

Nutrition Series



REDUCE SODIUM: Lower Blood Pressure

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REDUCE SODIUM: Lower Blood Pressure

Consuming excess sodium and salt can lead to an increase in blood pressure known as hypertension. Hypertension can cause:

- ◆ Stroke
- ◆ Heart attack
- ◆ Kidney failure

Tips on reducing salt in meal preparation

Instead of this:	Try this:
Lime and salt marinade	Lime only - NO SALT
Regular Bajan seasoning	Salt-free Bajan seasoning
Salt meat and pig tail	Onion, garlic, celery, sweet pepper
Bouillon cubes	Marjoram, thyme, chives, parsley
Cooking butter or margarine	Salt-free low calorie spread
Ketchup	No Added Salt tomato paste
Soy sauce	Allspice or Five Spice powder

What else can you do to lower blood pressure?

- ◆ Taste food before adding salt, and if you do need to use salt, measure it with a teaspoon
- ◆ Read **Nutrition Facts** labels when shopping. Choose products with less sodium per serving
- ◆ Limit processed foods like bacon, corned beef, ham, hot dogs, luncheon meat, salt fish and cheese
- ◆ Exercise regularly, at least 30 minutes daily
- ◆ Lose weight if necessary
- ◆ Eat more vegetables, fruits, and whole grain foods, like oats
- ◆ Bake, grill or steam foods using little or no added fat
- ◆ Use fish more often, including canned fish (drained)
- ◆ Skin chicken and turkey, choose lean meat, and skimmed milk
- ◆ Try meatless meals with peas, beans, soy granules or chunks
- ◆ Drink water more often, and less sugary drinks. Limit alcohol