
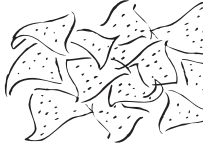



Sodium in Foods

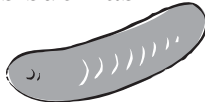


Choose **MORE** Often

(Foods **LOWER** in Sodium)

- Chicken and turkey (with skin removed)
- Fresh fish or rinsed canned fish such as salmon or tuna 
- Canned foods packed in water
- Low sodium or reduced sodium cheeses 
- Low salt or salt free chips, nuts, pretzels
- Plain rice, noodles, or pasta
- Homemade, low sodium, or reduced sodium chips
- Fresh, frozen, “no salt added,” or rinsed canned vegetables 
- Spices, herbs, and flavorings such as cilantro, dill, basil, parsley, garlic powder, onion powder, vinegar, and chili

Choose **LESS** Often

(Foods **HIGHER** in Sodium)

- Smoked and cured meats such as bacon, ham, sausage, hot dogs, and bologna 
- *Canned lunch meat, canned fish such as sardines (that are not rinsed), and salted/dried cod
- *Canned foods packed in broth or salt 
- Most cheeses
- Salty chips, crackers, nuts, and pretzels
- Quick-cooking rice, boxes of mixed rice, potatoes, or noodles
- Regular canned soups or instant soups
- *Regular canned vegetables, pickles, olives, and pickled vegetables 
- Condiments and seasonings such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)

*Rinse canned foods to reduce the sodium.

Take the lead and try these simple changes

When Shopping

1. Buy fresh, plain, frozen, or no salt added canned vegetables. Choose food packed in water, instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt.
3. Choose foods labeled “low sodium,” “sodium free,” or “no salt added.”

When Cooking

1. Gradually reduce the amount of salt until you don't use any.
2. Add little or no salt to the water when cooking beans, rice, pasta, and vegetables.
3. Cut back on smoked, cured, and processed beef, pork, and poultry such as bologna, ham, and sausage.
4. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the salt shaker with a mixture of herbs and spices.
2. Gradually reduce the amount of salt added at the table until you add none.
3. Choose fruits and vegetables instead of salty snacks like chips, fries, and pork rinds.



Will has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning to make sure that he doesn't forget to take them.

He has stopped smoking, walks daily, and found that food can still taste good with less salt and sodium.

Make your personal pledge to do what Will has done! Look at these examples:

Breakfast

Cook oatmeal with fat free or lowfat (1 percent) milk, raisins, cinnamon, and no salt.

Lunch

Use leftover roasted chicken to make a sandwich instead of using luncheon meats.

Dinner

Make your own stew with vegetables, and half the amount of salt.



Snack

Eat a bowl of berries instead of chips.

Write the changes you will try to make this week:

Your health and your family's health is priceless.
Make an investment in it!

Tips To Eat Less Salt and Sodium

1. Read the food label to choose foods lower in sodium.
2. Eat fewer canned and processed foods that are high in sodium (e.g., bologna, crisp pork rinds, sausage, pepperoni, salami, hot dogs, regular canned and instant soups, regular cheese, and chips).

3. Eat fresh fruits and vegetables instead of salty snacks.
4. Eat fewer salted crackers and nuts. Try unsalted nuts and unsalted or low sodium crackers.



5. Eat fewer olives and pickles.

6. Use half the amount of salt you normally use when cooking, if any. Gradually reduce the amount of salt you use, until you use none.

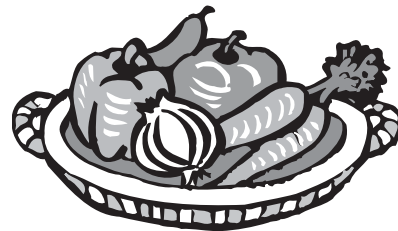


7. Season food with herbs and spices instead of salt.
8. Use reduced sodium bouillon, and soy sauce. If you use these condiments, do not add salt to your food.

9. Use garlic **powder** and onion **powder** instead of garlic salt or onion salt.

10. Use less salt at the table.

11. Eat vegetables and fruits without adding salt.



12. When eating out, ask that salt **not be** added to your portion, especially with french fries.

13. Taste your food before you add seasoning.

Use Herbs and Spices Instead of Salt

Basil: Use in soups, salads, vegetables, fish, and meats.



Cinnamon: Use in salads, vegetables, and breads.

Cilantro: Meats, sauces, stews, and rice.

Chili Powder/Chile Pequeño: Use in soups, salads, vegetables, and fish.

Cloves: Use in soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.

Garlic Powder: Used in pasta sauces, stews, soups, marinades, and meats.

Ginger: Use in soups, salads, vegetables, and meats.

Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.

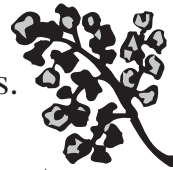
Nutmeg: Use in vegetables and meats.

Oregano: Use in soups, salads, vegetables, meats, and chicken.



Onion Powder: Meats, poultry, soups, and salads.

Parsley: Use in salads, vegetables, fish, and meats.



Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

Thyme: Use in salads, vegetables, fish, and chicken.



Note: To start, use small amounts of these herbs and spices to see if you like them.