



# TIPS FOR LIVING WITH LESS SALT

## FOODS LOW IN SODIUM

- Fruit
- Oatmeal cooked w/o salt (most flavored oatmeal has salt)
- Pasta or rice prepared w/o salt
- Shredded wheat & puffed wheat (mix w/other cereals to reduce salt)
- Air-popped popcorn
- Vegetables: fresh, plain frozen, steamed, canned w/o salt
- Fresh meats stating "All Natural" on label (not the same as organic; others contain added salt)
- Milk & yogurt, though not low, are lower in sodium than buttermilk & cheese, which are high in sodium

## RESTAURANT: BEST BETS

- Grilled or broiled meats\*
- Gravy & sauces on the side (use sparingly or omit them)
- Dishes low in cheese
- Steamed vegetables\*
- Steamed rice\*
- Boiled pasta\*
- Tossed salad (dressing on the side; use sparingly)
- Go light on bread; it is salty
- For many combination dishes, such as Chinese or other stir-fried dishes, may ask to hold the salt

\* Ask to hold the salt

## HERB MIXTURES

### For salads, meat, poultry & vegetables, mix:

2 tsp. of each: garlic powder, onion powder, paprika, white pepper, dry mustard  
1 tsp. of each: powdered thyme, ground celery seeds

### For a hot, spicy flavoring for meats & vegetables, mix 1 min. in a blender:

1/4 cup instant minced onion  
1 tbsp. of each: sweet basil, ground cumin, garlic powder, black pepper

(Recipes adapted from a brochure of U. of Kentucky Cooperative Extension Service)

## TIP FOR SALTING LIGHTLY

Find a saltshaker with small holes. Place 1/8 tsp. of salt in it each morning to use for that day at the table. (Cook without salt.)



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## SODIUM: Did You Know ...

- Salt is 60% sodium (& 40% chloride).
- The Nutrition Facts label recommends limiting sodium to 2400 mg. per day. That is 800 mg. per meal (for 3 meals) or 600 mg. per meal (for 3 meals + 2 snacks of 300 mg. each).
- Some authorities feel even less is better ... as low as 1200-1500 mg. per day.
- Too much sodium increases the risk for high blood pressure, which can lead to heart disease, stroke or kidney failure.
- Reducing sodium helps control high blood pressure. Those at greater risk for heart disease, stroke or kidney failure should take special care to limit sodium.
- People with congestive heart failure (from a previous heart attack or from high blood pressure) spend far less time in the hospital when they limit sodium.
- After limiting salt for 1-2 weeks, taste buds become more sensitive to salt; foods taste good with less or without salt ... Train the taste buds!

## Compare the Sodium

Food	mg. Sodium	Food	mg. Sodium
Bread (1 slice or 1 oz.)	~148-170	Meat, "all natural" (1 oz.)	10-16
Biscuit, buttermilk (1 oz.)	325	Meat, plain, not "all natural" (1 oz.)	133
Cornbread (1 oz.)	300	Fish, plain fresh (1 oz.)	12-33
Saltines, regular (1 oz., about 5)	160	Tuna (1 oz.)	~100
Rice, cooked, unsalted (1/2 c.)	3	Ham (1 oz.)	314
Shredded wheat, mini (1 oz.)	2	Bacon (1 slice)	146
Oatmeal, unsalted (1/2 c., cooked)	1	Lunch meat (1 oz. slice)	208
Oatmeal, flavored (1` packet)	165-253	Beans, pinto, cooked w/o salt (1 c.)	2
Bran flakes (1 oz., ~3/4 c.)	207	Soup, regular, canned (1 c.)	578-1068
Puffed wheat or rice (1 oz., 2 c.)	0	Margarine, reg. or light tub (1 Tbsp.)	~130-150
Broccoli, raw, unsalted (1 c.)	29	Mayonnaise, reg. or light (1 Tbsp.)	78
Carrots, fresh, unsalted (1 c.)	90	Oil (1 Tbsp.)	0
Green beans, fresh, unsalted (1 c.)	1	Vinegar (1 Tbsp.)	0
Green beans, canned (1 c.)	354	Pizza, meat & vegs. (1 slice)	438
Celery, raw (1 c.)	96	Hamburger (3 oz.)	282
Sauerkraut (1 c.)	1560	Cheeseburger w/condiments (3 oz.)	616
Dill pickle (1 med., 2.4 oz.)	833	Hot dog, plain, in bun (1)	670
Banana (1 med.)	1	Chili Con Carne (1 c.)	1007
Orange (1 med.)	0	Subway SW with cold cuts (6")	1651
Milk (1 c.)	107	Pancakes with butter & syrup (2)	1104
Yogurt (1 c.)	175	Pork skins (1 oz.)	521
Cheese (1 oz.)	~150-175	Pretzels (1 oz.)	468
Cottage cheese (1/2 c.)	459	Fig bars (2)	112