

## Tips to avoid salt and sodium containing foods

Salt and sodium is associated with increased blood pressure. Therefore, it is important to limit the use of salt and sodium containing foods.

Here are some of the tips that might help:

- ❖ Avoid packaged and processed foods because salt and sodium containing compounds are used as preservatives
- ❖ Eat more fresh and whole foods
- ❖ Avoid the use of bouillon cubes, stock cubes and seasonings
- ❖ Avoid the use of mono-sodium glutamate
- ❖ Use more natural spices such as cinnamon, ginger, garlic, mint, scent leaves, pepper, onions etc
- ❖ Use shreds of seafood, fish and meat to enhance the taste in recipes