



# SALT!

Not everyone is sodium sensitive, but it's not bad idea to watch your sodium intake regardless.

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Some Common High Sodium Foods

Chicken Bouillon

Campbell's Condensed Soups

Canned Tuna

Bologna

Salami

Bacon

Hot Dog

Smoked Sausage

Parmesan Cheese

Cottage Cheese

Canned Vegetables

Practically All Snack Food

"Seventy-five percent of the sodium consumed is in processed foods," says Food and Drug Administration's Ellen Anderson, Ph.D., "What the food industry includes during processing, we can't take out." Jeremiah Stamler, M.D., agrees. "If we reduce our salt intake (at the table)," he says, "that won't solve the problem. There's salt in bread, processed meat, cheese, canned vegetables -- these are all hidden sources of salt."

You can reduce your salt intake by eating fresh or frozen vegetables, avoiding lunch meats, and going easy on condiments. Another thing to keep in mind Alka-Seltzer tablets have nearly half of the recommended daily allowance of sodium!

Salt may also be linked to health problems other than high blood pressure. "One of the aspects of salt that has been neglected," says Stamler, "is the growing evidence that high-salt intake is bad news for other problems... such as aggravating asthma, gastric cancer, kidney stones, osteoporosis ... a wide range of problems."\*

\*The Food and Drug Administration. FDA Consumer Magazine: A Pinch of Controversy Shakes Up Dietary Salt, November-December 1997

Complete Idiot's Guide to Eating Smart, Joy Bauer, MS, RD

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If you think your meals are high in sodium, balance them by adding high-potassium foods, such as fresh fruits  
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