



# KNOW YOUR LIMITS



## WITH SALT

The average Canadian is eating 1000 mg over the advised daily limit intake of sodium. Sodium is added to our food to increase the flavour or to preserve it. There are so many benefits in reducing your intake of sodium and we have realistic strategies to help you.

### Advised Limits of Daily Salt Intake

Age	Recommended Daily Intake	Maximum
14-50	1500 mg	2300 mg
51-70	1300 mg	2300 mg
71+	1200 mg	2300 mg

### Health Risks Associated with Excessive Amounts of Sodium

- High blood pressure (hypertension)
- Stroke and Heart disease
- Kidney disease
- Increased risk of osteoporosis
- Increased risk of stomach cancer

#### Food Label Tips/serving:

Go Ahead (0-120mg; 0-5%)  
 Be Cautious (121-360mg; 6-14%)  
 Too Much (>360mg; >14%)

**NO FOOD LABEL  
 is your best choice!**

### How to Reduce Sodium Intake

- Look for ≤ 5mg of sodium on the food label
- Try consuming a maximum of 2000mg/day to lower health risk
- Rinse canned 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, fish sauce
- Use fresh herbs to season your food instead of salt

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

When checking sodium levels, focus on serving size, mg & % daily value of sodium listed.

### Make-Your-Own Sesame Dressing (6 Servings)

#### Ingredients:

- ½ cup orange juice
- ¼ cup rice vinegar
- ½ teaspoon toasted sesame oil
- ¼ teaspoon black pepper
- 1 ½ teaspoons sesame seeds, toasted

#### Directions:

In a screw-top jar, combine the orange juice, vinegar, sesame oil, and pepper. Cover and shake well. Pour dressing over greens mixture.

To toast sesame seeds, stir sesame seeds over skillet for about 1 minute.

#### Nutritional Information (per serving)

Calories:	154	Fiber:	2 g
Protein:	15 g	Sodium:	96 mg

Source: [www.hypertension.ca](http://www.hypertension.ca)