

Pass (on) the salt.

Do your heart a favor and pass (on) the salt.



Cutting down the amount of sodium you eat could lower your risk for heart disease, stroke, kidney disease and even blindness. That's because, for many people, salt can help raise blood pressure to unhealthy levels. In fact, **the National Heart, Lung, and Blood Institute (NHLBI) recommends a daily intake of no more than 2,400 mg. That's about one teaspoon!** To lower your salt intake, avoid the salt shaker. Also, take a moment to look at the sodium content in convenience food — pre-packed meals, canned food and fast food can all contain high amounts of salt.



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Visit empireblue.com for more information about salt and controlling your blood pressure.