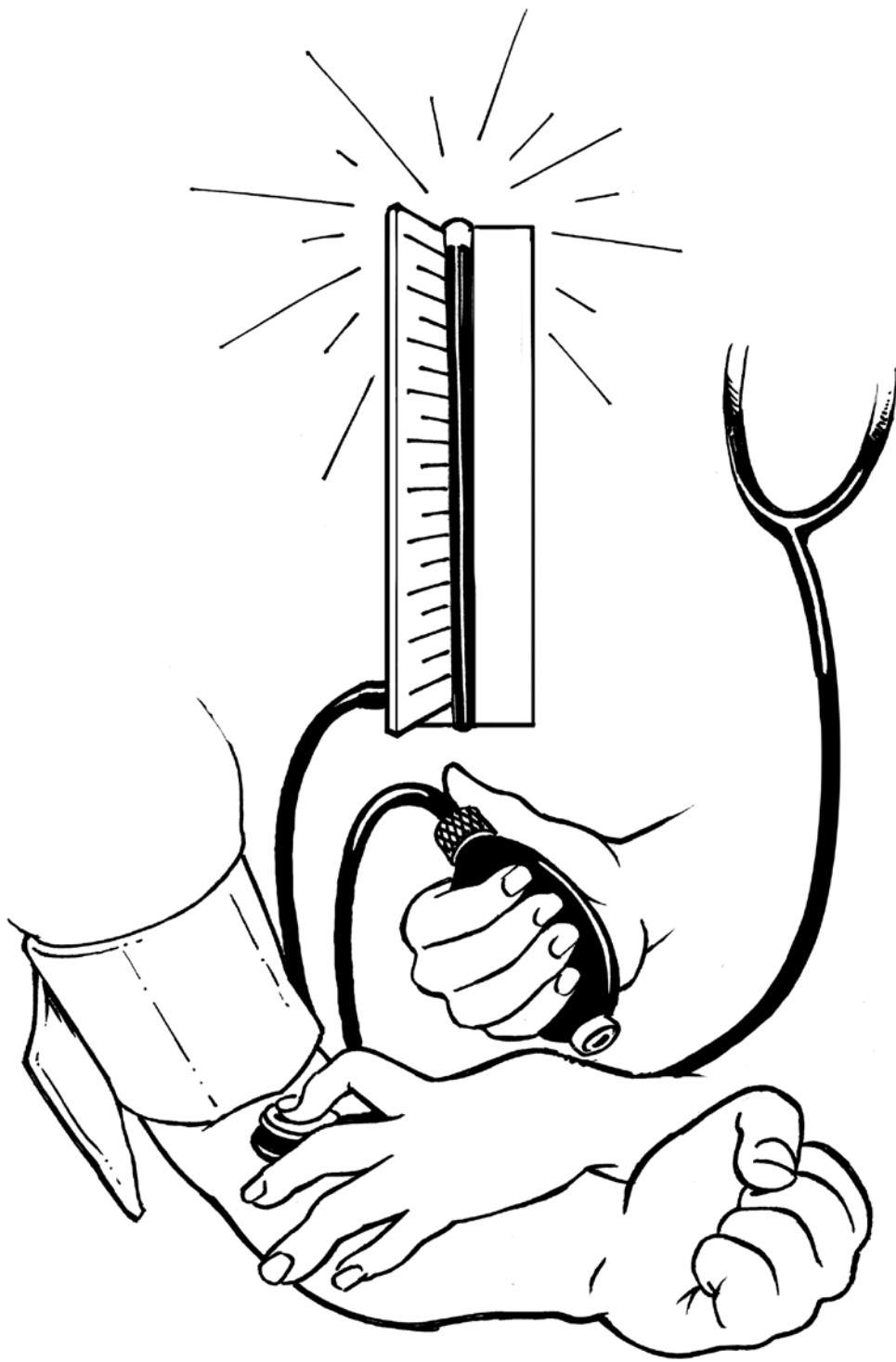


Eat Less Salt

By Connie Crawley, Anne Whittington and Jenny M. Grimm



