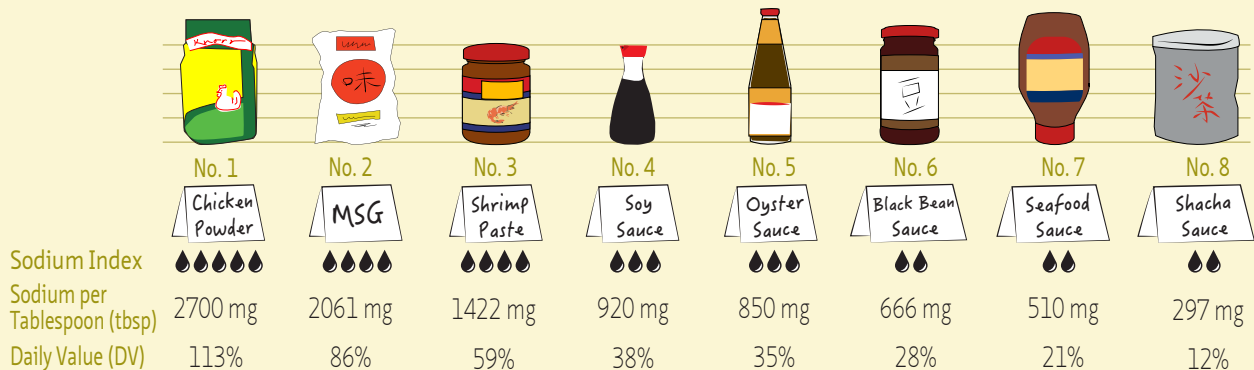


Watch Out! The (Salty) Suspects are in Your Kitchen!

Dietary Guidelines for Americans recommend consumption of less than 2,300 mg of sodium each day. That's equivalent to about 1 teaspoon of table salt. People with hypertension should consume no more than 1,500 mg of sodium per day.

Many Chinese sauces and dressings are high in sodium. Check the table below for sodium content in common Chinese seasonings. To minimize your salt intake, substitute with herbs and spices that add flavor, such as garlic, ginger, green onion, vinegar, five spice powder, Sichuan pepper, star anise, and basil.



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