



# Sodium Shakedown

Limiting the salt without limiting flavor!

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## Why should I limit my salt intake?

Having too much salt in our diet can cause high blood pressure, which overtime can lead to heart attack, stroke, kidney damage, and heart failure

## So, how much salt should I have?

- Aim for less than 2,300 milligrams, or 1 teaspoon, a day
- Those over the age of 50 or that have certain health conditions should aim for less than 1,500mg a day

## Today's Recipe:

Make your own Mrs. Dash!

Instructions: Fill your salt shaker with the following herbs and spices:

- 1 tablespoon + 2 teaspoons onion powder
- 1 tablespoon garlic powder
- 1 tablespoon ground mustard
- 1 tablespoon paprika
- 1/2 teaspoon celery seed
- 1/2 teaspoon white pepper