

Title:

Caution: Hidden Sodium Inside Common Processed Foods

Word Count:

559

Summary:

Salt is not just to perk up the flavor of dishes but is also essential to maintaining a good h

Keywords:

metabolism, vomiting, muscle cramps, nausea, heart disease, obesity

Article Body:

When food tastes quite bland, a sprinkling of table salt usually does the trick. Instantly, it

While sodium deficiency can be problematic, excessive salt intakes have been associated with d

The American Medical Association (AMA) says that reducing sodium content in processed and rest

High blood pressure is experienced by at least one in three U.S. adults and almost 1 billion p

Freezing technology can help bring down the sodium level of some frozen vegetables, though oth

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