do – you are not alone. The average adult American consumes more than 3,300 milligrams a day, more than double the reasonable intake.**

**Most of the foods we eat already contain sodium. For example, 1 cup of low-fat milk has about 110 mg of sodium.**

**It is not a secret that salt is found in high amounts in foods like potato chips, popcorn, fries and various nuts snacks. But not many know that it is also hidden in canned soups and other canned foods, prepared and semi-prepared meals, cold cuts (salamis, ham etc.), sauces, condiments, restaurant dishes – and even in cereal boxes. That is something you should be worried about. Why? Because sodium, essential to our body when consumed in small amounts, has been found to be an important factor in hypertension (high blood pressure), heart disease, kidney disease and stroke, when used in higher amounts than needed. A link less well known is the one between salt consumption and osteoporosis, due to high amounts of calcium excreted in urine in high sodium diets. Not only calcium, but other important minerals are also lost in the same way.**

**All food labels mention the sodium amount. We only need to start reading them, look for the hidden sodium and try to keep the overall daily amount below 1,500 mg. And put the shaker away on a hard-to-access shelf.**