

REDUCING SALT IN YOUR DIET

- ✓ Buy and eat more fresh foods, especially vegetables and fruit.
- ✓ Cook more food at home to avoid relying on take-out or drive-thru meals.
- ✓ Dine out less often. When possible, ask for less salt to be added when ordering.
- ✓ Limit processed foods or ready-to-eat foods. Choose packaged foods lower in sodium or brands with the lowest percentage daily value of sodium on the food label. Refer to Label Reading Your Way To A Lower Salt Intake on page 3 of this handout.
- ✓ Rarely eat foods that are smoked, cured, pickled or salted.
- ✓ If you do use canned products, rinse the contents before using (e.g. canned tuna, canned lentils, canned vegetables).
- ✓ Read labels. Limit products listing ingredients such as salt, sodium, or words containing sodium (e.g. monosodium glutamate, sodium nitrate, sodium caseinate).
- ✓ Limit the use of condiments. Flavour your food with lemon or lime juice, fresh garlic, spices and herbs.
- ✓ Try a low sodium spice blend (e.g. Mrs Dash, President's Choice Blue Menu No Salt Added Blends, or McCormick's No Salt Added Blends).
- ✓ Avoid adding salt at the table.
- ✓ Limit salt used in cooking to $\frac{1}{4}$ teaspoon per day.
- ✓ Try making your own soups, sauces and salad dressings.

Is sodium the same as salt?

The chemical name for table salt is sodium chloride. This is the most common form of sodium.

One teaspoon of salt contains about 2,300 mg of sodium.

Sea salt and other types of salt have the same amount of sodium as table salt.

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Salt Substitutes - a word of caution

“No Salt” is a commercially available product that uses potassium instead of sodium.

Check with your doctor before using, as some people need to limit their potassium intake.

Remember:

As you slowly decrease your salt intake, your taste buds will adjust!