



Steps to Reduce Sodium in Your Diet

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Lately, you are probably hearing a lot of warnings about the sodium levels in the foods we eat. Health professionals are concerned because research shows that diets high in sodium are associated with high blood pressure, a major risk factor for heart disease. So, why is it so hard to keep your sodium intake low? Sodium is widely used as a flavor enhancer and preservative. As a result, we have become accustomed to a salty taste in food.

Here are some things you can do to reduce sodium in your diet:

1. Making fruits and vegetables the basis of your diet will slash sodium levels. Fresh fruit and vegetables are filling, healthy, and naturally low sodium or sodium free. And best of all it will fill your diet with tons of disease fighting-nutrients.
2. Instead of canned vegetables, try either fresh vegetables or frozen veggies (without sauce). Season your vegetables with fresh garlic, lemon juice, or a seasoning of your choice. If you need to use canned vegetables, thoroughly rinse to remove excess sodium, or buy low-sodium versions.
3. For salad dressing, try a small amount of naturally sodium free oil & vinegar with added spices like basil, oregano, garlic and black pepper.
4. While cooking at home, replace table salt with salt-free seasonings; there is a delicious variety available in the spice aisle of the grocery store.
5. When making soups, sauces, and other recipes at home try adding ½ the salt to begin with – you might find you don't notice the lower amount or can go without adding the full amount you have typically used in the past.
6. Are you a salt-shakeraholic? Take the salt shaker. If you can go without adding salt for 2-3 weeks, you'll find you don't miss that added salty taste.
7. Read the nutrition facts on the packaging at the grocery store to evaluate some of the everyday items you buy. For example, look at your sandwich bread and compare it to the other labels – try to pick the bread that has the lowest sodium and the highest fiber.
8. See the "Fat, Fiber, Calorie & Sodium Tips" we have posted in many of our restaurants to see you can take to reduce the sodium in your SUBWAY® sandwich or salad

You can take many small steps to reduce the sodium in your diet. Sodium is an important factor in the development of high blood pressure and heart disease. But it is important to know that staying active, maintaining a healthy weight and eating a balanced diet rich in a variety of fruits, vegetables and whole grains is just as important in maintaining your overall health.