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 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.