



Shaking The Salt From Your Diet

(NAPSA)—Americans say they've taken news about sodium to heart. But have they taken steps to protect their health?

More than 90 percent of people recently surveyed identified high blood pressure as one of the biggest health problems caused by high sodium intake. However, only a quarter of those surveyed were concerned about the level of sodium in their diets.

Their lack of concern could lead to a host of health problems, as high sodium intake has been linked to increased risk for heart disease, high blood pressure and stroke.

A Growing Problem

According to the National Health and Nutrition Examination Survey, Americans consume 3,375 milligrams of sodium daily, which is 40 percent more than the recommended daily allowance called for by the United States Department of Agriculture (USDA).

Smart Solutions

The good news is that there are plenty of ways to reduce the sodium in your diet without cutting out taste or favorite foods.

For instance, Orville Redenbacher's recently introduced SmartPop! 30% Less Sodium. All of the line's flavors contain 30 percent less sodium and are 94 percent fat free. Plus they're 100 percent whole grain and have zero grams of trans fat. Snackers can choose from Butter, Kettle Korn, Movie Theater Butter and Organic Butter—a far cry from the bland snack foods often associated with lower-sodium diets.

"The most common problem I hear about many lower-sodium snacks is they simply do not taste



Low-sodium snacks can still be packed with taste.

as great as their full-sodium counterparts, but sometimes, due to health concerns, consumers might not have any other option," says Carolyn O'Neil, registered dietitian. "What makes the introduction of SmartPop! 30% Less Sodium so great is that they've found a way to provide a lower-sodium, health-conscious snack that popcorn lovers will want because the product tastes the same as the original—if not better." The company even has a money-back guarantee that its new lower-sodium variety tastes as good as original SmartPop!.

Another way to reduce the amount of sodium you eat is to replace table salt with pepper, lemon or even garlic powder. Just a dash of the low-sodium seasonings adds a distinct flair to foods, without putting your health at risk.

Finally, eat fresh fruit and vegetables and read the labels on canned foods. While there are lower-sodium varieties, canned foods tend to be high in sodium—even canned vegetables.

For more low-sodium snack ideas, visit www.orville.com.