

Salty Language

Do you have high blood pressure but love the taste of salt? Don't worry. In time, your taste buds can discover, appreciate and enjoy foods that are less salty and more flavorful.

To tame your taste for salt:

- Buy fresh foods, such as fruits, vegetables, meats and poultry.
- Cook noodles, rice and hot cereals without adding salt.
- Reduce the amount of salt and seasonings that contain sodium in recipes by one-third to one-half.
- Experiment with herbs, spices and salt-free seasoning blends in place of salt.
- If you eat frozen convenience meals, look for products with fewer than 800 milligrams of sodium per serving.

In time, your body will adjust to an eating pattern with less salt. And, the less salt you consume, the less you will want.