



Less Salt = Less Soda

While some families do not include the purchase of soda or “pop” in their weekly grocery shopping bills, the fact is that these sugar-laden, empty calorie drinks are a staple beverage in almost every American household today. Some say that they often “crave” these beverages. There may be a simple solution to help ward off you or your families desire to guzzle down a pop. If you find yourself in this category of often craving soda, try cutting down on the amount of salt and salty foods you eat each day. By decreasing your daily intake of salt by 3 grams per day (about 6 teaspoons) you may be able to cut out your weekly soft drink intake by almost 3 soft drinks per week.

Some simple ways to reduce your family’s salt intake include:

1. Read all labels, just because the food item states that it is healthy doesn’t always mean that it is good for you
2. Choose the low salt option for snacks and canned goods
3. Eat less processed, instant and frozen foods and more fresh, whole foods such as fruits and vegetables
4. Don’t add salt when preparing meals
5. Take the salt shaker off the table to reduce temptation
6. Add other spices for flavor such as lemon juice or natural herbs