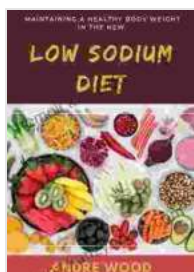


# Maintaining Healthy Body Weight In The New Low Sodium Diet

Maintaining a healthy body weight is essential for overall health and well-being. Excess weight can lead to a number of health problems, including heart disease, stroke, type 2 diabetes, and certain types of cancer. The low-sodium diet is a new approach to weight loss that has been shown to be effective in helping people lose weight and maintain a healthy weight.

## What is the low-sodium diet?

The low-sodium diet is a diet that limits the amount of sodium you eat. Sodium is a mineral that is found in many foods, including processed foods, canned foods, and restaurant meals. Too much sodium can lead to high blood pressure, which is a major risk factor for heart disease and stroke.



## Maintaining A Healthy Body Weight In The New Low Sodium Diet by Amy Johnson

★★★★☆ 4.1 out of 5

Language : English

File size : 510 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 82 pages

Lending : Enabled

Screen Reader : Supported



The low-sodium diet recommends that you limit your sodium intake to no more than 2,300 milligrams per day. This is about the amount of sodium

that is found in one teaspoon of salt.

## **How does the low-sodium diet help you lose weight?**

The low-sodium diet can help you lose weight in a number of ways. First, it can help you reduce water retention. When you eat too much sodium, your body retains water. This can lead to bloating and weight gain.

Second, the low-sodium diet can help you reduce your appetite. When you eat too much sodium, it can stimulate your appetite. This can lead to overeating and weight gain.

Third, the low-sodium diet can help you burn more calories. When you eat a low-sodium diet, your body has to work harder to get rid of the excess water. This can help you burn more calories and lose weight.

## **What are the benefits of the low-sodium diet?**

In addition to helping you lose weight, the low-sodium diet has a number of other benefits, including:

\* Lowering blood pressure \* Reducing the risk of heart disease and stroke \*  
Improving kidney function \* Reducing the risk of osteoporosis \* Reducing  
the risk of certain types of cancer

## **What foods are allowed on the low-sodium diet?**

The low-sodium diet includes a variety of healthy foods, including:

\* Fruits and vegetables \* Whole grains \* Lean protein \* Low-fat dairy  
products \* Healthy fats

## What foods are not allowed on the low-sodium diet?

The low-sodium diet limits the intake of foods that are high in sodium, including:

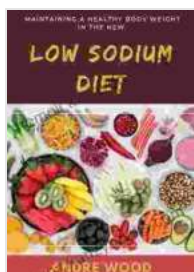
\* Processed foods \* Canned foods \* Restaurant meals \* Salty snacks \* Sugary drinks

## How to follow the low-sodium diet

Following the low-sodium diet is easy. Here are a few tips:

\* Read food labels carefully. Check the sodium content of foods before you eat them. \* Choose foods that are low in sodium. Look for foods that have less than 200 milligrams of sodium per serving. \* Cook more meals at home. This will give you more control over the sodium content of your food. \* Use herbs and spices to flavor your food instead of salt. \* Limit your intake of processed foods, canned foods, and restaurant meals. \* Drink plenty of water. Water will help you flush out excess sodium from your body.

**The low-sodium diet is a safe and effective way to lose weight and improve your health. Talk to your doctor to see if the low-sodium diet is right for you.**



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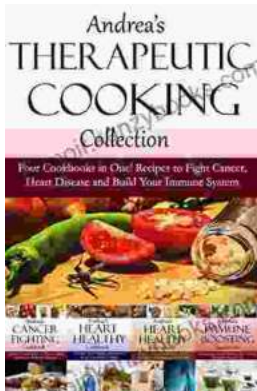
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