

Tips on reducing salt intake:

Shopping Tips:

- Choose fresh foods prepared without salt such as fresh vegetables and fruit, whole grains, low fat dairy products and lean meats.
- Look for lower salt versions of your favorite foods. Though some of these may still be high in salt, they are better choices.
- Cook from scratch more often. Try buying ingredients to make your own soups, casseroles and sauces.
- Limit the amount of convenience foods you buy (e.g. frozen entrees, noodles or rice and sauce mixes, pudding mixes).
- Limit highly salted snack foods like potato chips and pretzels. Look for unsalted nuts, popcorn and pretzels instead.

Cooking Tips:

- Adapt your recipes to reduce or eliminate salt (except yeast breads, which require salt for rising and texture).
- Avoid adding salt to foods during cooking, including bouillon cubes, garlic salt, onion salt, celery salt, rock, Kosher and sea salts.
- Use vinegars, lemon/lime juice, herbs, spices, garlic and onion to flavour foods.

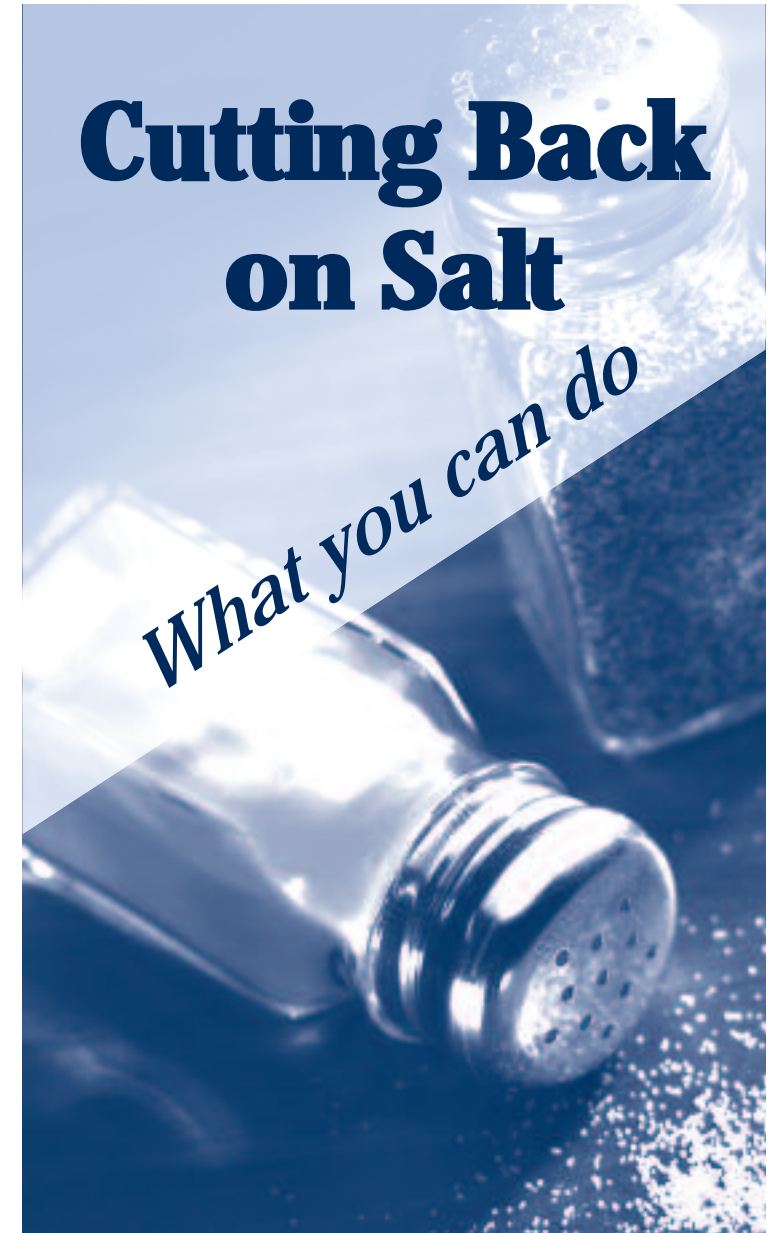


Dining Tips:

- Remove the salt shaker from the table.
- Watch the amount of "fast foods" you eat, as they are often high in salt.
- Ask for nutrition information about foods on the menu.
- Look for fresh foods prepared without salt. For example, request roasted turkey, chicken or roast beef rather than processed deli meats.
- Ask for items to be prepared with low salt ingredients.
- Ask for sauces and condiments on the side, to reduce the amount you add.

