

Mayo Clinic Minute

Reduce salt in your diet

Video	Audio
Amy Pollak, M.D. Cardiovascular diseases Mayo Clinic	These tiny granules can make our food taste so good, and too much can raise our blood pressure too high. “Having high blood pressure is a major risk for heart attack, for stroke, for heart failure, even for things like dementia.”
	Dr. Amy Pollak is cardiologist at Mayo Clinic. She says reducing salt at the dinner table or when going out to eat can reduce our blood pressure by up to 10 points.
	“If you go out to eat and someone is preparing your food, just ask them, ‘Hey, don’t add any salt to my food, please.’
	And, when you cook, try more herbs and spices to replace salt.
	“It takes a while to reset your taste buds to get used to that lower-salt diet, but you can really make up for any flavor deficits by using more spices or more herbs.”
	Maintaining a healthy weight or losing weight can also help lower blood pressure.
	“Certainly, some people can have a more dramatic effect on blood pressure with weight loss, but you can see the most bang for your buck is really in the low-salt diet.”
	For the Mayo Clinic News Network, I’m Ian Roth.