

[IMAGE]

## **Ditch the Pinch**

### **Taste the Flavor**

By Editorial Staff

A pile of sodium. - Copyright â Stock Photo / Register Mark Salt is America's favorite seasoning for flavoring our food. Although our bodies require some sodium, adding a pinch of salt to spice up your vegetables, scrambled eggs or baked potato can lead to high blood pressure, potentially resulting in cardiovascular and kidney diseases.

The average American consumes approximately 11 percent of their daily sodium quota from adding salt or salty condiments to foods. But a whopping 77 percent of sodium comes from eating processed foods. So, even if you've stopped adding salt to your meals, you may still be consuming more sodium than your body can process.

Most health organizations recommend a maximum daily sodium intake between 1,500 and 2,400 milligrams per day. The best way to monitor sodium levels is to read food labels. Also, leave the salt out of recipes, use spices and herbs to flavor your food, and eat fresh foods rather than processed foods. If you stop adding that pinch of salt, you may discover the true flavors of your food.

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