

Dr. Ruggieri wants you to put the bottom tag line back in but take off the top part about “bridging the gap between nutrition and medicine”

Health Minute

Shake that salt habit...

Sodium, an important component of salt is important for regulating fluids in the body. Too much sodium from the foods you eat can contribute to or cause high blood pressure. Current dietary guidelines recommend that the average American consume less than 2400 milligrams of salt (about 1 teaspoon) per day. People with high blood pressure need even less sodium, about 1500 milligrams (5/8 of a teaspoon) per day. If you have high blood pressure, limiting salt should already be part of your heart healthy lifestyle.



Find that healthy flavor	Avoid the “hidden” salt (foods with high salt content)
<p>Take the salt shaker off the table Use herbs, spices, and salt-free seasoning blends in cooking and at the table Season chicken with ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, or thyme For fish, try curry powder, dill, dry mustard, lemon juice, marjoram, paprika, or pepper</p>	<p>Canned soups and dry soup mixes Ham, bacon, and sausage Processed meats such as deli meat and hot dogs Pickled vegetables Prepackaged frozen dinners Preseasoned mixes (tacos, chili, rices, gravies) Fast food</p>