



Cut Down on Salt and Sodium!

Eating less salt and **sodium** helps you prevent or lower high blood pressure.

“I want to keep my blood pressure under control, so I cut back on salt and sodium. I took my salt shaker and soy sauce off the table and use less salt in my cooking. My doctor said to eat fewer regular canned soups processed foods like lunch meats because they have too much sodium and salt. After making my own homemade soups and stews again, my family won’t even eat canned foods. Too salty—and not as good as mine!”

– Pang

Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods. You can make a few simple changes to help you and your family eat less salt and sodium.

When you shop:

Buy fruits and vegetables for snacks instead of salty chips and salty crackers.



Txu Noj Ntsev Dlaw hab Sodium!

Noj ntsev kuas tsawg zog hab **sodium** yuav paab koj tiv thaiv tau lossis txu koj le ntshaav sab.

“Kuv xaav tswj kuv cov ntshaav kuas tsi txhob nce, le ntawd es kuv txhaj tsi noj khoom dlaw ntsev. Kuv muab lub fwj ntsev hab cov kua dlob tshem (soy souce) tawm ntawm lub rooj ua noj kuas siv ntsev tsawg zog lug ua noj. Kuv tug kws khu mob has kuas kuv noj khoom nyob huv kaus poom kuas tsawg xws li tej poom nqaj noj ua suv vim cov khoom noj ntawd dlaw ntsev heev. Thaum kuv ua tej khoom noj tsua peb noj lawm, kuv tsev neeg tsi noj khoom kaus poom lawm. Nwg dlaw ntsev heev – hab kuj tsi qaab npaum le cov kuv ua hab!”

– Paaj

Sodium nws kuj yog ib yam ntsev hab.. Nwg kuj yog ib yaam moov siv lug tsau khoom noj kuam qaab. Koj tsua yog tau pauv miv miv xwb, paab tau koj tsev neeg kuas sawv daws tsis txhob noj khoom daw ntsev heev.

Thaum koj moog ncig taj laj:

Yuav txiv maab txiv ntoo hab zaub lug noj txom ncauj kws tsi txhob yuav khoom dlaw ntsev xws le chips hab crackers.



Txo Noj Ntsev Daw thiab Sodium!

Noj ntsev kom tsawg zog thiab **sodium** yuav pab koj tiv thaiv tau los sis txo koj li ntshav siab.

“Kuv xav tswj kom tau kuv cov ntshav siab kuv thiaj li tswj noj ntsev thiab noj sodium kom ntsawg. Kuv muab lub hwj ntsev thiab lub hwj soy sauce tshem tawm ntawm lub rooj noj mov mus lawm thiab kuv siv ntsev tsawg tsawg thaum ua zaub mov noj. Kuv tus kws kho mob tau haistias kom noj tej khoom kaus poom thiab cov khoom noj uas muab ntim hlab lawm kom tsawg vim tias lawv muaj ntsev thiab sodium ntau heev. Tom qab uas kuv rov qab hau zaub noj dua kuv tsev neeg yuav tsis noj khoom kaus poom lawm. Nws daw ntsev heev thiab twb tsis qab npaum li cov zaub mov uas kuv ua!”

-- Paj

Sodium nws kuj yog ib yam ntsev thiab.. Nws yog ib yam hmoov siv los rau khoom noj kom qab. Koj tsuas tau pauv me me los pab kom tau koj thiab koj tsev neeg kom lawv sawv daws noj ntsev thiab moov ntsev kom tsawg zog tuaj.

Thaum koj mus ncig taj laj:

Yuav txiv hmaab txiv ntoo thiab zaub los noj txom ncauj es tsis txhob yuav cov khoom ua daw daw ntsev xws li chips thiab crackers.

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Read food labels. Buy foods that say “reduced sodium,” “low in sodium,” “sodium free,” or “no salt added.”

Choose fewer regular canned and processed foods like sausage, bologna, pepperoni, salami, ham, canned or dried soups, pickles, and olives.

When you cook:

Each day cut back a little on the amount of salt you add to foods. You will soon get used to eating less salt.

Use spices instead of salt. Season your food with herbs and spices such as pepper, onion, mint or cilantro. Use less soy sauce, oyster sauce, and ketchup.

When you are at the table:

Take the salt, soy sauce, and oyster sauce off the table.

Try these spices instead of salt to season food.

For beef... try pepper, ginger, lemon grass or cilantro.

For chicken... try herbs and green vegetables

For fish... try onion and herbs.

You will be amazed at how good your food will taste!

Choose two or three things you will do to eat less salt and sodium.

- Make homemade soups with less salt.

Nyeem cov ntawv lu nyob ntawm cov khoom yuav. Yuav tej khoom noj kws has tas “muaj sodium tsawg,” “muaj sodium miv miv,” “tsis muaj sodium,” lossis “tsis xyaw ntsev.”

Xaiv tej khoom noj xws le nyuv ntxwm, bologna, pepperoni, salami, ham, soups, dlib qaub hab olives kom tsawg tsawg xwb.

