

HIGH SODIUM FOODS



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Eating too much sodium can contribute to high blood pressure or hypertension. Hypertension means that the pressure exerted by the blood on the walls of the arteries is greater than it should. High blood pressure can increase the risk of having a heart attack or stroke. People with hypertension or prehypertension can lower blood pressure by limiting sodium intake in their meals. Discover foods high in sodium by doing the following search words.



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|--------------|------------|-------------|----------------|
| Bacon | Ham | Butter | Ketchup |
| Canned foods | Onion salt | Canned meat | Salami |
| Cheese | Sausages | Fried foods | Seasoning salt |
| Frozen food | Soy sauce | Garlic salt | Table salt |

There are different types of salt: table salt, kosher salt, sea salt, Himalayan salt and many more. To reduce the sodium in your diet you should consume less of all types of salt, considering the one that is present in food. Remember that you can reduce sodium intake by making the following healthy changes: prefer dried fruits without salt, choose fish or shellfish, select chicken and turkey without skin, consume lean meats and fresh vegetables. Add flavor to your meals using herbs and spices such as parsley, garlic, mint, turmeric, ginger, cinnamon and mustard.



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References:
 Mayo Clinic
<https://www.mayoclinic.org/es-es/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/sodium/art-20045479?pg=2>