

# News Of Nutrition

## The Hidden Truth Behind Salt

(NAPSA)—More than three decades of scientific research shows too much salt is hazardous to your overall health, yet many Americans consume more than 4,000 mg per day—nearly double the recommended amount.

Too much salt can lead to high blood pressure, or hypertension, which afflicts one in three adults, according to the American Heart Association. It is also a major risk factor for developing stroke and heart disease.

Tracey Carlyle, MS, RD, LND, recommends reducing sodium intake along with a healthy diet and regular exercise program to help deter high blood pressure.

“Salt is hidden in many foods, making it hard for people to be aware of the amount they consume daily or ways in which they can control their salt consumption,” said Carlyle.

Carlyle offers the following tips to help shake the salt habit:

**Pantry Makeover.** Start fresh by giving your pantry a makeover. Read nutrition labels to check sodium content and toss items with high-sodium content.

**Soup’s On.** Cook with low-sodium, fat-free broths and add flavor with salt-free seasoning blends.

**Parties in a Pinch.** Pre-made marinades or seasonings like taco mix or chili sauce are quick and easy—but can also be loaded with salt and MSG. Flavor foods with new Mrs. Dash Salt-Free 10-Minute Marinades, which are great for dips, sauces and side dishes.

**Rinse Away Sodium.** Rinse canned beans and vegetables, which washes away up to 40 percent of the sodium.



Try the following recipe, which provides hearty flavor without the added salt:

### Chicken Rice Vegetable Soup

*Start to finish: 25 minutes*

*Serves: 4*

- 2 tsp Mrs. Dash Chicken Grilling Blend**
- 3 cups canned low-sodium chicken broth**
- 8 oz can of tomatoes, undrained and chopped**
- 1 cup frozen mixed vegetables**
- 1 cup chopped, cooked chicken or turkey, white meat only**
- ½ cup cooked rice**

### Directions:

- 1. Combine broth, tomatoes, vegetables and Mrs. Dash Chicken Grilling Blend in large saucepan.**
- 2. Heat to boiling.**
- 3. Reduce heat; add chicken.**
- 4. Simmer uncovered, 10 minutes.**
- 5. Stir in rice.**

Visit [mrsdash.com](http://mrsdash.com) to find hundreds of delicious, low-salt recipes.