

## TIPS FOR REDUCING SODIUM & SALT

- Choose fresh or frozen vegetables over canned products.
- Avoid foods prepared in brine, such as pickles and olives.
- Avoid smoked meats (ham, bologna, pastrami, & corned beef).
- Use herbs and spices to season your foods instead of salt.
- Use package labels to compare the sodium content of similar products.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Cook rice, pasta, and hot cereals without salt.
- Cut back on instant or flavored rice, pasta, & cereal mixes, which have added salt.
- Rinse canned foods, such as tuna, to remove some sodium.
- Rinse canned vegetables to lower salt content.
- Avoid canned soups or choose the lower sodium version.

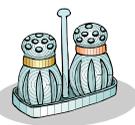


Be patient. Salt is an acquired taste. Once you begin to cut back on sodium, you'll find you miss it less.



## DINING OUT TIPS

- Ask how foods are made.
- Ask that your foods are made without added salt, MSG, or items with salt added.
- Move the salt shaker.
- Limit adding mustard, catsup, pickles, and sauces with salt-containing ingredients.
- Choose fruit or vegetables, instead of salty snack foods.
- Ask for sauce & salad dressings on the side and use only half of it.
- Taste food before adding salt.
- Watch for words that mean high sodium content:



Pickled      Cured  
Soy          Broth  
Monosodium glutamate (MSG)  
Sodium Chloride  
Sodium Bicarbonate

Seasonings are a great way to add flavor to foods without adding salt to them. Replace the salt shaker at the table with herb and spice shakers.

### SEASONINGS

Garlic	Mrs. Dash
Onion	Spices
Herbs	Lemon juice
Vinegar	Pepper



### ITALIAN SEASONING

- 4 tablespoons dried parsley
- 4 teaspoons minced onion
- 1 teaspoon oregano
- 2 teaspoons dried basil
- 1 teaspoon ground thyme
- 2 teaspoons celery seed
- 1 teaspoon garlic powder
- $\frac{1}{4}$  teaspoon black pepper

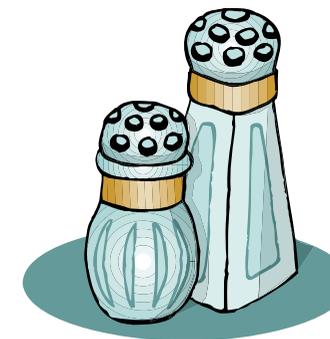
Combine these ingredients in a blender until powdered. Store in an airtight container. Use to add flavor to meat, fish, poultry, soup, or vegetables.

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# KEY NUTRIENT



## SALT



Sodium plays a vital role in the body. It can affect fluids and blood pressure. Most people consume more sodium than is needed which can result in high blood pressure.

### WHAT IS HIGH BLOOD PRESSURE?



When too much sodium is eaten, more water has to stay in the body to help dilute the sodium out into the bloodstream. This lowers the kidney's ability to excrete the sodium and water, causing your blood vessels to become "waterlogged."

When this happens, more pressure is needed to pump blood through the body. The blood vessels constrict (become smaller), which increases blood pressure.



### DID YOU KNOW?

- Americans eat about 25 lbs. of salt per year per person. This is about 10,000-20,000 mg day.
- The human body requires only 220 mg of sodium a day.
- One teaspoon of salt contains 2,200 mg of sodium.
- Over 37 million Americans suffer from high blood pressure.

The American Heart Association recommends 2,400 to 3,000 mg of sodium per day.

### LABEL READING GUIDE

<b>Nutrition Facts</b>			
Serving Size: 1 cup (30g)			
Servings Per Container: 14			
Amount Per Serving	Cereal	Cereal with 1.2 cup Skim Milk	
Calories	120	160	
Calories from Fat	10	10	
		%Daily Value*	
<b>Total Fat 1g*</b>	2%	2%	
Saturated Fat 0g	0%	0%	
<b>Cholesterol 0mg</b>	0%	0%	
<b>Sodium 0mg</b>	0%	3%	
<b>Total Carbohydrate 21g</b>	7%	9%	
Dietary Fiber 2g	8%	8%	
Sugars 1g			
<b>Protein 4g</b>			
Vitamin A	0%	4%	
Vitamin C	0%	2%	
Calcium	2%	15%	
Iron	6%	6%	

\* Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.  
 \*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than 65g	80g	25g
Sat. Fat	Less than 20g	300mg	300mg
Cholesterol	Less than 300mg	4,400mg	2,400mg
Sodium	Less than 300g	375g	300g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:  
 Fat 9 • Carbohydrates 4 • Protein 4

**Special Health Claims:** Look to the front of the label for any special health claims about the product.

- Sodium free: less than 5 mg per serving
- Very low sodium: less than 35 mg per serving
- Low sodium: 140 mg or less
- Reduced or less sodium: 25% less sodium than the regular version

**SERVING SIZE:** Here's where you find out what equals a serving and how many servings are in a box.

**SODIUM:** This is where you will find out how many milligrams of sodium are in the product. Try to look for foods with less than 50% of the daily value per serving.

**PERCENT DAILY VALUE:** Tells if the nutrients in a certain food add a lot or a little to your total daily diet. There is 65 mg of sodium in this cereal with milk. This is 3% of your total daily value, which means you have 97% left in the foods you eat that day.

Take a quiz to remind you to reduce salt in your diet.

1. Do I salt food at the table?
2. Do I try other added flavors besides salt?
3. Do I read the label for the sodium content in the food?
4. Do I eat fresh or frozen fruits and vegetables rather than canned?



### MY PERSONAL GOALS:

Food substitutions I will try:

Herbs and spices I will use to season foods instead of salt:

I will try to reduce my daily intake of high sodium foods by \_\_\_\_\_ servings:

