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

- Garlic
- Mrs. Dash
- Onion
- Spices
- Herbs
- Lemon juice
- Vinegar
- Pepper

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.

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
½ 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.

KEY NUTRIENT SALT

3,000 copies of this were printed by the SD Dept of Health at a cost of $.18 per copy.

NUT-046 01/07
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**

**Nutrition Facts**

Serving Size: 1 cup (30g)

<table>
<thead>
<tr>
<th>Serving Per Container: 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Cereal</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>120</td>
</tr>
<tr>
<td>Frozen Milk</td>
</tr>
<tr>
<td>Calories from Fat</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>12</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>0.3</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>0</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>0.3</td>
</tr>
<tr>
<td>Total</td>
</tr>
<tr>
<td>12.3</td>
</tr>
<tr>
<td>Carbohydrate</td>
</tr>
<tr>
<td>21</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>1</td>
</tr>
</tbody>
</table>

**Vitamin A** 0%

**Vitamin C** 0%

**Calcium** 2%

**Iron** 0%

1. **Amount in Cereal.** One half cup of milk contributes an additional 60 calories, 60 mg sodium, 4 g total carbohydrate (Kjexoglu), and 4 g protein.
2. **Percent Daily Values are based on a 2,000 calorie diet.** Your daily values may be higher or lower depending on your calorie needs.

**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.

**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

**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.

**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: