

REDUCING SALT IN YOUR DIET

Lower Salt Guidelines (2000mg per day)

General Guidelines:

- ✓ Take the salt shaker off the table
- ✓ Do not use salt during cooking
- ✓ Try other seasonings such as garlic, lemon juice, and fresh or dried herbs
- ✓ Choose fresh or frozen fruits and vegetables instead of prepared or processed foods
- ✓ Choose products with claims which include “low sodium,” “sodium reduced,” or “no salt added”
- ✓ Avoid all foods that are smoked, cured, pickled, or salted
- ✓ Avoid use of canned vegetables and meats
- ✓ Do more home cooking: make your own soups, sauces, and salad dressings
- ✓ Avoid convenience foods and fast food items
- ✓ When eating out, ask for nutrition information and choose lower sodium options
- ✓ Read labels – avoid products listing ingredients such as salt, sodium, or word containing sodium (e.g. monosodium glutamate, sodium nitrate, sodium caseinate)

Is sodium the same as salt?

The chemical name for table salt is sodium chloride. This is the most common form of sodium. One teaspoon contains about 2400 mg of sodium.

Salt Substitutes – a word of caution:

“No Salt” is a commercially available product that uses potassium instead of sodium. Check with your doctor before using, as some people need to limit their potassium intake.

Remember: As you slowly decrease your salt intake, your taste buds will adjust!

CHOOSE		AVOID
MILK AND ALTERNATIVES _____ SVGS/DAY	milk, yogurt, cream, sour cream, cream cheese, drained cottage cheese, low sodium cheese	buttermilk, malted milk, condensed milk, hot chocolate mixes, eggnog, processed cheese slices, cheese spreads, cheese sauces
VEGETABLES AND FRUIT	fresh vegetables and fruit, frozen vegetables and fruit, canned fruit, no salt added vegetable cocktail	canned vegetables, vegetable juices (V8, tomato), pickles, sauerkraut, olives, frozen vegetables in sauces, commercial tomato sauce, commercial potato mixes
GRAIN PRODUCTS _____ SVGS/DAY	bread, rolls, cornbread, most dry cereals, hot cereal (without added salt), unsalted crackers, unsalted breadsticks, homemade bread crumbs, pasta, rice, barley	pastries, danishes, muffins, pancakes, waffles, crackers with salted tops, commercial bread, packaged stuffing mixes, instant hot cereals, commercial rice, commercial pasta mixes, instant soup mixes
MEAT AND ALTERNATIVES	fresh meat, poultry, and fish; frozen meat, poultry and fish; eggs, dried or frozen legumes (kidney beans, black beans, chickpeas, lentils), tofu, unsalted peanut butter, homemade soups that are low in salt	processed meat and fish (salami, sausage, wieners, bologna, corned beef, bacon, ham, smoked salmon, etc.), canned meat and fish (ham, tuna, salmon, sardines), pre-breaded frozen meat or fish, most TV dinners, meat pies, convenience casserole mixes, Chinese food, pizza, canned legumes (kidney beans, chickpeas, lentils), beans prepared with ham, salt pork, canned soups
SNACKS FOODS AND BEVERAGES	unsalted nuts, unsalted tortilla chips, air popped popcorn	potato chips, pretzels, salted nuts, popcorn (other than air popped), soda water, tonic water, sports drinks
CONDIMENTS AND SEASONINGS	Mrs. Dash fresh herbs, dried herbs, lemon juice, lime juice, vinegar, extracts (almond, lemon, vanilla), baking chocolate, cocoa; seasoning blends that do not contain salt	table salt, sea salt, garlic salt, onion salt, celery salt, seasoned salt, chili sauce, steak sauce, barbecue sauce, Worcestershire sauce, mustard, ketchup, soy sauce, tartar sauce, teriyaki sauce, monosodium glutamate (MSG), bouillon cubes, meat tenderizers, salsa, Tabasco sauce, baking powder
FATS AND OILS	unsalted butter, unsalted margarine, vegetable oils, homemade salad dressings	regular butter and margarine, bacon grease, salt pork, commercial dips, commercial gravies, commercial salad dressings, mayonnaise

LABEL READING FOR A LOWER SALT INTAKE

How to Use the Nutrition Facts Table

Remember to compare how much you eat with the serving size on the label.

Nutrition Facts	
Serving Size 1 cup (250 mL)	
Amount Per Serving	
Calories 50	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	4%
Vitamin A 2%	Vitamin C 100%
Calcium 2%	Iron 4%

The % Daily Value is the amount of a nutrient appropriate for most people to consume. The Daily Value for sodium is 2400 mg. This is the most that should be consumed in one day.

You can use the % Daily Value to see if a food has a little or a lot of sodium. Foods that have a lower % Daily Value have less sodium. Foods with a % Daily Value of **5% or less** have a **little** sodium. Foods with a % Daily Value of **15% or more** have a **lot** of sodium.

What do Sodium Label Claims Mean?

- ✓ **Sodium free:** less than 5 mg sodium per serving
- ✓ **Low sodium:** less than 140 mg sodium per serving
- ✓ **Lower in sodium, Reduced sodium:** food item contains 25% less sodium than the original food item
**could still be high in sodium/salt*
- ✓ **Lightly salted:** food item has 50% less added sodium than the original food item
**could still be high in sodium/salt*
- ✓ **Unsalted, No salt added, or Without added salt:** no salt has been added to a food item that is normally processed with salt
**may still contain salt*

LOWER SODIUM ALTERNATIVES			
Instead of...	Sodium (mg)	Choose...	Sodium (mg)
½ cup canned green beans	260	½ cup cooked fresh green beans	2
½ cup tomato sauce	750	½ cup fresh tomatoes	11
2 tbsp Italian salad dressing	470	2 tbsp homemade oil and vinegar dressing	0
100g smoked turkey breast	1000	100g roast turkey	70
1 cup canned vegetable soup	775	1 cup low sodium canned vegetable soup	32
Oatmeal packet	775	Oatmeal from scratch	32

Herb Shaker Recipe



Blend ingredients and add to an empty shaker with a few pieces of raw rice to allow for easy flow

COOKBOOKS and RECIPES:

American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (4th Edition) by the American Heart Association

Low Sodium recipes from the **Heart and Stroke Foundation**:

http://www.heartandstroke.com/site/c.kiQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipes.htm

Cook healthy recipes from Dietitians of Canada:

<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy.aspx>

WEBSITES:

- ✓ www.heartandstroke.ca
- ✓ <http://www.mrsdash.com/>
- ✓ <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>