

# RINSE TO REDUCE



**RINSE CANNED  
VEGETABLES  
AND BEANS TO  
REDUCE SALT**

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EATING LESS SALT  
CAN LOWER YOUR  
BLOOD PRESSURE  
AND KEEP YOUR  
HEART HEALTHY

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**Washington  
Food Coalition**

*This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.*



**American  
Heart  
Association.**