

Some say that salt is the favorite ingredient of Americans, and many have acquired a taste for a high salt diet. One way to cut back is to skip the table salt. However, [most sodium in the diet comes from packaged, processed foods](#). Eating these foods less often can reduce your intake of sodium and can help lower your blood pressure or prevent HBP from developing in the first place.

In some people, sodium increases blood pressure because it holds excess fluid in the body, placing an added burden on the heart. If your blood pressure is 120/80 mm Hg or above, your doctor may recommend a low-salt diet or advise you to avoid salt altogether.

### **AHA Recommendation**

The American Heart Association recommends consuming **less than 1500 mg** of sodium a day.

### **Salt vs. Sodium Equivalents**

Sodium chloride or table salt is approximately 40% sodium. Understand just how much sodium is in salt so you can take measures to control your intake. These amounts are approximate.

1/4 teaspoon salt = 575 mg sodium

1/2 teaspoon salt = 1,150 mg sodium

3/4 teaspoon salt = 1,725 mg sodium

1 teaspoon salt = 2,300 mg sodium

### **Sodium Sources**

### **Shopping and Cooking**

### **Reduce Sodium When Dining Out**

### **Seasoning Alternatives - Spice it up!**

### **Free Recipes**