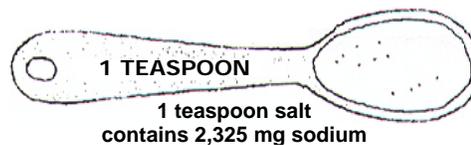


# SODIUM



## How Much Sodium Do You Need?

We need sodium in our diets, but far less than most of us consume. *The Dietary Guidelines for Americans* recommend that healthy adults up to age 45 consume less than 2,300 mg of sodium per day - that's the amount in 1 teaspoon of salt! For those with high blood pressure, over the age of 45, and African Americans, the recommendation is 1,500 mg per day. The average adult consumes 4,000 to 6,000 mg per day! The good news is that our salt preference can be unlearned just as it was learned - our taste buds will adjust to less salt.

## Tips to Reduce Sodium in Your Diet

### At the Store

- Read food labels carefully to identify sodium content - be sure to pay attention to the serving size and how many servings are in the package!
- Buy fresh or plain frozen vegetables and meats instead of those canned or packaged with salt. Read labels very carefully - even some plain frozen vegetables contain salt, especially peas and spinach.
- Look for "low sodium," "reduced sodium," "no salt added," and "salt-free" versions of foods such as: canned vegetables, vegetable juices, dry soup mixes, bouillon, canned and instant soups, condiments (ketchup, soy sauce, etc.), snack foods (chips, nuts, pretzels, etc.), crackers, bakery products, peanut butter, butter, margarine, cheeses, canned tuna fish, and processed meats (lunch meat, canned meat, etc.).

### In the Kitchen

- Make meals "from scratch" rather than purchasing them in a box, package, canned, or frozen. If you buy a frozen meal, make sure it contains less than 600 mg of sodium per serving.
- Learn which foods are high and low in sodium so you can prepare low-sodium meals and select recipes containing limited amounts of high-sodium ingredients.
- Cook rice, pasta, and hot cereals without salt or using less salt than the package calls for (try 1/8 teaspoon salt for two servings). Flavored rice, pasta, cereal mixes, etc. usually contain added salt.
- Adjust your recipes - gradually cut down on the amount of salt used. If any of the ingredients already contain salt, such as canned soup, canned vegetables, pasta sauce, or cheese, you do not need to add salt.
- Avoid seasonings such as monosodium glutamate, seasoning salts, lite salt, and lemon pepper with salt.
- Experiment with lemon or lime juice, herbs, spices, low-sodium broth, pepper (not lemon), or salt/sodium-free flavored vinegars as seasonings for vegetables and meats instead of salt (refer to reverse).
- Cut down on processed meats (ham, bacon, sausage, hot dogs, smoked meat, lunch meat, salt pork, corned beef, canned meat, pepperoni, etc.); salty, smoked, and canned fish (sardines, anchovies, salmon, etc.); cheeses; other processed foods (macaroni and cheese, Rice-A-Roni, pasta mixes, rice mixes, etc.).
- Avoid pickled foods (olives, pickles, sauerkraut, relish, pickled fish, pickled vegetables, etc.).

### At the Table

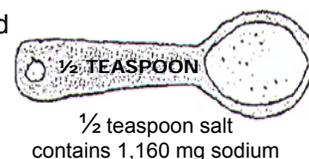
- Take the salt shaker off the table. Use a salt-free herb mixtures (below) or herbs & spices instead (reverse).
- Taste the food before you put salt on it. Does it REALLY need more salt? Try one shake instead of two. Gradually cut down on the amount of salt you use.
- Limit condiments such as pickles, relish, olives, salad dressings, ketchup, mustard, marinades, and sauces such as soy; Worcestershire, BBQ, steak, teriyaki, cocktail, chili, gravies; and dry sauce mixes.
- Avoid salty snacks such as pretzels, chips, salted nuts, crackers, olives, pickles, and salted popcorn. Enjoy the natural flavors of food!

### At a Restaurant

- Limit fast food.
- Choose foods without sauces. Ask for salad dressing on the side so you can use less.
- Ask to have the food prepared without salt, if possible.
- Balance your meal to keep sodium levels moderate. If you have a high sodium main dish, have a low sodium side dish with it.

