



# Happy Healthy Heart

Did you know that about 90% of Americans eat more sodium than is recommended for a healthy diet? Too much sodium increases your risk for high blood pressure, which can lead to heart disease and stroke.

Most of the sodium we eat comes from already prepared foods from restaurants and grocery stores. Following the three tips below can help you reduce the amount of sodium you eat.



## Be a Smart Shopper

Choose foods labeled "low sodium," "sodium free," or "no-salt-added."



## Modify How You Cook

Use onions, garlic, herbs and spices when cooking instead of salt.



## Make Healthy Choices

Eat fresh vegetables and fruit instead of salty snacks.

Try this heart healthy recipe.

### Tomato Stuffed with Dill Salmon Salad

You can use any water-packed type of salmon as well as tuna.



Scan QR code for recipe



To learn more visit [www.heart.org](http://www.heart.org)



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Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.