



I LOVE Salt!



SEASONING FOOD TO TASTE WHEN YOU LOVE SALT WAY TOO MUCH.

We know, we know...salt is nature's gift. Eating popcorn without exponentially seasoned movie theater butter seems sad. French fries not slathered in salt—sadder. Life without adding sodium to almost everything? It's hard to go there. Yet if you want to remain heart-healthy, it's critical.

The World Health Organization states elevated sodium levels, married with low potassium numbers, leads to high blood pressure, heart disease, and elevated stroke risk. A 2014 New England Journal of Medicine study reports cardiovascular diseases due to sodium intake claim **1.65 million lives each year**. How does one add a little bit of salty goodness to food without taking it to the extreme?



Salt While Cooking

Kosher salt is the go-to selection for chefs while preparing food. It dissolves quickly, whereas table salt should be used to season already prepared food. Sample while cooking to note if the flavor requires more salt or if it's just right. Don't overdo it. You can always add more, yet you cannot remove it.

Not So Fast!

Are you tempted to reach for the saltshaker before tasting? Old habits die hard, yet for those who love their salt, this one is a must. For habitual salters, taste your meal first, enjoy a few bites, then lightly—lightly—salt if needed.



Salty Ingredients

If you're adding ingredients such as liquid aminos, soy sauce, olives, or capers, the high salt content is prevalent without adding more. If components like these are a part of your recipe, the results may be spot on without adding more salt. Another way to watch your levels is to say no to processed foods and grab fresh choices instead.

Herbs and Spices

Naturally boost food's infused flavor straight from the garden. Basil complements both savory and sweet foods. Onion and garlic enhance fare, not overpower it. Cinnamon brings a surprising balance to whole grains and poultry dishes. Discover how fresh and dried herbs can make taste buds sing. Sodium-free, ready-made seasoning blends can take the guesswork out for you.



Choose You

Salt is an essential part of our diets. Too much intake causes the heart to work harder, extra water retention, and can stress kidney function. If omitting sodium in your meals seems too tricky, simply look for avenues to reduce intake. Your health is 100% worth it.