

Hold the Salt

Healthy eating includes choosing foods lower in salt or sodium. (Sodium is part of table salt). Most Canadians get too much sodium in their diet. Too much sodium can lead to high blood pressure which is linked to stroke, heart disease and kidney disease.

Which foods have sodium?

- About half of the sodium we eat comes from processed, preserved and prepared foods.
- The other half of the sodium we eat is added during cooking or at the table.
- Sodium is found naturally in some foods, water and medications. The small amount in these items is not usually a big part of our diet.

Tips for using less salt

- Follow *Canada's Food Guide*. The Food Guide promotes foods that are less processed and naturally low in sodium such as vegetables, fruit, whole grains, milk, beans, lentils and lean meats and alternatives.
- Cook more meals at home. Make your own soups, sauces and dressings using less salt.
- Use fresh, frozen or low sodium canned vegetables.
- Use spices and herbs to flavour food instead of salt. Taste your food before adding salt. If salt is needed, try one shake instead of two.
- Try healthy snacks including vegetables, fruit, yogurt, unsalted nuts, seeds and popcorn.



- Limit salty condiments and sauces such as soy sauce, teriyaki, Worcestershire, BBQ sauce, ketchup, mustard, relish and pickles.
- Buy low sodium or no salt added products such as low sodium canned foods. Rinse canned foods before using.
- Buy less processed foods. Use block cheese instead of processed cheese, sliced roast meat instead of salami or bologna, plain rice instead of seasoned rice mixes.
- Remove the salt shaker from the table.
- Ask restaurants to use less salt when cooking your food.



DASH diet (Dietary Approaches to Stop Hypertension)


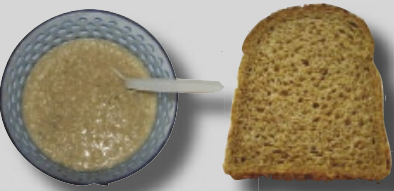


Studies show that the DASH diet can help to prevent or lower high blood pressure (hypertension). The main diet principles are:

- Eat more vegetables and fruit
- Reduce fat and salt intake
- Eat lower fat milk products
- Maintain a healthy weight
- Be physically active

Speak to your doctor or dietitian for information about the DASH diet.



Low sodium food choices

| Food Group | Low Sodium Choice | High Sodium Choice |
|---|---|---|
| <p>Vegetables and Fruit</p>  | <ul style="list-style-type: none"> • Fresh, frozen vegetables and fruit • Canned fruit • All fruit juice • Low sodium vegetable juice, soups | <ul style="list-style-type: none"> • Regular canned vegetables, soups • Pickles and other vegetables in brine • Regular vegetable and tomato juice • Instant potato, vegetables mixes, frozen potato products |
| <p>Grain Products</p>  | <ul style="list-style-type: none"> • Whole or enriched grains, cereals and bread • Unsalted crackers | <ul style="list-style-type: none"> • Salt-topped or coated crackers, pretzels • Seasoned pasta and rice mixes • Instant hot cereal, pancakes, waffles |
| <p>Milk and Alternatives</p>  | <ul style="list-style-type: none"> • Milk, yogurt • Low sodium cheese • Hard cheese | <ul style="list-style-type: none"> • Malted or chocolate milk, milkshakes • Processed cheese |
| <p>Meat and Alternatives</p>  | <ul style="list-style-type: none"> • Any fresh or frozen meat, fish, poultry, seafood (excluding prepared foods) • Low sodium canned fish • Eggs • Unsalted nuts, seeds • Beans, peas, lentils | <ul style="list-style-type: none"> • Salted, smoked, cured, koshered, marinated, pickled, canned meats, poultry, fish and seafood • Fresh and frozen prepared meat and alternatives • Salted nuts, seeds • Fast foods (e.g., burgers) |

