

# Control Hypertension

Now, a health minute.

A lifetime of excess sodium intake can result in high blood pressure, also known as hypertension.

And even if you think you're eating a low sodium diet, you may be fooling yourself since salt is a hidden ingredient in many foods.

Can you guess which foods have more sodium?

- One regular serving of fast food French fries or a half cup of instant pudding
- One ounce of potato chips or one cup of bran cereal
- Three cups of microwave popcorn or one bran muffin

The answers may surprise you.

The second item in each pair generally provides more sodium than the first. So read the labels.

By following a low sodium diet, you can control your blood pressure.