

Make Up Your Mind Brain Cap Activity

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In Brief: Your Guide to Lowering Your Blood Pressure with DASH

1 teaspoon of table salt). Then, talk to your doctor about gradually lowering it to

1,500 mg a day. Keep in mind: The less sodium you eat, the more you may be able to lower your blood pressure. Choose and prepare foods with less sodium and salt, and don't bring the salt shaker to the

table. Be creative—try

herbs, spices, lemon,
lime, vinegar,