Reading labels

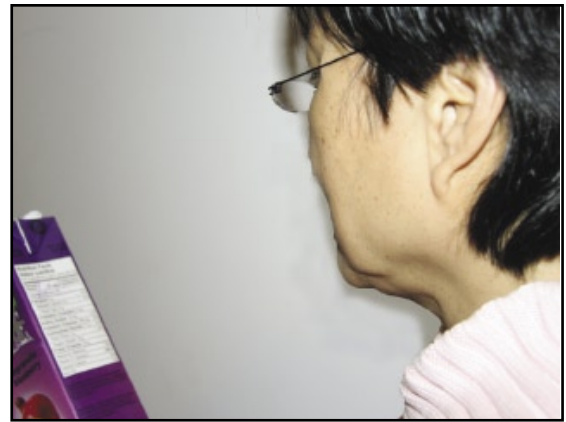
Nutrition labels tell us how much sodium is in each serving of food. A healthy adult needs 1200–1500 mg sodium daily (about 1/2 teaspoon salt) and not more than 2300 mg sodium per day (about one teaspoon salt).



Example:

Block cheddar cheese

| Nutrition Facts | |
|--------------------------|---------------|
| Per 50 g | |
| Amount | % Daily Value |
| Calories 200 | |
| Fat 17 g | 26 % |
| Saturates 11 g | 55 % |
| + Trans 0 g | |
| Cholesterol 52 mg | 17 % |
| Sodium 310 mg | 13 % |
| Carbohydrate 1 g | 0.3 % |
| Fibre 0 g | |
| Sugars 0.5 g | |
| Protein 12 g | |
| Vitamin A 13% | Vitamin C 0% |
| Calcium 33% | Iron 4% |



Processed cheddar cheese

| Nutrition Facts | |
|--------------------------|---------------|
| Per 50 g | |
| Amount | % Daily Value |
| Calories 164 | |
| Fat 12 g | 18 % |
| Saturates 8 g | 40 % |
| + Trans 0 g | |
| Cholesterol 32 mg | 11 % |
| Sodium 860 mg | 33 % |
| Carbohydrate 4 g | 1.3 % |
| Fibre 0 g | |
| Sugars 4 g | |
| Protein 10 g | |
| Vitamin A 10% | Vitamin C 0 % |
| Calcium 26% | Iron 0.5 % |

- The processed cheese has more sodium than the block cheese.
- *Salt/sodium free, No salt added* or *Unsalted* means no salt was added to the food.
- *Lightly salted* or *Less salt* means this product has 25 per cent less salt than the regular product or 100 mg less sodium.
- *Low salt/sodium* means this product has less than 50 per cent of the sodium found in the regular product or less than 40 mg of sodium per 100 g of food.



Black Bean Soup

Ingredients

| | | |
|------------------------|-------------------------------|-------------------------|
| 2 cans (19 oz each) | black beans | 2 cans (540 mL each) |
| 2 | stalks celery, chopped | 2 |
| 1 | large onion, chopped | 1 |
| 3 | medium carrots, chopped | 3 |
| 3 | garlic cloves, finely chopped | 3 |
| 2 tbsp | vegetable oil | 30 mL |
| 2 tsp | ground cumin | 10 mL |
| 1 can (28 oz) | tomatoes | 1 can (796 mL) |
| 4 cups | water | 1 Litre |
| | pepper to taste | |

Makes 8 servings

Directions

1. Drain and rinse the black beans. Set aside.
2. Prepare celery, onion, carrots and garlic as directed.
3. In a large pot, heat the oil on medium heat. Saute the celery, onions, carrots, garlic and cumin in the oil until softened.
4. Stir in the tomatoes, water and black beans.
5. Bring to a boil and then reduce the heat. Cover and simmer for 30 minutes.
6. Add pepper and more cumin if needed.

Nutrition Facts

For 1 serving

Amount 1 cup % Daily Value

Calories 200

Fat 5 g 8 %

Saturates 0 g 0 %

+ Trans 0 g

Cholesterol 0 mg 0 %

Sodium 310 mg 13 %

Carbohydrate 38 g 13 %

Fibre 12 g 48 %

Sugars 8 g

Protein 9 g

Vitamin A 25% Vitamin C 45%

Calcium 15% Iron 25%



- Homemade Black Bean Soup has about 310 mg sodium in each cup.
- Canned Black Bean Soup has about 1100 mg sodium in each cup, almost four times more than the homemade soup.