**All salt is salt & contains sodium!** Garlic salt, onion salt, celery salt, seasoning salt, and lite salt all contain sodium. Lemon pepper, also usually contains sodium. Use garlic or onion powder, celery seed, or salt/sodium-free seasonings instead. In addition, lite salt and salt substitutes may be high in potassium, which is harmful for some people. Always read labels on herb-spice mixtures to make sure they are salt/sodium free!

- Mrs. Dash Salt-Free Seasoning Blends
- Lawry's Salt-Free Spice Blends (Read labels! Salt-Free 17 Seasoning, Seasoned Pepper, Garlic Powder with Parsley; and Minced Onion are sodium-free)
- Spice Island Salt-Free Seasonings
- McCormick's Salt-Free Spices and Seasonings



Remember: Processed Foods are High in Sodium

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*You can't judge a food's sodium content by its taste. For example, instant puddings, Danish pastries, chocolate cake, canned kidney beans, and cottage cheese all contain a lot of sodium but don't taste 'salty'. Trust the food label, not your taste buds.*

## High Salt Foods to Avoid

### Barbecued, Cured, Salty Meat or Fish

- Bacon (beef, pork, turkey)
- Ham (pork or turkey)
- Hot dogs (beef, pork, turkey)
- Lunch meat (regular bologna, salami, pickle loaf, Spam, packaged, etc.)
- Sausage (beef, pork, poultry, Vienna, venison, etc.)
- Pepperoni
- Hot links
- Beef or turkey jerky
- Salt pork
- Smoked meats
- Smoked salmon
- Meats canned with salt
- Fish and seafood canned with salt (tuna, salmon, etc.)
- Caviar
- Herring
- Sardines
- Anchovies
- Corned beef

→ Buy low-sodium canned tuna and chicken; buy fresh meats, fish, and poultry prepared without salt; buy lunch meat fresh from the deli (and don't buy smoked varieties).

### Canned Main Dishes and Other Canned Foods

- Canned vegetables
- Soups: canned, dehydrated, or dried
- Canned broth
- Bouillon: canned or cubes
- Corned beef hash
- Canned entrees: Chili, pastas, stews, etc.
- Pork and beans
- Pickled vegetables: pickles, relish, sauerkraut, olives, okra, beets, jalapenos
- Hominy

→ Buy fresh or plain frozen vegetables (or canned without salt). Read labels very carefully - even some plain frozen vegetables contain salt, especially peas and spinach. Look for "low sodium," "reduced sodium," "no salt added," and "salt-free" versions. Make entrees from scratch.

### Bread Products and Snack Foods

- Salted chips
- Cheese curls
- Salted pretzels
- Salted crackers
- Snack crackers
- Salted popcorn
- Salted nuts
- Peanut butter
- Boxed/package mixes and side-dishes (Rice-A Roni, Mac & Cheese, pasta & rice mixes, etc.)

→ Most of these are available in "low sodium," "reduced sodium," "no salt added," and "salt-free" versions

### Cheeses

- Cheddar
- Swiss
- American
- Parmesan
- Velveeta
- Cheese Whiz
- Cottage cheese
- Processed cheese slices and spreads

→ Try cheese labeled in "low sodium," "reduced sodium," "no salt added," and "salt-free."

### Sauces and Seasonings

- Soy sauce
- Salad dressing
- Marinades
- BBQ sauce
- Worcestershire sauce
- Teriyaki sauce
- Steak sauce
- Chili sauce
- Ketchup
- Mustard
- Salt, Lite salt
- Onion and Garlic salt
- Seasoning salt
- Lemon pepper
- Meat tenderizers
- Poultry seasoning
- Monosodium glutamate (MSG)
- Gravy
- Dry sauce mixes

→ Look for low-sodium versions; use lemon or lime juice, garlic or onion powder, celery seed, low-sodium broth, herbs and spices, pepper, salt/sodium-free flavored vinegars, and salt/sodium-free herb-spice mixtures for flavoring foods (always-check labels!); enjoy the natural flavor of food!

### Other Foods

- Pizza
- Pot pies
- Frozen dinners
- Frozen entrees and side-dishes
- Tomato and vegetable juices
- Frozen vegetables with sauces
- Fast food
- Packaged/boxed mixes and side-dishes (Rice-A Roni, Mac & Cheese, pasta & rice mixes, etc.)

→ Make foods from scratch; look for low-sodium frozen meals and entrees with no more than 600 mg of sodium per serving.

