

Salt: To Use or Not to Use

The US Dietary Guidelines recommends that the average person consume no more than 2,300 mg of sodium per day. Recent studies show that most people consume approximately 3,400 mg of sodium per day. Diets high in sodium can lead to high blood pressure, heart disease and stroke.

Salt is made of two minerals; sodium and chloride, but to simplify we often use the words salt and sodium interchangeably.

Yeast breads, pizza, chicken dishes and pasta are large sources of sodium in the American diet.



Ways to Reduce Sodium in your Diet

- Make home cooked meals.
 - Choose fresh foods over processed foods.
 - Taste your food before adding salt.
 - Choose foods labeled "low-sodium," "reduced sodium" or "sodium free".
- Use fresh tomatoes instead of tomato sauce when possible.
 - Read the ingredient label and watch for words like monosodium glutamate (MSG), baking soda and other sodium-containing compounds.
 - Make high sodium foods like pizza a once-in-a-while treat.
 - Try fresh or dried spices and herbs to season your food instead of salt.



Try this quick recipe for fiesta pizza instead of eating store bought or frozen pizzas

Fiesta Pizzas

- 1 can low sodium black beans
- 1 lime
- 4 corn tortillas
- 1 cup salsa (low sodium if available)
- 1 cup shredded cheese
- Corn, avocados, and green onions (optional)



Rinse the beans and place in a mixing bowl. Add the juice from one lime. Using a blender, blend the beans briefly; the mixture should still be lumpy. Spread the bean mix evenly on the four tortillas, followed by salsa and shredded cheese. You can enjoy your pizza cold or heat it in the oven or microwave. If you're on the go, roll the tortilla and slice into quarter-sized pinwheels.