

Low Salt Diet Guide

Low Salt Diet Guide - Low Sodium Diet. A main source of sodium is table salt. The average American eats five or more teaspoons of salt each day. This is about 20 times as much as the body ...Find out how to stick to a low sodium diet by following these guidelines for eating low sodium foods from the nutritionists at the Cleveland Clinic. ... salt. Low ...Your heart will benefit from a low-salt diet. WebMD tells you the sodium content in common foods and offers tips for cooking and dining out.If you're trying to ditch salt from your diet, you'll find you're not alone. It's very common advice given by doctors for the 30% of Americans and the 40% of ...