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## Salt Shaker Substitutes

Be creative & experiment! The following may be used instead of salt or seasonings that contain sodium:

<u>VEGETABLES</u>	<u>CHICKEN/POULTRY</u>	<u>FISH</u>	<u>BEEF</u>	<u>EGGS</u>
Allspice	Basil	Basil	Allspice	Basil
Basil	Bay Leaf	Bay Leaf	Basil	Cayenne Pepper
Bay Leaf	Black Pepper	Cloves	Bay Leaf	Chives
Black Pepper	Cayenne Pepper	Curry Powder	Black Pepper	Curry Powder
Caraway Seed	Cloves	Dill	Caraway Seed	Dry Mustard
Cardamom	Cilantro	Dry Mustard	Cayenne Pepper	Green Pepper
Chili Powder	Cranberries	Ginger	Cilantro	Jelly
Chives	Cumin	Green Pepper	Cloves	Fresh Mushrooms
Cilantro	Curry Powder	Lemon or Lime Juice	Cumin	Onion: Fresh/Powder
Cinnamon	Dill	Marjoram	Curry Powder	Paprika
Cloves	Dry Mustard	Fresh Mushrooms	Dry Mustard	Parsley
Curry Powder	Garlic: .Fresh/Powder	Nutmeg	Garlic: Fresh/Powder	Savory
Dill	Ginger	Onion: Fresh/Powder	Ginger	Fresh Tomato
Dry Mustard	Fresh Green Pepper	Paprika	Grape Jelly	Thyme
Fennel	Lemon or Lime Juice	Parsley	Fresh Green Pepper	Turmeric
Garlic: Fresh/Powder	Mace	Salt-Free Picante Sauce	Mace	
Ginger	Fresh Mushrooms	Saffron	Marjoram	
Fresh Green Pepper	Nutmeg	Sage	Fresh Mushrooms	<u>LAMB</u>
Lemon or Lime Juice	Onion: Fresh/Powder	Tarragon	Nutmeg	Black Pepper
Mace	Paprika	Turmeric	Onion: Fresh/Powder	Curry Powder
Marjoram	Parsley	White Pepper	Paprika	Garlic: Fresh/Powder
Mint	Pineapple		Red Pepper	Mace
Nutmeg	Salt-Free Poultry Seasoning	<u>PORK</u>	Rosemary	Marjoram
Onion: Fresh/Powder	Rosemary	Apples	Tarragon	Mint
Oregano	Saffron	Applesauce	Turmeric	Mint Jelly
Paprika	Sage	Black Pepper	Thyme	Onion: Fresh/Powder
Parsley	Savory	Caraway Seed	White Pepper	Paprika
Pimento	Sesame	Cloves		Turmeric
Poppy Seed	Tarragon	Dry Mustard	<u>VEAL</u>	
Red Pepper	Thyme	Fennel	Apricots	
Rosemary	Turmeric.	Garlic: Fresh/Powder	Bay Leaf	<u>Make Your Own</u>
Sage		Ginger	Black Pepper	<u>Seasoning for Meat</u>
Salt-Free Salad Dressing	<u>FRUIT, COTTAGE</u>	Onion: Fresh/Powder	Currant Jelly	<u>and Vegetables:</u>
Savory	<u>CHEESE &amp; DESSERT</u>	Paprika	Curry Powder	5 tsp onion powder
Sesame	Allspice, Anise	Rosemary	Garlic: Fresh/Powder	2 ½ tsp garlic powder
Sugar or Substitute	Cinnamon, Cloves	Thyme	Ginger	2 ½ tsp paprika
Tarragon	Ginger	Turmeric	Marjoram	2 ½ tsp dry mustard
Thyme	Mace	White Pepper	Oregano	1 ½ tsp crushed thyme
Fresh Tomato	Nutmeg		Paprika	½ tsp white pepper
Salt-Free Vinegars	Vanilla Extract		Turmeric	¼ tsp celery seed
White Pepper	Other Extracts			

## Herbs and Spices Hints

Flavors of herbs and spices are lost in extended cooking. Add herbs or spices to cooked foods within 1 hour of serving. Powdered herbs are stronger than dried, and dried are stronger than fresh. As a guide:  
 ¼ tsp of powdered herbs = ¾ to 1 tsp of dried herbs = 2 tsp of fresh herbs

\* Visit [www.mccormick.com](http://www.mccormick.com) & [www.mrsdash.com](http://www.mrsdash.com) for information about using herbs & spices, including recipes.

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