## 10 Easy Tips for Reducing Sodium Consumption

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consu t878-0.004n47 ca CuTf-015 Td s n.94[s)p0TJ17.3029.6(fo-7.53(nd)-0.7(s)66.3(u)d(4(Cd(4m)-5.7wg)-3.1(II(a)91 0rad-7.5(u-7.5(ally).5(s d-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5(u-7.5(ally).5(s d-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5(u-7.5(ally).5(s d-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5(u-7.5(ally).5(s d-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5(u-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5(u-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5([.3(g)2(r[.3a)-4]91 0rad-7.5([.3a)-4]91 0rad-7.5