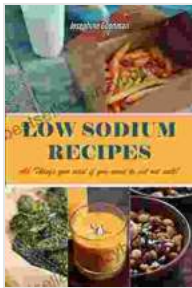


# All Things You Need If You Want To Cut Out Salt

If you're looking to cut out salt from your diet, there are a few things you'll need. This article will provide you with all the information you need to get started, including tips on how to reduce your salt intake and recipes for low-sodium meals.



## Low Sodium Recipes: All Things you need if you want to cut out salt! by Dan Babel

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled  
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## Why Cut Out Salt?

Salt is a mineral that is essential for life. However, too much salt can lead to a number of health problems, including high blood pressure, heart disease, and stroke. The American Heart Association recommends that adults consume no more than 2,300 milligrams of sodium per day. However, most Americans consume much more than this, with the average intake being around 3,400 milligrams per day.

Cutting out salt can be difficult, but it is worth it for the health benefits. By reducing your salt intake, you can lower your blood pressure, reduce your risk of heart disease and stroke, and improve your overall health.

## **Tips for Reducing Your Salt Intake**

Here are a few tips for reducing your salt intake:

- Cook more meals at home. Restaurant food is often high in salt.
- Read food labels carefully and choose foods that are low in sodium.
- Use salt-free seasonings, such as herbs, spices, and lemon juice.
- Gradually reduce the amount of salt you add to your food.
- Avoid processed foods, such as chips, crackers, and frozen meals.

## **Recipes for Low-Sodium Meals**

Here are a few recipes for low-sodium meals:

### **Grilled Chicken with Roasted Vegetables**

Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

- 1 pound Brussels sprouts, trimmed and halved
- 1 pound broccoli florets
- 1 tablespoon olive oil

#### Instructions:

1. Preheat grill to medium-high heat.
2. In a small bowl, combine olive oil, oregano, basil, garlic powder, and black pepper. Brush on chicken breasts.
3. Grill chicken breasts for 5-7 minutes per side, or until cooked through.
4. While chicken is cooking, toss Brussels sprouts and broccoli with olive oil. Spread on a baking sheet and roast in preheated oven at 400 degrees Fahrenheit for 15-20 minutes, or until tender.
5. Serve chicken breasts with roasted vegetables.

### **Lentil Soup**

#### Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin

- 1 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 1 cup dried lentils, rinsed and sorted
- 4 cups vegetable broth

#### Instructions:

1. Heat olive oil in a large pot over medium heat.
2. Add onion, carrots, celery, and garlic to the pot and cook until softened, about 5 minutes.
3. Add cumin, coriander, paprika, and black pepper to the pot and cook for 1 minute more.
4. Add lentils and vegetable broth to the pot and bring to a boil.
5. Reduce heat to low and simmer for 30 minutes, or until lentils are tender.
6. Serve soup warm.

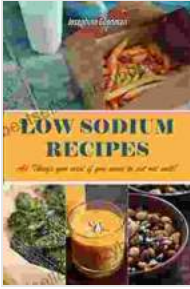
Cutting out salt can be a challenge, but it is worth it for the health benefits. By following the tips in this article, you can reduce your salt intake and improve your overall health.

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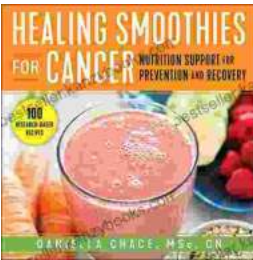
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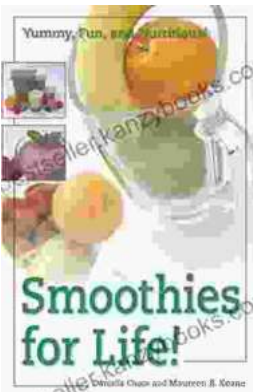


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