

The Dinner List Summary

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Healthy Fats, Low-Cholesterol Cookbook | American Heart ...

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Fats | American Heart Association

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Many Americans have acquired a taste for a high salt diet. One way to cut back is to skip the table salt. However, most of the sodium in our diets comes from packaged, processed foods. Eating these foods less often can help reduce your sodium intake, lower your blood pressure and/or prevent high blood pressure (HBP or hypertension) from developing in the first place.

Sodium | American Heart Association

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