

NUTRITION quick tips

Salt Sense

Did You Know?

- Eating too much salt increases your risk for high blood pressure, heart disease and stroke.
- Most people are eating about twice the maximum amount of salt experts recommend.
- Around 75% of the salt in our diets comes from processed and prepared foods, not from the salt we sprinkle on our foods.

Salt Reduction Quick Tips

- **Read labels on packaged foods**
 - Look at the amount of sodium on the label.
 - 2,300 milligrams is the daily recommended limit.
 - 1,500 milligrams is the limit for people who have, or are at risk for high blood pressure, heart disease or other related conditions.
- **Limit typically high sodium foods**
 - Reduce the amount of deli meats & cheeses, salty snacks, pizza, hot dogs, salted french fries, tomato juice and other higher sodium foods in your diet, they can contain a surprising amount of salt.
 - Try to choose meals with 600 - 700 milligrams or less and snacks with 100 - 150 or less.
- **Be aware that salt hides in unexpected places**

Some products like breads and rolls, canned soups, canned vegetables and beans, condiments, cakes and pies, and frozen meals can be high in sodium even though they don't taste salty.
- **COOK SMART**

Use fresh and lower sodium ingredients and learn to add flavor without adding salt!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

Our dietitians receive hundreds of questions each year about a wide range of nutrition topics. Their timely and trustworthy insights and ideas can help you and your family lead healthier lives.



healthy **LIFE**™
for

healthy chef QUICK TIPS

Salt Sense

Our chefs bring health and flavor together by combining wholesome ingredients, the right touch of herbs and spices and simple cooking techniques. Try some of their quick tips in your kitchen.

Switch Ingredients

Many of your favorite ingredients have lots of salt. Try replacing half the ingredient with a lower or no sodium alternative. This works great with broth for soup, canned foods for stews and sauces for entrees.

Add Flavor, Not Salt

Add flavor without adding salt with ground black pepper, dried pepper flakes, fresh hot peppers or dried herbs like parsley, savory, thyme or curry powder. Lemon and orange juice or honey are also great ways to add flavor.

Fix the Recipe

Many of your favorite recipes call for lots of salt. Try reducing the amount you use. Keep reducing the amount of salt you add a little bit each time you make the recipe. Soon you won't even notice the difference.

Eat Fresh

Fresh fruits and vegetables are almost always low sodium. They also have lots of other health benefits. Cook with, and snack on, fresh fruits and vegetables whenever they are available. It's a great way to reduce salt in your diet.

Just Say No

Avoid salty ingredients like bouillon cubes, regular canned broth, chili sauce, meat tenderizer, seasoned salts, soy sauce and steak or worcestershire sauces. Use lower sodium versions or other ingredients.

Hide the Shaker

Take the salt shaker off the table. Use it only when someone asks for it. Soon everyone will get used to using less, or none at all. Give it some time, most people learn to love their new lower sodium diet!