

## Salt, Blood Pressure, & Your Health

Higher salt intake raises blood pressure. For those trying to lower their numbers, even small reductions in salt intake can have a positive effect.

### Cut back on sodium:

**Look at Nutrition Facts** labels and try to choose foods that have less than 5% of the Daily Value of sodium per serving.

**Use fresh poultry, fish and lean meat**, rather than canned, smoked or processed.

**Choose fresh or frozen vegetables** that have no added salt.

**Rinse canned foods** to remove some of the sodium.



Visit [www.livingwell.utsystem.edu/myhealth.htm](http://www.livingwell.utsystem.edu/myhealth.htm) to learn how the Condition Management program can help you lower your high blood pressure.

*This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*