



FACTS ON SALT AND SODIUM

- Sodium is a mineral essential for maintaining the proper fluid balance in the body. We all need sodium. Most Americans consume more than necessary.
- Salt is the main source of sodium.
- Our bodies need less than 500mg sodium or ¼ teaspoon salt per day.
- 2400 mg or 1 teaspoon of salt is the maximum recommendation per day.

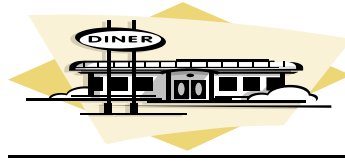


- On average Americans consumes between 3,000-5,000 mg or 1 ½ to 2 ½ teaspoons of sodium per day.
- Sodium is added to food to enhance flavor and for preservation.
- Processed foods can be very high in salt.
- Read food labels, high-sodium food additives include salt, baking powder, brine or other items that say "sodium," such as monosodium glutamate (MSG).
- If a food label reads "low sodium" that means there is 140 mg or less per serving.
- If a food label reads "no sodium" that means less than 5 mg per serving.
- Salt substitutes use potassium instead of sodium

TIPS FOR LOWER SALT IN FOOD

- ★ Eat foods that don't have a food label, processed foods are the foods that have food labels and sodium is added to most processed foods.
- ★ Fresh meat, whole grains, fruits and vegetables are naturally low in sodium
- ★ Be creative and season your food with spices, herbs, citrus, hot sauce.
- ★ Move the salt shaker off the table.
- ★ Eat more home-cooked meals. Foods cooked from scratch are naturally lower in sodium, since you are in control of how much salt is added.
- ★ Avoid softened water for cooking and drinking since it contains added salt.
- ★ Avoid medications that contain sodium, such as alka seltzer and bromo seltzer.
- ★ Look for low sodium label on processed foods.
- ★ Ask for salt free when ordering at a restaurant.

RESTAURANT DINING TIPS



Appetizers

- Select fresh fruit or vegetables
- Avoid soups and broths
- Stay away from bread and rolls with salty, buttery crusts
- Fried appetizers are usually coated with a salty batter

Salads

- Select fresh fruits and vegetables
- Avoid pickles, canned or marinated vegetables, cured meats, seasoned croutons, cheeses, salted seeds
- Order salad dressings on the side and use small amount

Main courses

- Select meat, poultry, fish or shellfish choices that includes the words broiled, grilled or roasted
- Select plain vegetables, potatoes and noodles
- Ask the server about the low sodium menu choices, and ask how the food is prepared
- Request food to be cooked without salt or monosodium glutamate (MSG)
- Avoid restaurants that do not allow for special food preparation (such as buffet style restaurants, diners or fast food chains)
- Avoid casseroles, mixed dishes, gravies and sauces

Desserts

- Select fresh fruits, ices, ice cream, sherbet, gelatin and plain cakes

FOODS HIGH IN SALT

- Smoked, cured, salted or canned meat, fish or poultry including bacon, cold cuts, ham, frankfurters, sausage, sardines, caviar and anchovies
 - Frozen breaded meats and dinners, such as burritos and pizza
 - Canned entrees, such as ravioli, spam, chili and many canned soups
 - Salted nuts
 - Buttermilk
 - Regular and processed cheese, cheese spreads and sauces
 - Cottage cheese
 - Bread and rolls with salted tops
 - Quick breads,
self-rising flour
biscuit, pancake and waffle mixes
 - Prepackaged, processed mixes for potatoes, rice, pasta and stuffing
 - Pizza
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- Regular canned vegetables and vegetable juices
 - Olives, pickles, sauerkraut and other pickled vegetables
 - Vegetables made with ham, bacon or salted pork
 - Packaged mixes, such as scalloped or au gratin potatoes,
Frozen hash browns and Tater Tots
 - Commercially prepared pasta and tomato sauces
 - Bottled salad dressings, regular salad dressing with bacon bits
 - Salted butter or margarine
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- potato chips,
 - corn chips
 - salted pretzels
 - snack crackers
 - croutons
 - Instant pudding
 - Cake mixes
 - Bakery cakes, pastries and cookies

FOODS LOW IN SODIUM

- Any fresh or frozen beef, lamb, pork, poultry and fish
- Eggs and egg substitutes
- Low-sodium peanut butter
- Dry peas and beans (not canned)
- Low-sodium canned fish
- Drained, water or oil packed canned fish or poultry
- Milk, yogurt, ice cream and ice milk
- Low-sodium cheeses, cream cheese, ricotta cheese and mozzarella
- Breads, bagels and rolls without salted tops
- Muffins and most ready-to-eat cereals
- All rice and pasta, but do not to add salt when cooking
- Corn and flour tortillas and noodles
- Low-sodium crackers and breadsticks
- Unsalted popcorn, chips and pretzels
- Fresh and frozen vegetables without sauces
- Low-sodium canned vegetables, sauces and juices
- Fresh potatoes, frozen French fries and instant mashed potatoes
- Low-salt tomato or V-8 juice.
- Most fresh, frozen and canned fruit
- Low-sodium canned and dehydrated soups, broth and bouillon
- Homemade soups without added salt
- Unsalted butter or margarine
- Vegetable oils and sodium-free salad dressings
- All desserts made without salt