

Cut That Sodium!

How to enjoy your
food without all
the salt.



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Why Cut Sodium?



- Elevated blood pressure
- Thirst – difficult to control fluid intake

What's the Limit?

- Check with your doctor for your individual needs
- Usually 2 grams (2000 mg) per day
 - ~ 500 mg per meal
 - ~ 100 – 200 mg per snack

Salt is Everywhere

- Check all labels for sodium
 - Breakfast cereals
 - Bread
 - Pastries
 - Dairy products
 - Salad dressing
 - Some medications

| Nutrition Facts | |
|--------------------------|---------------|
| Per 2 slices (64 g) | |
| Amount | % Daily Value |
| Calories 140 | |
| Fat 1.5 g | 2 % |
| Saturated 0.3 g | 4 % |
| + Trans 0.5 g | |
| Cholesterol 0 mg | |
| Sodium 290 mg | 12 % |
| Carbohydrate 26 g | 9 % |
| Fibre 3 g | 12 % |
| Sugars 2 g | |
| Protein 5 g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 4 % | Iron 10 % |

Costco Muffin 5.8 ounces

- Calories 610
- Sodium 590 mg
- Dietary Fiber 2 g
- Sugars 40 g



Starbucks Plain Bagel (5 oz)

- Calories: 430
- Sodium: 660 mg



Medications

- In April 2004: Mandatory labeling of prescription drugs with more than 140 mg sodium per daily dose
- NSAIDS, antacids and laxatives

Canned Food

- Soups, beans, vegetables, meats
- Buy salt free or low sodium



Instant Mixes

- Gravy, seasoning packages, meal enhancers
- Eat small portions
- Make your own!



Other Foods High in Sodium

- Pickled, smoked or cured foods
- Salad dressings, marinades, sauces, condiments
- Snack foods
- Fast foods
- Dairy foods



Making the Change

- Give yourself time to adjust
- Appreciate the natural taste of food
- Read labels and be aware of hidden sources: *If you didn't make it... it probably has sodium!*

Low Sodium Cooking

- Pitch the salt shaker
- Use ½ the salt in recipes (or omit)
- Rinse canned meats, beans, and vegetables
 - Journal of the American Dietetic Association. April 1993 – 3 minute rinse resulted in 30% (beans)-80% (tuna, green beans) sodium reduction
- Don't salt cooking water
- Use fresh or dried herbs or salt free seasonings
- Use sodium free or low sodium baking powder



Eating in Restaurants

- Avoid pickled or smoked foods
- Ask for foods to be prepared with less salt, less sauce and no MSG
- Avoid breaded foods
- Choose oil and vinegar salad dressing and ask for salad without bacon or olives
- Limit condiments such as ketchup, mustard, and soy sauce (ask for them on the side)
- Eat small portions

Managing your “Salt Budget”

- Quarter pound hamburger: 750 - 1000 mg Sodium
- Small hamburger: 400 - 600 mg sodium
- Fast food taco (soft, beef): 600-700 mg sodium
- Ciabatta chicken sandwich: 1880 mg sodium

Major Sources of Sodium in Restaurant Meals

- Sauces
- Dressings
- Marinades
- Condiments, pickles
- Bread
- Cheese
- Soup



Resources

- USDA Nutrient Data Laboratory
<http://www.nal.usda.gov/fnic/foodcomp/search/>
- Calorie King
www.calorieking.com