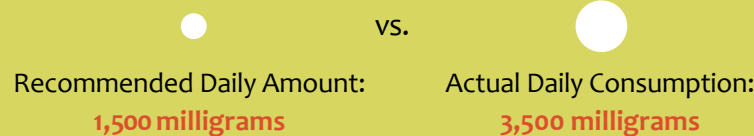# Cooking Healthy at Home
Tips for quick, easy and inexpensive meal preparation.

Halt the salt.
Salt is in just about everything we eat. Salt has been proven to lead to serious health problems such as hypertension, stroke and heart disease. Salt encourages water retention, which leads to excessive strain on the heart and fluid weight gain.

did you know?

Americans consume **more than twice** the recommended daily amount of salt.

⬤   vs.   ⬤

Recommended Daily Amount: **1,500 milligrams**   Actual Daily Consumption: **3,500 milligrams**

Common sodium traps
These foods are known for the amount of sodium they contain:

Canned meats, ham, bacon, sausage, hot dogs, luncheon meats (bologna, salami, etc.) • Fish, canned in oil or brined Canned shellfish • Salted nuts, seeds and snack mixes • Soy protein products • Pizza • Lasagna • Frozen dinners Soups • Cheeses • Instant cocoa mixes • Bouillon cubes Olives, pickles, pickle relish • Seasoning salts

Read the label
Remember to always read the label and look out for these sodium code words.
They hide extra calories and extra pounds and could lead to health problems:

Salt • Sodium • Monosodium glutamate (MSG) • Baking powder • Baking soda • Disodium phosphate Sodium benzoate • Sodium hydroxide • Sodium nitrite • Sodium proprionate • Sodium sulfite

Here are a few tips in lowering your salt intake and improving your health in the process:

- Limit salty snack foods like potato chips, corn chips, salted pretzels and salted popcorn.
- Choose **reduced-sodium** products whenever possible, such as reduced-sodium soups, soy sauce, canned tuna, spaghetti and barbecue sauce.
- Look out for canned or frozen vegetables. Many have large amounts of **added sodium**.
- Nearly all **processed** foods contain sodium. Opt for fresh foods as often as you can.
- **Avoid** fast-food restaurants whenever possible. Menu items are usually **very high in sodium**.
- Use **salt-free** seasoning blends.
- Season with herbs and spices. Most are **sodium-free**.