

Mission In Motion

Health & Wellness Weekly Bulletin

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Here are the salty facts



Did you know that most of the sodium consumed comes from processed foods, not the saltshaker? Make an effort to reduce sodium (salt) intake, and look for foods high in potassium, which helps counteract some of sodium's effects on blood pressure. Research shows that keeping sodium intake to less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may help reduce the risk of high blood pressure.

Source: U.S.D.A.



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