

# Health & Wellness Tip of the Week

Week 9  
February 26, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield  
of Texas



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

## Halt the Salt

Too much salt can lead to some serious health issues down the road.

Slash salt with these tips:

- Choose fresh rather than processed foods.
- Check the Nutrition Facts label for sodium content.
- Wean off salt to adjust your taste.
- Eat fruits and veggies, which are naturally low in sodium.
- When eating out, request lower sodium options.

*Sources: U.S. Department of Health & Human Services; U.S. Department of Agriculture*

**Human Resources Department**  
**1201 E. 8th Street**  
**Mission, Texas 78572**

