

# RINSE to REDUCE

RINSE  
CANNED  
BEANS AND  
VEGETABLES  
TO REDUCE  
SALT



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



This publication was supported by the Grant or Cooperative Agreement Number, 1NU58DP000018-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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