

# LOOK AT THE SALT



## Week Three: Keep Going!

Have you tried the strategies we suggested to you last week? Keep up the good work! Here are a few more ways to curb your salt cravings. A coach can also help look at your final tracking sheets.

### Reducing Sodium Intake

- Gradually decrease the amount of salt from your diet
  - This will allow your taste buds to adjust
- Read the nutritional label carefully even in foods you don't think would have added salt
- Sea salt and kosher salt contain the same amount of sodium as table salt – it's best to leave salt out altogether
- Understand your triggers
  - Do you only crave salt at night?
- Develop new habits
- Make sure you're getting enough of the other minerals like calcium, magnesium, zinc, and more
- Get support from a coach or a professional

### Use herbs and spices instead of Salt

- Basil: soups, pasta, tomatoes
- Cayenne pepper: meats, poultry, stews
- Chili powder: meats, poultry, stews
- Cumin: meats, poultry, soups
- Dill: fish, potatoes, eggs
- Garlic powder: meats, poultry, fish, vegetables, soups
- Oregano: soups, salads, vegetables, chicken
- Paprika: meats, seafood, poultry, vegetables
- Parsley: salads, vegetables, meats, chicken
- Rosemary: salads, vegetables, fish, meats
- Thyme: salads, vegetables, fish, chicken, beef



### Eat These to Satisfy Your Salty Cravings

- Sunflower seeds
- Pumpkin seeds
- Pistachios
- Diced watermelon with feta cheese and balsamic vinegar
- Edamame
- Hummus



Source: [www.heartbright.org](http://www.heartbright.org)