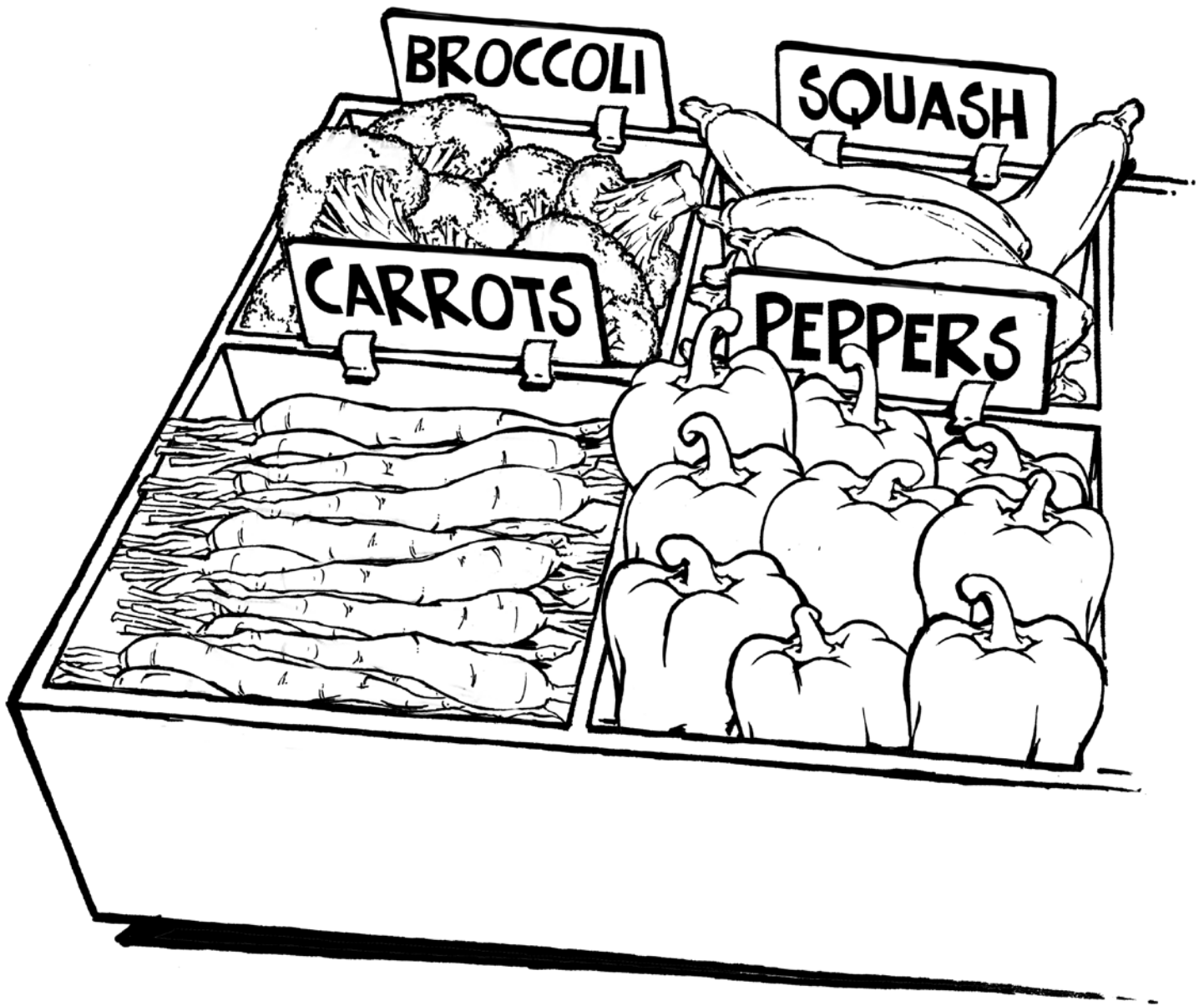
Too much salt can make your
blood pressure high.



Take the salt shaker off the table.



