## 7094 - Don't Pass the Salt



### The Issue

Sodium is a nutrient found in table salt and many other foods. While the body needs some sodium to function, too much may lead to high blood pressure, attributable to **half or more** of all strokes and heart attacks.

#### **How Much Salt?**

Recommended Dietary Allowance (RDA) for healthy adults is 1,500mg sodium per day.

Healthy children need only 1000 to 1500 mg of sodium per day. Health Canada recommends that adults do <u>not</u> exceed 2,300 mg of sodium per day

Note: 1 tsp (6 g) salt = 2,400 sodium

## **Food Claims**

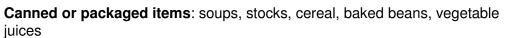
"Salt-free" = <5mg sodium per serving

"Low in sodium" = <140mg sodium per serving

"Reduced in sodium" = at least 25% less than the regular product

#### Which Foods to Avoid?

Over 75% of the sodium we eat comes from processed packaged and ready-to-eat foods, fast foods and restaurant meals. Breads, breakfast cereals and bakery products also contain sodium even though they may not taste salty. Here is a list of some common foods which contain sodium:



- **Convenience items**: seasoned pasta and rice mixes, stews, spaghetti sauce, seasoning mixes, frozen dinners, muffins
- Jarred foods preserved in salt: pickles, relishes, olives, sauerkraut
- Condiments and sauces: ketchup, soy sauce, terivaki sauce
- Processed meats: salt-cured ham, bacon, hot dogs, sausages, cold cuts, smoked meats
- Cheese: processed cheese, cheese spreads
- Salted snack foods: chips, pretzels, crackers, popcorn, trail mix, nuts

### Tips for Lowering your Sodium Intake

- 1. At the Grocery Store: Buy lower sodium foods to prepare healthier meals at home.
  - Read the food label. Buy unsalted and lower sodium foods whenever possible.
  - Look for foods that contain less than 240 mg of sodium per serving.
  - Look for products with a sodium content of less than 12% DV (Daily Value).

### 2. At Home: Prepare your own meals often, using little or no salt.

- Enjoy more vegetables and fruit. Use fresh or frozen instead of canned whenever possible.
- Taste your food before adding salt. Flavour food with herbs and spices.

## 3. Eating Out: Choose wisely when eating out.

- Ask for gravy, sauces and salad dressings "on the side" and use only small amounts.
- Flavour your food with lemon or pepper instead of adding salt, sauces or gravy.
- Ask for your meal to be cooked without salt or monosodium glutamate (MSG).





# **Sodium Content of Foods**

Food	Portion	Sodium (mg)
Tomato products, canned, sauce	1 cup	1,482
Cottage cheese, 1% MF (milk fat)	1 cup	918
Condensed milk, canned	1 cup	389
Feta cheese	1 oz	316
Imitation crab	3 oz	715
Canned tuna, in water	3 oz	320
Bagels, plain, sesame, poppy, onion (enriched with Calcium propionate)	3 ½" bagel	379
Croutons, seasoned	1 cup	495
Macaroni and Cheese, canned	1 cup	1,058
Pasta with meatballs in tomato sauce, canned entree	1 cup	1,053
Pretzels, salted	10 pretzels	1,029
Red kidney beans, canned	1 cup	873
Chick peas, canned	1 cup	718
Lima beans, canned	1 cup	810
Peanuts, salted	1 oz (approx 28)	230
Beef jerky	1 large piece	438
Sandwiches, cheeseburger, large, single meat patty, with bacon and condiments	1 sandwich	1,043
Pork, cured, ham, whole, separable lean only, roasted	3 oz	1,128
Fast foods, pancakes with butter and syrup	2 pancakes	1,104
Fast foods, submarine sandwich, with cold cuts	6" sandwich	1,651
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	1,030
Soup, onion mix, dehydrated, dry form	1 packet	3,493
Soup, chicken noodle, canned, prepared with equal volume water,	1 cup	1,106
Baking soda	1 tsp	1,259
Soy sauce	1 tbsp	914

Resources: http://www.hc-sc.gc.ca/, http://www.eatrightontario.ca/, http://umaine.edu/

