

SHARE THE WELLNESS TIP



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Cut the Salt In Savory Sandwiches



Nearly half of American adults eat sandwiches on any given day. These meals account for approximately one-fifth of our sodium intake, according to a recent study. All this extra salt can add up to high blood pressure, heart disease and strokes.

Build a Smarter Sandwich

Most Americans have far more than the 2,300 daily mg of sodium recommended for healthy adults (those with high blood pressure or heart problems should stick to 1,500 mg). Cut back on salt and your blood pressure can drop in a matter of weeks.

To reduce your sandwich's damage:

1. **Mind your meats.** Just six thin slices of cold cuts or cured meats can provide as much as half of your daily sodium needs. Check nutrition labels for lower-sodium versions.
2. **Back off on bread.** Whether white, wheat or pumpernickel, bread and rolls also count as a major source of salt. One slice can contain anywhere from 80 to 230 mg of sodium — so opt for low-sodium or no-salt-added versions.
3. **Cut out condiments.** Use only a small amount of barbecue sauce, mustard, ketchup, horseradish or pickles. Instead, flavor your food with garlic, herbs, and spices.
4. **Peek at your peanut butter.** A two tablespoon serving of peanut butter can have 40 mg to 250 mg of sodium. Organic versions tend to have less. Try reduced sodium or unsalted peanut butters for less salt and better flavor, higher sodium peanut butters tend to mask the peanut flavor.

More Ways to Shake the Salt

Other healthy lunch tips include:

1. **Add veggies.** They help decrease your blood pressure by providing potassium and other nutrients.
2. **Go halvesies.** Eat a half sandwich with a side salad. Use low-sodium dressing or plain oil and vinegar.
3. **Check nutrition facts.** Most chain restaurants offer them. If your lunch spot doesn't, ask them to provide details — and lower-sodium offerings.

Sources: Prevention.com, Eatright.org