

# DASH Equals Healthier Living

(NAPSA)—According to the Institute of Medicine, Americans' daily amount of sodium intake should add up to only 1,500 milligrams per day, but most Americans consume more than 4,000 mg of salt a day—many not even realizing it due to “hidden” salts in canned goods and processed foods. Too much sodium can lead to serious health problems such as high blood pressure, stroke and heart failure.

The good news is that you can help avoid high blood pressure, also known as hypertension, before it's an issue by following the Dietary Approaches to Stop Hypertension (DASH) eating plan. The DASH eating plan, developed by the National Heart, Lung and Blood Institute, calls for a diet rich with fruits and vegetables, and low in sodium—a major contributor to hypertension.

The DASH eating plan recommends four to five servings of fruit and four to six servings of veggies every day, about six to 12 daily servings of grain products, smaller amounts of low-fat or nonfat dairy products and no more than two 3-ounce servings of lean meat, poultry, or fish per day.

As the first part of the DASH eating plan, try simple steps to help reduce your sodium intake, such as cooking rice, pasta and hot cereals without salt or using fresh poultry, fish and lean meat, instead of canned, smoked or processed types which can be loaded with sodium.

The following Salmon with Red Pepper & Corn Salsa recipe is a perfect complement to the DASH eating plan—proving that low-salt doesn't have to mean low-flavor! It's bursting with nutritious, flavorful fish and vegetables, but is very low in sodium.



## SALMON WITH RED PEPPER & CORN SALSA Serves 4

**Combine 1 tbsp. of Mrs. Dash® Extra Spicy Seasoning Blend, one chopped red bell pepper and one minced red onion, one cup of fresh corn kernels, 2 tbs. of lemon juice, 1 tbsp. of olive oil and 1 tbsp. honey and refrigerate. Spray four salmon steaks with olive oil and sprinkle 1 tbsp. of Mrs. Dash® Chicken Grilling Blend™. Bake for 10-12 minutes at 400 degrees, and to complete the dish, add minced parsley to the corn salsa and serve over the cooked steaks.**

*Nutritional Information per Serving: Cal: 381; Total Fat: 18 g; Sat. Fat: 4 g; Unsat. Fat: 12 g; Trans Fat: 0 g; Chol: 112 mg; Sodium: 86 mg; Potassium: 912 mg; Carbs: 18g; Fiber: 2 g; Protein: 36 g.*

For more information on the DASH eating plan or for hundreds more flavorful and healthy recipe ideas, visit [mrsdash.com](http://mrsdash.com).