The following condiments and foods can be high in sodium. Use these sparingly or look for low sodium alternatives.

- Bottled salad dressings
- Breakfast cereals
- Canned and dehydrated soups
- Canned foods: vegetables, meat, fish, beans, tomato sauce
- Condiments: ketchup, relish, mustard, salsa, barbeque sauce, steak sauce, soya sauce, Worcestershire sauce, gravy, etc.
- Convenience foods: frozen meals, pasta with sauce, rice mixes
- Deli Meats: ham, smoked meats and luncheon meats
- Drinks: tomato and vegetable juices, soda water and some mineral waters
- Dry mixes: breads, cereals, cakes, puddings, gravy, potato, bouillon, etc.
- Foods preserved by salt: pickles, olives, sauerkraut, meats and fish
- Other Meat Products: breaded meats, sausages, wieners and bacon
- Processed cheese, cottage cheese and cheese spreads
- Salted seeds, nuts and nut butters
- Salted snack foods: popcorn (including popcorn flavor shakers), pretzels, crackers and others



Adapted from "Hold the Salt" produced by Toronto Public Health, 2000.



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Canadians from all age groups are eating too much sodium, (a mineral found in table salt). Health Canada recommends eating less than **2300 mg of sodium per day**.



2300 mg sodium = 1 teaspoon of table salt

For people who are sensitive to sodium, eating too much can cause high blood pressure (hypertension), which is a risk factor for strokes, heart attacks, heart and kidney failure.

You can lower your risk of developing these health problems by reducing your sodium intake.

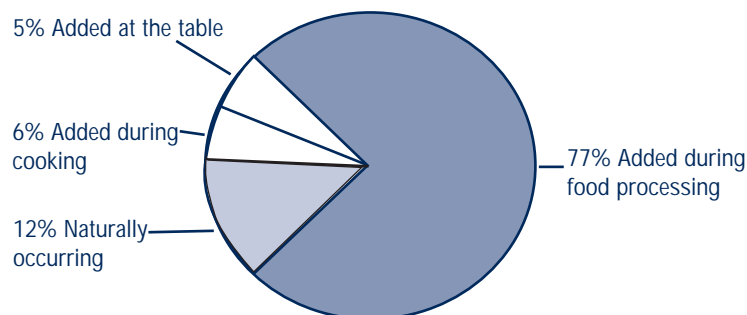
Sodium – where is it found?

1. Most of the sodium we eat, (77%) comes from salt added during food processing.
2. Some sodium (12%) is found naturally in food, water and in medications.

*In Waterloo Region, the municipal drinking water provides anywhere from 11-200 mg of sodium per liter of water.

*Do not drink water from your water softener as this can provide up to 500 mg of sodium per litre of water.

3. The other source of sodium is salt added during cooking (6%) or at the table (5%).



Source: Relative contributions of dietary sodium sources. *J Am Coll Nutr.* 1991 Aug;10(4):383-93.

How much sodium is packaged in food products?

The **Nutrition Facts Table** is the best place to see how much sodium is in a packaged food product.

1. Compare different products and choose ones that have the lowest percentage of Daily Value of sodium.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

2. Look at the serving size at the top of the label and compare this to the amount you will eat. (In this example, the serving is 125 ml).
3. Then look at the amount of sodium that is in the product. (In this example, the amount is 0 mg).
4. Multiply the amount of sodium by the number of servings you will eat.
5. This is the total amount of sodium in milligrams (mg).

Nutrition Claims

Look for these Nutrition Claims on labels to help you find foods lower in sodium.

Nutrition Claim	Description
Free of sodium of salt	Less than 5 mg of sodium per serving.
Low in sodium or salt	Less than or equal to 5% of the % Daily Value.
Reduced in sodium or salt	Contains 25% or less sodium than the regular product.
No added sodium or salt	Contains no added salt or ingredients that contain salt.
Lightly salted	Contains 50% or less sodium than the regular product.

Source (Health Canada)

Ingredient List

Read the ingredient list. The ingredients listed below mean salt has been added to the food:

- Salt
- Sodium chloride
- Sodium benzoate
- Baking powder
- Baking soda
- Monosodium glutamate (MSG)

