Two-Minute Tuesday Video Script: Are You Too Salty?
http://www.pinellascounty.org/hr/two/videos/areyousalty/areyousalty.html

**Slide 1:** Welcome to Two-Minute Tuesday. I’m Amy Hertog, your UHC Nurse Liaison. Today’s topic is sodium, also known as salt.

**Slide 2:** When it comes to sodium, the American Heart Association recommends no more than 2,300 milligrams (mgs) – or one teaspoon – per day ...

**Slide 3:** ... and an ideal limit of no more than 1,500 milligrams per day in the absence of certain diseases.

**Slide 4:** Just one teaspoon of salt contains the limit.

**Slide 5:** Yet some Americans consume 3000 to 4300 milligrams of sodium every day.

**Slide 6:** Excessive sodium intake contributes to hypertension, also known as the silent killer.

**Slide 7:** Have you heard that certain foods are higher in sodium?

**Slide 8:** Cold cuts and cured meats, pizza, canned soup, poultry, breads and rolls, and fast food sandwiches are identified by the American Heart Association as “the salty six”.

**Slide 9:** Even worse, frozen meals can pack a lot of sodium into your diet.

**Slide 10:** Fast food can also be high in sodium. So what can you do?

**Slide 11:** Read labels. Salt, monosodium glutamate (or MSG), baking soda, baking powder, broth, soy sauce, and disodium phosphate are clues, as is anything that has “sodium” in its name.

**Slide 12:** As a rule of thumb, your goal should be to limit sodium to under 140 milligrams per serving.

**Slide 13:** Always taste food before you add any salt to it.

**Slide 14:** Better yet, consider using alternative seasonings. What’s most effective at replacing the taste of salt? Black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, and onion.

**Slide 15:** Fresh herbs are also a good replacement for salt.

**Slide 16:** Keeping your total daily sodium intake under 1500 mg may help reduce your systolic blood pressure by up to 8 points.

**Slide 17:** If you need to work on getting your blood pressure under control, there is some good news. Healthy Heart is a new free counseling service for PCG UHC members.

**Slide 18:** With Healthy Heart, you will have your own personal coach who can help you strategize to lower your blood pressure! To enroll in Healthy Heart, contact UHC or Nurse Amy at 727-464-5579.

**Slide 19:** Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episode, visit us online.