

Health and Wellness Tip of the Week - Week 8

Monthly Topic

February is *Healthy Heart Month*. It's the perfect time to remind employees about the importance of keeping your heart beat to a healthy tune!

February 23, 2015

Cut Back On Salt

For the one in three people in America who develop high blood pressure, eating too much salt may be part of the problem. Eating too much salt is bad for your health in other ways, adding to your chances for stroke, osteoporosis, stomach cancer and kidney problems.

The American Heart Association suggests eating foods with little or no salt to reduce the risk of heart diseases. You should try to eat no more than 1,500 mg a day. Here are a few tips to help reduce your intake of salt:

- ♥ Find foods with less sodium by reading the labels.
- ♥ Eat fresh fruits and vegetables.
- ♥ Cut back on processed foods.
- ♥ Don't add salt when cooking and eating. Use spices and herbs in place of salt.
- ♥ Use lemon juice on fish and vegetables instead of salt.
- ♥ When eating out, ask that your food be prepared without salt. Or cook more at home to be in charge of what's in your food.
- ♥ Eat foods rich in potassium. This mineral offsets the effects of sodium and may help lower your blood pressure.

Source: American Heart Association



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630