



SALT

All of us need to watch the salt that we are eating and drinking. Although salt is needed in the body for nerve and muscle function and to maintain fluid balance, you can have too much. In some people, too much salt can lead to high blood pressure or hypertension. **The goal is to eat no more than 2000 mg per day.**

Some salt is natural found in foods. But, most of the salt we eat is added in the processed foods that we buy at the store. Reading the food label can give you very accurate information on the salt in the product.

No Added Salt Food Choices

Food Type	Eat	Avoid
Grain Products	<p>Whole grain breads, pitas, buns, bagels. Limit 4 servings a day.</p> <p>Naturally salt-free cereals, such as oatmeal, cream of wheat and shredded wheat.</p> <p>Rice, pasta and barely cooked without salt.</p> <p>Unsalted crackers.</p>	<p>Commercially prepared: sweet rolls, muffins, tea biscuits, croissants, doughnuts, salted crackers, instant hot cereals, bread crumbs, waffles and pancakes.</p> <p>Pre-packaged, convenience products such as coatings for meats and pastas with sauces included.</p>
Fruits and Vegetables	<p>Fresh, frozen and canned fruits and juices.</p> <p>Dried fruit without sodium additives.</p> <p>All fresh and frozen vegetables.</p> <p>“Low sodium” canned vegetables.</p> <p>“No added salt” tomato paste and sauce.</p> 	<p>Regular canned vegetables, tomato juice, sauces and pasta</p> <p>Brine-cured vegetables like sauerkraut and pickled vegetables like pickles and olives.</p> 
Milk and Milk	Skin, 1%, low fat yogurt, soy beverages.	Cheese spreads, processed cheese

Products	Maximum 2 cups per day. Low sodium cheese as desired. Up to 3 ounces of hard cheeses per week.	slices or squeeze bottle cheese. Buttermilk.
Food Type	Eat	Avoid
Meat, Fish, Poultry and Alternatives	All fresh meat, fish and poultry. Tofu. Rinsed canned tuna and salmon o low sodium varieties. Dried peas, beans and lentils. Rinsed canned varieties are acceptable. Egg or egg substitute 2-3 per week. Unsalted nuts and nut butters.	Smoked, canned or cured meat, fish or poultry (ex. Bacon, sausages, hot dogs, ham, sardines, and anchovies). Cold cuts such as bologna and salami. Salted nuts.
Soups and Sauces	Homemade soups and sauces without added salt. “Low sodium” canned soups and broth.	Bouillon cubes, or OXO®. Regular canned and dried soup mixes. Canned or packaged gravies.
Fats, oils and salad dressings	All oils. Non-hydrogenated margarine (regular or unsalted). Homemade salad dressings.	Limit bottled salad dressings and mayonnaise to 1 Tbsp. per day. Bacon fat Dips from dry mixes.
Seasonings and Miscellaneous	Seasoning powders instead of seasoning salts. Herbs, spices, fresh garlic, lemon, pepper or onion. Seasoning blends such as Mrs. Dash®. All vinegars. Unsalted pretzels, Limit to 1 tsp. per day of BBQ sauce, steak sauce, ketchup, mustard, relish, salsa and low sodium soya sauce.	TABLE SALT. Any seasonings made with sodium/ salt. Salted snack foods. Black liquorice. Salt substitutes that contain potassium. Bottled water with more than 250 mg of sodium per litre.



10 Tips to Lowering Your Salt Intake!

- ✓ Avoid adding salt to foods at the table. This will make a difference to your health, medications and how you feel
- ✓ Limit the amount of salt used in cooking, such as not adding it to boiling water.
- ✓ Try a new herb or spice to flavour foods when preparing.
- ✓ Try Mrs. Dash® products to season your foods.
- ✓ Enjoy fresh fruits and vegetables from your garden or a farmers' market.
- ✓ Choose fresh or frozen vegetables and fruit instead of canned whenever possible. If using canned foods, drain or rinse before cooking.
- ✓ Experiment with homemade recipes rather than buying canned soups or frozen entrees which are high in salt. (Reduced sodium options are only 25% less sodium, and are therefore still high)
- ✓ Choose fresh cooked meats rather than deli meats for your sandwiches.
- ✓ Give it time. After limiting salt, your taste buds will adapt to the changes, enjoy your foods in a whole new way.
- ✓ Learn to be a label reader. Understanding labels is key to being able to reduce the sodium in your diet. If you are eating out, don't be afraid to ask your server.

Sodium Contents for Popular Fruits and Vegetables

<u>Vegetables</u>	<u>mg sodium</u>
Asparagus, 5 spears	8
Asparagus, canned 5 spears	351
Broccoli, raw 3 spears	25
Cabbage, 1 cup shredded	13
Carrots, 10 baby	35
Cauliflower, boiled ½ cup	17
Celery, 1 stalk	35
Corn, 1 cob boiled	21
Cucumber, 1 cup sliced	2
Lettuce, iceberg 1 cup	5
Mushrooms, 6 raw	4
Onion, ½ cup raw	3
Potato, 1 baked	16

<u>Fruits</u>	<u>mg sodium</u>
Apple, raw	0
Banana, raw medium size	1
Blueberries, ½ cup raw	5
Cantaloupe, ½ melon	24
Grapes, 10	1
Kiwi, 1 raw	4
Orange, 1	0
Raspberries, ½ cup	1
Watermelon, ½ slice	5

Label Reading

You be the detective



The first step is to look at the serving size that the information on the label is describing. Is this the amount that you usually eat? If you eat twice as much you need to double all the numbers in the label. Also, when comparing 2 products, ensure the serving sizes are similar!

The % Daily Value is a guide to tell you if there is a lot or a little of that nutrient. Generally, less than 5% is low and greater than 20% is high. These percentages are based on a 2000 calorie intake.

Limit your intake of these nutrients, particularly the saturated and trans fat.

Choose products that have 10% Daily Value of sodium or less. This is about 250mg per serving.

Choose foods high in these nutrients more often for healthy eating.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 2 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 0 %	Iron 4 %