Thaum koj koj lug ua noj:

Txhua nub yuav tsum rau ntsev kuas tsawg zuj zug tsua tej khoom noj. Tsis ntev xwb koj yuav noj ntsev tsawg lawm.

Siv tej yaam ntsim tsi txhob siv ntsev. Sim noj raws le tej lub caij kws yog khoom cog, hov txob, dlog, los yog zaub txhwb. Siv kua dub (soy sauce), oyster sauce, hab kua txiv lwg nyoj/ketchup.

Thaum koj nyob ntawm lub rooj noj mov:

Muab cov ntsev, soy sauce, hab oyster sauce tshem tawm ntawm koj lub rooj ua noj.

Siv cov khoom ntsim nuav lug rau khoom noj

Rau nqaj nyuj... siv kua txob, qhav, tauj qab los yog zaub txwb.

Rau nqaj qab... siv tshuaj rau nqaj hab lwm yaam zaub ntsuab.

Rau nqaj ntseg... siv dlog hab lwm yaam txuj lom

Koj yuav pum has tas koj cov zaub mov yuav qaab npaum lecaag!

Xaiv ob los peb yam khoom rau zaub noj xwb koj yuav siv ntsev rau tsawg dlua hab kua ntsev los yuav tsawg dlua.

- Hau zaub huv tsev rau ntsev kuas tsawg.

Nyeem cov ntawv lus nyob ntawm cov hlab khoom. Yuav tej yam khoom noj uas sau tias “muaj sodium tsawg,” “muaj sodium me me,” “tsis muaj sodium,” los yog “tsis xyaw ntsev.”

Xaiv tej yam khoom noj xws lis nyuv ntxwm, bologna, pepperoni, salami, ham, soups, dib qaub thiab olives kom tsawg tsawg xwb.

Thaum koj koj los ua noj:

Txhua txhua hlab yuav tsum siv ntsev kom tsawg zuj zus rau koj cov zaub mov. Tsis ntev xwb koj yuav noj ntsev tsawg lawm.

Siv tej khoom nphoom zaub mov noj xws li kua txhob, dos, pum hub los yog zaub txwb xwb tsis txhob siv ntsev. Siv kua dub los yog soy sauce, oyster sauce, thiab ketchup (kua txiv lws) kom tsawg tsawg xwb.

Thaum koj nyob noj ntawm lub rooj noj mov:

Yuav tsum muab taub ntsev, taub soy sauce, thiab oyster sauce rho tawm ntawm lub rooj noj mov.

Sim cov khoom ntsim no los xyaw koj cov zaub mov noj.

Rau nqaj nyuj... Sim kua txob, qhiav, tauj dub los yog zaub txwb.

Rau nqaj qaib... Sim tshuaj rau qaib thiab zaub ntsuab

Rau nqaj ntses.... Sim dos thiab lwm yam txuj lom.

Koj yuav pom haistias koj cov zaub mov qab npaum li cag!

Xaiv ob los yog peb yam khoom uas yuav pab koj kom koj noj ntsev thiab sodium kom tsawg dua.

- Hau zaub mov hauv ntsev rau ntsev kom tsawg.

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- Check food labels when you shop. Buy foods marked “low sodium,” “reduced sodium,” “sodium free,” or “no salt added.”
 - Season your foods with herbs and spices instead of soy sauce and seasoned salt.
 - Take the salt shaker off your table.
 - Eat fruits like mango and orange without adding any salt.
- Eat less salt and sodium!
Prevention is better than disease!**
- Thaum koj moog yuav khoom noj, yuav cov kuas txhob dlaw dlaw ntsev “kua ntsev tsawg” “txu kua ntsev,” “tsi muaj kua ntsev,” los yog “tsi muaj ntsev xyaw.”
 - Siv zaub rau khoom kws yog txujlom hab ntsim kws tsi txhob siv soy sauce hab yaam puav kua ntsev.
 - Tshem lub fwj ntsev ntawm lub rooj noj mov tawm.
 - Noj txiv maab txiv ntoo xws li txiv nkhaus taw hab txiv kaab ntxwv kws tsi rau ntsev ntsiv.
 - Noj ntsev kua ntsev kuas tsawg! Kev tiv thaiv zoo tshaaj le muaj kaab mob.
- Thaum koj mus yuav khoom noj koj yuav tsum saib cov ntawv uas lawv sau rau ntawm lub hnab/thawv. Yuav tsum yuav tej yam zaub mov uas muaj qhov sau tias “muaj ntsev tsawg,” “tsis muaj ntsev,” los yog “tsis muaj ntsev xyaw.”
 - Yuav muab tej khoom xws li tsujlom mov xwb tsis txhob siv soy sauce los yog tej yam khoom nphoo uas muaj ntsev xyaw.
 - Tshem lub hwj ntsev ntawm lub rooj noj mov.
 - Noj txiv hmaab txiv ntoo xws li txiv nkhaus taw thiab txiv kab ntxwv uas tsis rau ntsev ntsiv .
 - Noj ntsev thiab kua ntsev kom tsawg! Kev tiv thaiv zoo tshaj li muaj kab mob.

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