



## Healthy Living at Hannaford

### Shake the salt habit!

The daily amount of sodium recommended by the American Heart Association for the general population is less than 1500 mg (about 2/3 of a teaspoon). Most Americans eat about twice that amount. And why is this so bad, you ask? When you eat salt, your blood pressure may go up (also known as hypertension). And high blood pressure dramatically increases your risk of heart disease and stroke. Recent studies definitively show the connection between salt consumption and the risk of stroke and heart disease: people who consume too much can significantly increase their risk for both. Fortunately, more foods that are lower in sodium are available, and with the right cooking techniques, low-sodium food can be absolutely delicious!

### Eat less processed food

Today, almost all processed foods contain salt. And a lot of salt! It is no wonder that most Americans get double, or more, the sodium they need. Salt may add flavor to food, but getting too much of it can also take years off your life. So, instead of reaching for that bag of chips, try an apple or a banana. When in season, produce can be as much as 60 percent cheaper than a single-serving bag of chips - and with more vitamins, minerals, and fiber!

### Cook your own meals

Fast foods are often extremely high in salt. Fresh foods can be low in sodium, delicious, and easy to make. Check out these ideas:

- Marinate your chicken breasts in lemon, orange juice, or red wine
- Use rubs and spices instead of salty marinades when grilling
- Use onion and garlic when cooking, which adds lots of salt-free flavor plus cancer-fighting properties!
- Simmer carrots or roast sweet potatoes or squash with McCormick® cinnamon and nutmeg for a delicious, salt-free side dish
- Toss your pasta with roasted or freshly chopped garlic
- Replace salted butter with unsalted butter (when using butter)
- Try using low-sodium sea salt
- Use McCormick® spices in place of salt for flavor like the Perfect Pinch, a combination of herbs and spices and have salt-free version

### If you do eat out, stay away from these high-sodium menu items when ordering:

- Pickled
- Marinated
- Smoked
- Barbecued
- Smothered (in sauce, that is)
- Teriyaki
- Soy sauce
- Broth
- Miso
- Bacon



Even if you do nothing else aside from staying clear of these code words, you will greatly improve your chances of sticking to your low-sodium lifestyle.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).