

LOOK AT THE SALT

Week Two: How to Cut Back

How are you doing with your tracking sheets? Are you below your advised daily intake of sodium? There are benefits in reducing your intake of sodium. It can be difficult to cut back, but EWSNetwork has provided a few strategies on how to reduce your sodium intake.

Reducing Sodium Intake at Home

- When you're following a recipe, use less salt than what the recipe recommends
- Rinse canned vegetables and beans before preparing them
- Cook pasta, noodles, and rice in unsalted water
- Make your own salad dressings, soup, and sauces
- Limit the use of condiments like ketchup, mustard, relish, hoisin sauce, fish sauce, etc



Tips When Buying Groceries

- Read the label
 - Look for "sodium free," "low sodium," "reduced sodium," or "no added salt"
 - Choose foods with sodium no more than 15% daily value
- Buy fresh or frozen vegetables
- Choose whole grains that are sodium-free
- Buy unseasoned meats and alternatives
- Buy unsalted nuts

Foods That Are Often High in Sodium

- Canned soup
- Packaged sauces, dips, and condiment
- Frozen meals
- Pizza
- Processed cheese
- Ready-to-eat food
- Snack foods like chips and salted nuts

Healthier Alternatives When Eating Out

Instead of...	Choose...
French fries	Baked potato
Salad dressing mixed in	Salad with dressing on side
Chicken wings	Grilled or roasted chicken
Vegetables in oyster sauce	Vegetables with garlic
BBQ meat	Steamed fish

Source: www.canada.ca/en/health-canada/services/nutrients/sodium.html