

**Health and Diet - September 6, 2004**

Need to go easy on the salt? Remove the saltshaker from the table while you're eating, or fill it with your own personal blend of garlic powder, onion powder, parsley flakes or other spices to add zest to your meals. Try lemon juice, pepper, vinegar, herbs and spices as salt substitutes in recipes. Use fewer processed foods, and look for low-salt, low-sodium products.