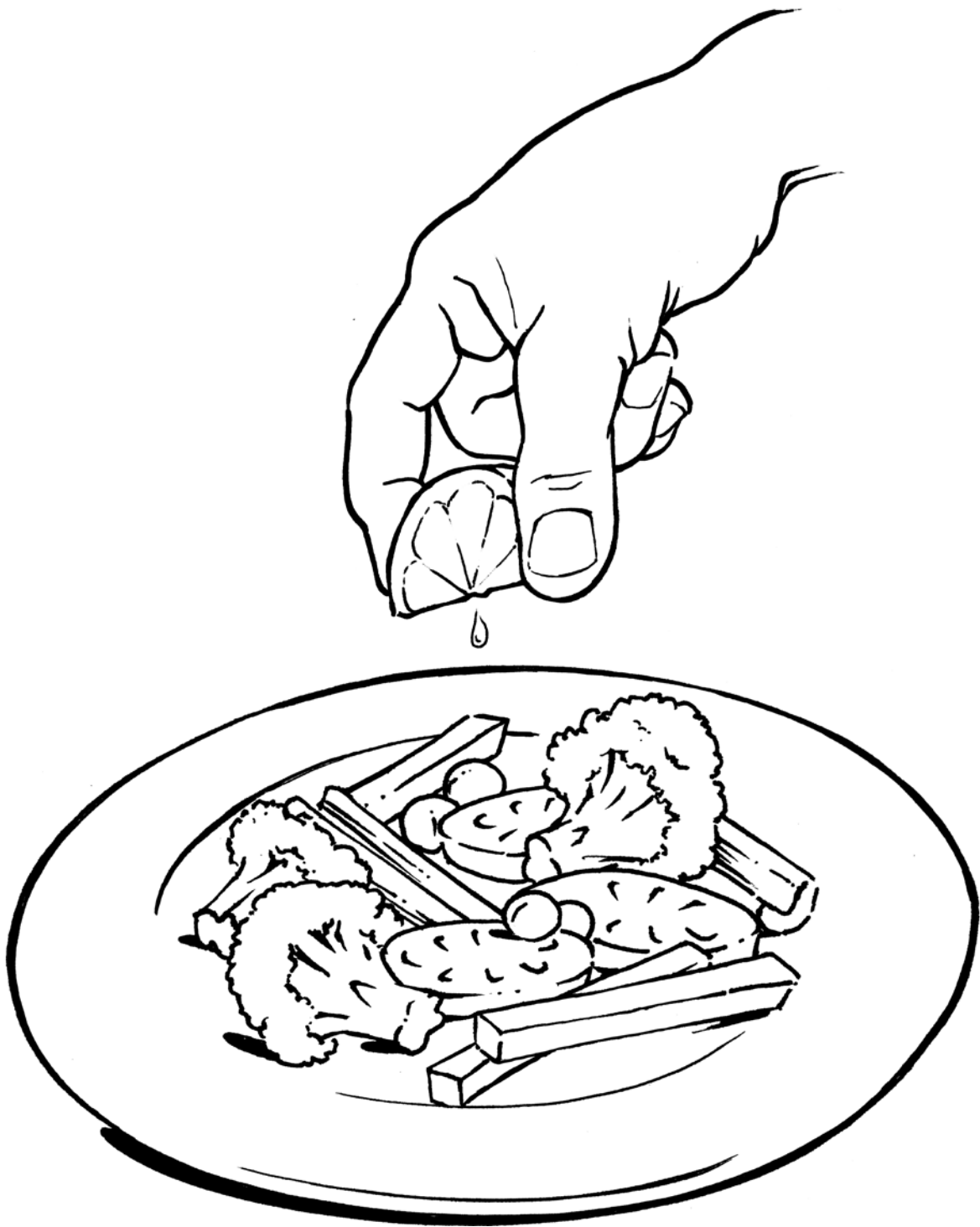
Throw away “Seasoned Salt”.



Eat fresh food.



Cook with water without salt.



Use lemon juice on foods.

Try these on foods.





Talk to your doctor about
salt substitute.

1. Which is a good way to eat less salt?

☐ Take the salt shaker off the table.

☐ Throw away “seasoned salt”.

☐ Eat fresh foods.

2. Too much salt will make your blood pressure high.

☐ Yes

☐ No

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