



Low Sodium Diet: The 101 Best Low Salt Foods

Health Research Staff

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Eating a high salt diet can be extremely harmful and set you up to experience a number of disease risks such as heart disease, stroke, as well as high blood pressure.

In today's world where so much of our diet focuses around fast and processed foods, sodium intakes are reaching epic proportions. It's not uncommon at all to see people consuming over twice that of which they should – sometimes even consuming well over triple the standard sodium recommendations.

By making a few dietary changes, however, and looking at eliminating some of the hidden sources of salt in your diet, you can easily bring this number back down and into the safe range.

By doing so, you'll see a number of health benefits such as lower blood pressure levels, reduced bloating and water retention, improved insulin sensitivity, lowered risk of heart disease and stroke, decreased chances of liver disease or liver problems, and reduced risk of some type of cancers.

To help make things easier for you, we've prepared a list of 101 low salt foods that are must-adds to your diet plan. These foods will help to supply you with many of the vital nutrients that you need to function properly.

In addition to being very low in sodium, they're also going to offer many health benefits as well. And we'll let you know what those benefits are so you can prioritize the low sodium foods you eat.

Includes a shopping list that conveniently organizes them as you would find them while shopping.

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