

Mayo Clinic Minute: Is salt sneaking into your diet?

We know too much salt is not good for our health. This is especially true for people who have high blood pressure. Cutting back on how much you reach for the saltshaker is a good start. Dr. Regis Fernandes, a Mayo Clinic cardiologist says, beware of other places salt may be hiding.

Video	Audio
	Most Americans eat too much salt, that's according to the Centers for Disease Control. Not good, says Mayo Clinic's Dr. Regis Fernandes, when you consider what salt does to your body.
Dr. Regis Fernandes Cardiovascular Medicine Mayo Clinic	Salt increases our blood pressure and high blood pressure is associated with higher cardiovascular risk.
	Dr. Fernandes says most Americans consume 3400 milligrams of salt a day while the recommended amount is 2300, the equivalent of 1 teaspoon. It's even lower at 1500 if you have high blood pressure. And Dr. Fernandes warns most sodium intake doesn't come from the saltshaker.
	Most of the salt we get is from processed foods, from sauces and restaurants and things like that, eating out.
	Dr. Fernandes says even the slightest drop in salt intake can help lower your blood pressure and improve heart health. He recommends gradually cutting back on salt and always checking food labels.
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.