



## Hidden Sodium

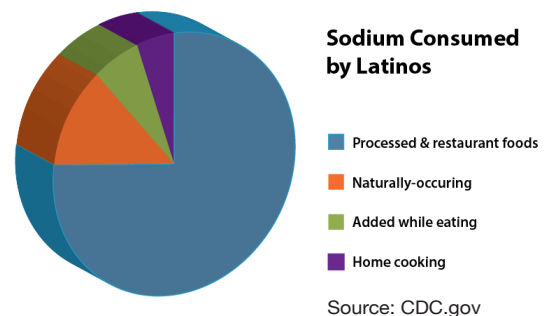
Most of us know that high blood pressure can be associated with high sodium intake. About 26% of Hispanic adults living in America have high blood pressure, with Puerto Ricans and Dominicans having higher rates in particular. According to the American Heart Association, more than 40% of non-Hispanic blacks in America have high blood pressure.

The standard American diet, containing foods high in sodium, is associated with a higher risk of abnormal blood pressure than traditional diets found in other countries. Choosing traditional, fresh foods over highly-processed foods can help lower blood pressure

### The Hidden Sources of Sodium

According to the Centers for Disease Control, more than 75% of Americans' sodium intake comes from prepackaged and restaurant food, 12% comes from natural sources, and 11% comes from adding our own salt to meals.

### Most Sodium Comes from Processed and Restaurant Foods



### The top culprits of hidden sodium include:

- Cold cuts and other cured meats
- Processed meats/processed meat dishes
- Processed cheese
- Canned soups
- Pizza
- Sandwiches
- Processed snack foods
- Commercial breads and rolls

The more highly processed foods we eat, the more sodium we are likely to consume. By returning to whole, plant-based foods, we can cut down on our sodium intake and hypertension rates considerably.

With a little knowledge of simple cooking techniques and using herbs and spices to bring out delicious flavors, you can enjoy a healthier diet with lots of flavor and less sodium.

