

A Healthier Approach to Salt

Many of us get **too much** salt in our food every day. The amount of salt in a food is listed as “**sodium**” on food labels and menus. Too much salt can lead to high blood pressure and other health problems.



When shopping, look for food labels that include **low sodium, reduced sodium** or **no added salt**



Foods low in sodium such as **fruits, vegetables, fresh meat, poultry, fish, eggs, dry beans** and **rice, milk** and **yogurt** are the best choices. Eat **fewer** packaged foods. These include *lunch meats, canned soup, frozen meals, boxed dinners, and canned vegetables.*

*Fast food and pre-cooked foods found in the grocery store have a lot of sodium. A burger like the one pictured has about 1500mg of sodium. That is **over half** of the 2300mg of sodium recommended for a day.*



Tip: Try leaving the salt shaker off the table and only season your foods while you are cooking.

Spices



Sauces & Toppings



We get a lot of sodium in sauces and toppings. Ketchup, salad dressing, soy sauce, seasoning packets from ramen noodles, and pickled foods like olives and pickles have a lot of sodium in them.



Helpful Hint: Rinsing canned vegetables and beans just once can remove **40% of the sodium** in that product. For example, a food that has 480mg of sodium can be reduced to 288mg sodium.

Healthy Tip:

Use low sodium versions of these items when you can. Try making your own salad dressing with just vinegar, olive oil and spices. Try a **fresh squeeze of lemon** on your salad or vegetables. You can also make your own spice blend in place of the ramen noodle seasoning packet and leave the sodium out.

Salt-Free Seasoning Blend

Use this seasoning blend on **vegetables or meat**, or in a **salad dressing**. Experiment with this seasoning blend or swap out your favorite non-salt spices.

- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon parsley
- 1 ½ teaspoon black pepper

Directions: Mix ingredients together and store in an air-tight container.

<https://tastythin.com/homemade-seasoning-blends-nine-diy-recipes/>

Adapted from Academy of Nutrition and Dietetics
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