

LESS SALT AND SODIUM WITH BETTER HEALTH

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Take control of your health use these steps to...

Modify YOUR SODIUM/SALT INTAKE

✓ **Use more fresh fruits, vegetables and fresh meats and poultry.**

✓ **Check claims on food labels.**

Claims must meet strict government definitions.

Sodium Free	Less than 5 milligrams sodium
Very Low Sodium	35 milligrams or less sodium
Low Sodium	140 milligrams or less sodium
Light Sodium	50% less sodium

✓ **Low-sodium and reduced-sodium products can be found in the supermarket.**

Try the following products made with less sodium.

- Canned low sodium vegetables, vegetable juices and sauces
- Canned low sodium soups
- Dried soup mixes
- Condiments
- Snack foods (baked chips, plain nuts)
- Ready-to-eat cereals
- Bread, bakery products
- Butter, margarine
- Cheeses
- Tuna
- Processed meats

✓ **Check the ingredient labels on packaged foods.**

Look for ingredients that have sodium or salt as part of its name. Ingredients are listed by weight, from greatest to least.

INGREDIENTS: Potatoes, vegetable oil, whey, salt, dried milk solids, sour cream, onion salt, monosodium glutamate, dried parsley, lactic acid, sodium citrate, artificial flavors.

This food contains four different sodium ingredients. Notice that salt is the fourth ingredient in the product by weight. Therefore, this product is probably high in sodium.

Use herbs and spices in place of salt.

Spices and herbs can be used to enhance the natural flavor of food. Powdered herbs are stronger than crumbled, and dried herbs are stronger than fresh herbs. If a recipe calls for 1/4 teaspoon powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 teaspoons fresh herb.

Great examples of spices and herbs include oregano, basil, cumin, cinnamon, rosemary, cloves, dill, nutmeg, paprika, ginger, mustard, and allspice.



Herb (urb, hurb) *n.* leaves of plants and shrubs with non-woody stems

Spice (spis) *n.* comes from bark, roots, fruits, seeds or flavors of plants

How much Sodium Is Too Much?

You should consume no more than 2,300 milligrams (equivalent to 1 teaspoon) of sodium each day. Currently most Americans consume a much larger amount 4,200 milligrams per day in men and 3,300 milligrams per day in women. The measuring spoon below shows 1 teaspoon of table salt. Table salt is 40 percent sodium and 60 percent chloride. Potassium sodium and chloride work as electrolytes performing important functions in the body. Too much sodium can be harmful causing high blood pressure or hypertension which frequently goes undiagnosed.



Why Limit Sodium?

Reducing the amount of sodium you consume may help you reduce or avoid high blood pressure. This is important because people with high blood pressure are more likely to develop heart disease, stroke and kidney disease. Heart disease is the No. 1 killer in the United States today and stroke is No. 3.

High sodium foods.

Bacon	Luncheon meats	Salted chips
Bologna	Salted nuts and seeds	Salted crackers
Bouillon cubes or granola	Olives	Salt pork
Buttermilk	Packaged foods	Sauerkraut
Canned or powdered soup	Pickles	Sausage
Canned vegetables	Pork rinds	Smoked or canned meats
Cheese	Powdered drink mixes	Spaghetti or tomato juice
Corned beef	Pretzels	(commercial)
Frankfurters	Salad dressings	Tomato juice

High sodium condiments.

Barbecue sauce	Iodized Salt	Salad dressings
Bouillon	Meat tenderizer	Salt
Catsup	Monosodium glutamate (MSG)	Seasoned salt
Celery salt	Onion salt	Soy sauce
Chili sauce	Pickles	Worcestershire sauce
Hot sauce	Relish	

Tips to Reduce Sodium when Eating Out

- Don't use the salt shaker. Use the pepper shaker or mill.
- Be familiar with low-sodium foods and look for them on restaurant menus.
- When you order, be specific about what you want and how you want your food prepared. Request that your dish be prepared without salt.
- Add fresh lemon juice to fish and vegetables instead of salt.

Did You Know...

According to the American Heart Association, Americans consume at least 75 percent of their sodium from processed foods such as tomato sauce, soups, condiments, canned foods and prepared mixes. Blood pressure is directly linked to sodium intake for most people, a high sodium intake will cause an increase in blood pressure. Many people are sodium sensitive, especially African Americans and older adults.