

# Cut Back on These Surprisingly Salty Foods

We need salt in our diet to survive, but too much sodium is bad for your heart and raises your blood pressure. Experts say you shouldn't exceed 2,400 milligrams of sodium a day - which is one teaspoon of salt. That may not seem like much, but our typical daily diet contains three times that amount, and in some restaurant meals you'll get four times that much! That puts us at risk for heart attacks, strokes and congestive heart failure. So, here's how to avoid the hidden salt in things you might not expect to be so salty, courtesy of *U.S. News & World Report*:



- **Miso Soup.** One cup contains one-third your maximum daily intake of sodium. So, look for canned soups labeled "low sodium" or "reduced sodium" - which means 25% less salt.
- **Canned tuna.** One 3-ounce serving contains about 300 milligrams of sodium – and that's without the mayonnaise. It's not horrible, but you're better off with a fresh grilled tuna steak, which has just one-tenth of the sodium.
- Then there's **salad dressing.** Some brands have 700 milligrams of sodium per serving – but people usually put three servings worth on their salad. The salt-free fix: Drizzle your salad with olive oil and vinegar, or oil mixed with lemon. Look for bottled salad dressings with less than 150 milligrams of salt per serving.
- **Cottage cheese.** Some low-fat brands contain more than 900 milligrams per serving. A better choice: Plain low-fat yogurt, which has about six times less salt.
- Also, **croissants and cornbread.** They both contain over 400 milligrams of sodium per serving. A better bet: Choose reduced-sodium whole-grain breads for about one-third the salt.
- **Salsa.** A lot of brands are loaded with salt, and if you're eating it with chips, you're headed for salt overload. The smart move: Look for brands made with "salt-free" tomatoes – and get baked, unsalted chips.

Source: Tesh.com

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