

## **BLOOD PRESSURE SALT**



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### **Blood Pressure Salt's effects on your body**

The raised blood pressure caused by eating too much salt may damage the arteries leading to the heart. At first, it may cause a slight reduction in the amount of blood reaching the heart. This may lead to angina (sharp pains in the chest when being active).

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### **High Blood Pressure Levels Effects of Weight Salt**

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### **Blood Pressure Eat less salt to lower blood pressure**

Salt is sodium chloride and the sodium is the part that raises blood pressure. 1g of sodium is the same as 2.5g of salt. Low - 0.1g sodium or less per 100g of food - Eat plenty of these.

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Sodium has long been labeled the blood-pressure bogeyman. But are we giving salt a fair shake? A new study published in the American Journal of Hypertension analyzed data from 8,670 French adults

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### **Eating Salt When You Have High Blood Pressure**

You need about 500 milligrams of salt every day for your body to function. Most people take in about 10 times that amount daily. The recommended amount of salt for people with high blood pressure is about 1500 milligrams a day. Any reduction in your salt intake will help.

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### **Salt and Blood Pressure Can It Really Lower Yours**

Excess table salt will increase your blood pressure. But, the latest research also finds that not having enough salt will put you at increased risk of cardiac related diseases. But, the latest research also finds that not having enough salt will put you at increased risk of cardiac related diseases.

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