

Eat Less Salt

One in four South Carolina adults has high blood pressure.

You may be at risk for high blood pressure if you:

- Have a history of the disease
- Are overweight
- Eat a high salt diet

Ideas to Lower The Salt

- Buy more fresh or frozen foods and less processed foods.
- Flavor your foods with lemon juice, garlic powder, pepper, dry mustard, oregano, dill, cinnamon, chili powder or a spice blend instead of salt.
- Rinse canned vegetables with water.

Buy fewer foods that have salt or sodium listed on the Nutrition Facts label. Look for “No Added Salt.”

Did you know these foods are high in salt?

Eat less of them.

- Cured and processed meats like hot dogs, sausage, and luncheon meats
- Fast foods, microwave dinners, and frozen foods with added sauces and toppings
- Cheese
- Salted chips and snack foods
- Canned foods with added salt



South Carolina Department of Health
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of the public and the environment.*

Bureau of Community Health
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