

Eat the low salt way

- ✓ When shopping, read all food labels. Foods with less than five percent Daily Value (%DV) of sodium are a low-sodium choice.
- ✓ Watch out for salty snacks. Replace high-salt-containing snack foods with lower-salt choices such as unsalted pretzels, popcorn, nuts, seeds and rice cakes, fresh cut vegetables and fruit, yogurt, and low-fat cheese.
- ✓ Limit frozen dinners, fast foods, and convenience food items such as rice and noodle mixes.
- ✓ Make your own salad dressing. Use lemon juice, vinegar, and olive oil.
- ✓ Prepare meals at home to give you full control over the amount of salt added.
- ✓ Replace salty deli products with fresh cooked chicken, beef, fish, or pork.
- ✓ Limit processed cheese, parmesan, and feta. Try block cheddar, Monterey, and Swiss cheese more often.
- ✓ Limit pickled vegetables and rinse canned ones. Choose fresh and frozen vegetables more often.
- ✓ Avoid adding salt to food during cooking and remove the salt shaker from the table. Try blending herbs and spices and use them instead of salt.

Reduce the amount of salt in your diet and add spice to your life by seasoning foods without salt. To reduce the amount of salt in your diet, try seasoning your next meal with some of these herbs, spices, and other flavours.

Beef	Bay leaf, dry mustard, green pepper, marjoram, fresh mushroom, nutmeg, onion, pepper, sage, thyme, tarragon, fresh ginger, red pepper flakes, chili powder, garlic, basil, turmeric, rosemary.
Chicken	Lemon juice, green pepper, marjoram, fresh mushroom, onion, pepper, sage, thyme, tarragon, fresh ginger, red pepper flakes, chili powder, garlic, basil, turmeric, cumin, cinnamon, cranberries, bay leaf, summer savory, curry powder.
Fish	Lemon juice, green pepper, marjoram, fresh mushroom, dry mustard powder, tarragon, fresh ginger, red pepper flakes, chili powder, garlic, basil, fennel, dill, oregano, maple syrup.
Pork	Apples, apple sauce, garlic, onion, sage, marjoram, pears, rosemary.
Lamb	Curry powder, garlic, onion, mint, mint jelly, pineapple, rosemary, tarragon, basil, coriander, turmeric, green pepper, red pepper flakes, celery seed.
Potato	Green pepper, onion, parsley, rosemary, paprika, oregano, chives, celery seed, garlic, tarragon, dill seed, mint.
Rice	Chives, green pepper, onion, paprika, parsley, turmeric, cumin, dill, coriander.

Knocking out salt



For more information call:
 Dial-a-Dietitian
 613-549-1232 or 1-800-267-7875,
 ext. 224

Other names for salt

Monosodium glutamate (MSG), garlic salt, onion salt, seasoning salt, kelp, sea salt, baking soda, baking powder, sodium chloride, or any chemical compound with sodium.

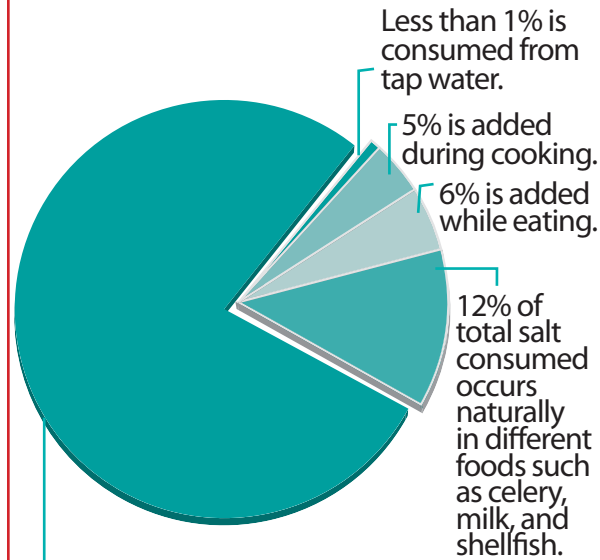


Salt/Sodium facts

- Sodium is one of the minerals found in salt; it is found in all processed foods and almost every food we eat.
- Sodium plays an important role in maintaining the fluids, muscles, nervous system, and blood pressure in our body.
- Adults require 1500 mg (1 tsp salt) of sodium every day, while those over 50 need 1300 mg (3/4 tsp salt), and those over 70 need 1200 mg (2/3 tsp salt).
- Sodium can interfere with calcium absorption. If calcium intake is too low and sodium intake is too high, it can contribute to the development of osteoporosis (weaker bones).
- People with high blood pressure can increase their risk of heart disease and stroke if their sodium intake is too high.

These days, people are consuming far more than the recommended amount of salt. This leads to an increased risk of high blood pressure and heart disease. Reduce these risks by making small changes in the way you buy, prepare, and eat food.

Where do we get salt?



77% of total salt consumed is added during food processing, such as: luncheon meats, hotdogs, canned vegetables, processed cheese, potato chips and other snack foods, most breads, baked products, frozen dinners, and condiments such as Worcestershire sauce, soy sauce, ketchup, onion salt, garlic salt, bouillon cubes, salad dressing, pickles, and salted margarine.

Dietary Reference Intake, Institute of Medicine, 2005

**Small changes
can make a
big difference**

Try these seasoning blends in place of salt when cooking.

All Purpose Blend

5 tsp	onion powder
2 ^{1/2} tsp	garlic powder
2 ^{1/2} tsp	paprika
2 ^{1/2} tsp	dry mustard
1 ^{1/4} tsp	thyme
1/2 tsp	white pepper
1/4 tsp	celery seed

Spicy Flavoured Blend

2 tbsp	crushed savory
1 tbsp	dry mustard
2 ^{1/2} tsp	onion powder
1 ^{3/4} tsp	curry powder
1 ^{1/4} tsp	white pepper
1 ^{1/4} tsp	ground cumin
1/2 tsp	garlic powder

Malaspina Herb Shaker

1 tbsp	dry mustard
1 tbsp	garlic powder
1 tbsp	onion powder
1 tbsp	paprika
1 ^{1/2} tsp	pepper
1 tsp	basil
1 tsp	thyme