

**Script Body:**

You may be watching your calorie, fat or carb intake, but did you know 90% of Americans consume too much salt? Too much sodium can increase blood pressure and lead to heart disease and even stroke.

Your daily amount of sodium should be less than 2,300 milligrams. If you're over 50, African-American, have high blood pressure, kidney disease, or diabetes, you should only consume 1,500 milligrams.

So what can you do to shake your salt habit? Check the amounts of sodium in food you're buying. Search for low sodium or "no salt added" varieties of things like soy sauce and ketchup. Processed foods contain lots of sodium, so eat fresh food as much as possible!

Cooking at home more often can help too, since you're in control and can control the amount of salt added.

You don't need to sacrifice flavor along with your salt. Try seasoning with herbs and spices - think garlic, pepper, rosemary and basil.

Your taste buds will adjust, and your meals will get more creative. Best of all, you will be healthier!