



# 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 naturally 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. For the foods that do not have labels, see the chart below.

<u>Vegetables</u>	<u>mg sodium</u>
½ cup alfalfa sprouts	1
Asparagus 5 spears	8
Asparagus canned 5 spears	351
Beets ½ cup	69
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
Pepper, red ½ cup	1
Potato, 1 baked	16
Pumpkin, ½ cup canned	6
Radishes, 10	11
Sweet potato, mashed ¼ c up	14
Tomato, 1 raw	11
Zucchini, ½ cup raw	2

<u>Milk</u>	<u>mg sodium</u>
1%, 2%, skim, 1 cup	129
Buttermilk, 1 cup	272
Chocolate, 1 cup	159

<u>Fruits</u>	<u>mg sodium</u>
Apple, raw	0
Applesauce, canned ½ cup	3
Banana, raw med size	1
Blueberries, ½ cup raw	5
Cantaloupe, ½ melon	24
Grapefruit, ½ fruit	0
Grapes, 10	1
Kiwi, 1 raw	4
Lemon or lime, 1 fruit	1
Orange, 1 fruit	0
Pear, canned ½ cup	6
Raspberries, ½ cup	1
Watermelon, ½ slice	5

## 10 Tips to Lowering Your Salt Intake!

- Avoid adding salt to foods at the table. This will make a difference to your health, your medications, and how you feel.
- Limit the amount of salt used in cooking, such as not adding it to boiling water or cutting the amount in recipes by half.
- Try a new herb or spice to flavor foods when preparing meals. Some great ones include basil, bay leaves, curry, garlic, ginger, oregano, pepper, rosemary, and thyme.
- Try Mrs. Dash® products to season your foods. They are available at most grocery stores and come in great flavours such as garlic and herb!
- In Canada, many vegetables, fruits and whole grains can be grown locally. Enjoy them fresh 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. You can now buy “reduced sodium” versions of these products. They are better options, but that only means 25% less sodium and therefore are still high.
- Choose fresh cooked meats rather than deli meats for your sandwiches. Cook up a lean roast and cut into slices for lunch the next day.
- 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.

# 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 two products, ensure that the serving sizes are similar!

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

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

### Nutrition Facts

Per 1/2 cup (125 mL)

Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 250 mg	10 %
<b>Carbohydrate</b> 13 g	4 %
Fibre 2 g	8 %
Sugars 6 g	
<b>Protein</b> 2 g	
<b>Vitamin A</b> 1 % <b>Vitamin C</b> 2 %	
<b>Calcium</b> 0 % <b>Iron</b> 4 %	

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 percents are based on a 2000 calorie intake.

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

**Learning to cook great tasting foods without salt is easy!! If you need some help, check out these great cook books!**



The Everything Low Salt Cookbook Book: 300 Flavorful recipes to help reduce your sodium intake (2004)

By: Pamela Rice Hahn

\$16.50



American Heart Association Low-Salt Cookbook, 3<sup>rd</sup> edition: A complete guide to reducing sodium and fat in your diet (2007)

From: The American Heart Association

\$21.00



Healthy Heart Cookbook: 300 Low-sodium/Low-salt recipes

By: Karin Cadwell

\$14.95



The No-salt Lowest-sodium Cookbook: Hundreds of favorite recipes created to combat congestive heart

By: Donald A. Gazzanina

\$10.95