



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!” – MeLee Thao

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.

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.

Txu Noj Dlaw Ntsev 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 hwj ntsev hab cov kua dlob tshem tawm ntawm lub rooj ua noj kuas siv ntsev tsawg zog lug ua noj. Kuv tug kws khu mob has kuas kuv tsis txhob noj khoom nyob huv koom poom hab cov khoom noj kws muab txum tseg tsawg zog, vim cov khoom noj ntawd dlaw ntsev heev. Thaum kuv ua tej khoom noj tsua peb noj lawm, kuv tsev neeg tsi noj khoom koom poom lawm. Nwg dlaw ntsev heev – hab kuj tsi qaab npaum le cov kuv ua hab!” – MeLee Thao

Moov ntsev yog ib yaam tseem ceeb ntawm ntsev. Nwg kuj yog ib yaam moov siv lug tsau khoom noj. 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.

Nyeem cov ntawv lu nyob ntawm cov khoom yuav. Yuav tej khoom noj kws has tas “reduce sodium,” “low in sodium,” “sodium free,” lossis “no salt added.”

Xaiv tej khoom noj yaam puav nyob huv koom poom hab tej khoom noj txum ca xws li nyuv ntxwm, bologna, pepperoni, salami, ham, soups, dlib qaab hab 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.
- 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!

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Thaum koj koj lug ua noj:

Txhua nub yuav tsum rau ntsev kuas tsawg tsawg zuj zug tsua tej khoom noj. Tsis ntev koj yuav nyum tau noj tsis dlaw ntsev.

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 ua noj:

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 hwj txob, qhav, hab lwm yaam tshuaj rau.**

Rau nqaj qab... siv tshuaj rau nqaj hab lwm yaam tshuaj 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.
- 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.”
- Siv zaub rau khoom kws muaj tshuaj ntsuab hab ntsim kws tsi txhob siv soy sauce hab yaam puav kua ntsev.
- Tshem fwj ntsev ntawm lub rooj ua noj tawm.
- Noj txiv maab txiv ntoo xws li txiv nkhaus taw hab txiv kaab ntxwv kws tsi rau ntsev.
- **Noj ntsev kua ntsev kuas tsawg! Kev tiv thaiv zoo tshaj le muaj kaab mob.**

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