



FOODS HIGH IN SODIUM (SALT) CAN RAISE BLOOD PRESSURE.

Most of the salt in our diets comes from processed or restaurant foods.

Sneaky sources of salt:

Pizza

Bread

Cold cuts


Canned soups

**1 IN 4 NEW YORKERS HAS
HIGH BLOOD PRESSURE
(HYPERTENSION).**

**CUT THE SALT TO
LOWER YOUR RISK.**



TIPS FOR LOWERING SALT INTAKE:

- ✓ Choose "no salt added" or "low sodium" products
- ✓ Use spices and herbs to flavor your food instead of salt
- ✓ Look out for the sodium warning icon on menus 

WorkWell NYC is here to help! Visit nyc.gov/workwellnyc for resources and programs to help keep your heart healthy.