

# Tips to Reduce Salt Intake

## Why is it important to reduce your salt intake?

- Eating too much salt can cause your body to retain water making breathing more difficult for people with Lung Disease
- Having too much salt can make your blood pressure go up and increase your risk for heart disease
- Having high blood pressure can damage your kidneys

## How much salt do I need?

- Your goal is to keep your salt intake under 2300 mg (1 tsp)



## How to cut back on the salt in your diet:

- Remove salt shaker from table
- Use herbs or no-salt spices like pepper, onion powder, garlic powder, oregano, basil, etc.
- Avoid adding salt to food when cooking
- Read food labels and limit foods with more than 300 mg sodium per serving
- Eat less processed, packaged and fast foods

## Salt Substitutes:

- Salt substitutes are not for everyone. You should check with you doctor or dietitian before using a salt substitute.

## Try this recipe to help season your foods

### No-Salt Seasoning

5 tsp	onion powder
1 tbsp	garlic powder
1 tbsp	paprika
1 tbsp	dry mustard
1 tsp	dry thyme
Half a tsp	pepper
Half a tsp	celery seed

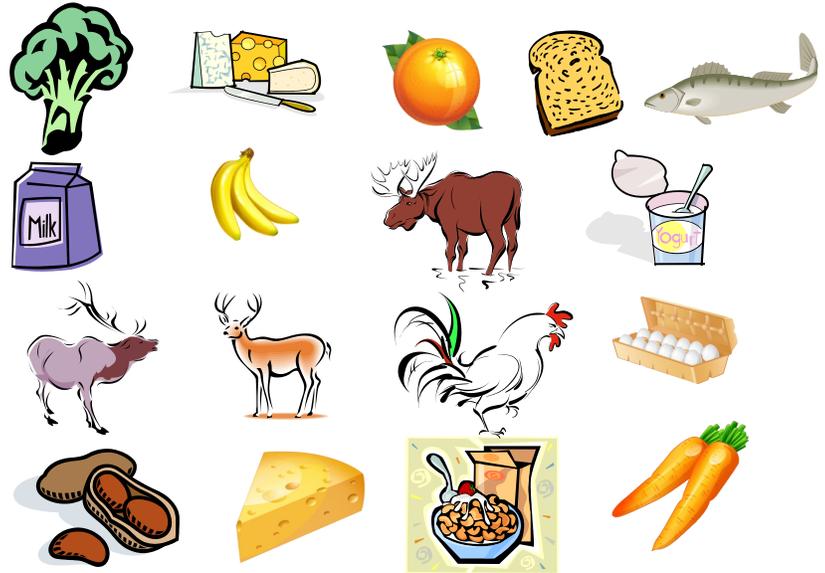
#### Directions:

1. Combine all ingredients in a small jar with a shaker top
2. Use for seasoning fish, poultry, cooked vegetables, soup and stews or place it on the table to use individually

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## What foods are lower in salt?

- Fresh or frozen fruits and vegetables
- Whole grain breads, buns, cereals, rice, pasta and bannock
- Lentils, beans and barley
- Milk, yogurt and block cheese
- Fresh or frozen meats, wild meats, fish and chicken
- Eggs
- Peanut butter
- Unsalted nuts



## What foods are higher in salt?



- French fries and potato chips
- Vegetable juices
- Canned or dried soups and instant noodles
- Canned vegetables and instant potatoes (try rinsing your canned vegetables with water before eating)
- Pickles, olives and sauerkraut
- Nachos, pretzels, popcorn, salted nuts and crackers
- Canned sauces, instant rice and pasta mixes
- Instant oatmeal
- Cheese slices and cheese spread
- Deli meats like ham, pepperoni, salami, bologna and beef jerky
- Hotdogs, smokies, sausages, bacon and canned ham
- Pickled foods
- Condiments like sea salt, seasoning salt, garlic salt, ketchup, mustard, barbecue sauce, soy sauce, teriyaki and salad dressings

*2013 - 4. These materials were developed by the Clinical Subcommittee of the Chronic Disease and Network and Access Program of the Prince Albert Grand Council and its partners and funded by Aboriginal Health Transition Fund. These materials will expire in 2018 when the Clinical Practice Guidelines for Diabetes Prevention and Management in Canada are updated.*

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## Reading a Label:

- When reading an ingredient list on a food label salt can be called salt, sodium or soda
- Monosodium glutamate also contains salt
- If the term salt, sodium or soda is listed in the first three ingredients or listed more than 3 times this food is considered a high salt food
- Aim for foods with less than 5% (150 mg) sodium



Nutrition Facts	
Per burger (130 g)	
Amount	% Daily Value
<b>Calories 200</b>	
<b>Fat 9 g</b>	14 %
Saturated Fat 2 g + Trans 1 g	15 %
<b>Cholesterol 70 mg</b>	
<b>Sodium 500 mg</b>	33 %
<b>Carbohydrate 4 g</b>	1 %
Fibre 0 g	0 %
Sugars 0 g	
<b>Protein 25 g</b>	
Vitamin A 0%	Vitamin C 0 %
Calcium 4 %	Iron 2 %

## How much salt do you get in a day?

- 1 cup instant noodles = 730 mg
- Fried Chicken (1 thigh) = 1020 mg
- Egg roll (1) = 250 mg
- Sweet and sour chicken balls (3) = 390 mg
- 1 cup chicken fried rice = 800 mg
- 1 cup chicken chow mein = 982 mg
- 1 slice of pizza (deluxe) = 629 mg
- Hotdog (1) = 670 mg
- Sausage (1) = 400 mg
- 2 slices bologna = 620 mg
- 3 slices of bacon = 550 mg
- 1 tsp of salt = 2300 mg
- 1 tsp sea salt = 2300 mg
- 1 tbsp of soy sauce = 1230 mg
- 1 tsp garlic salt = 1480 mg
- 1 large pickle = 830 mg
- 1 cup tomato juice = 690 mg
- 1 tbsp of ketchup = 170 mg
- 60 ml gravy = 330 mg
- 1 tbsp barbeque sauce = 130 mg
- 1 tbsp teriyaki sauce = 700 mg
- 2 tbsp of cheese spread = 500 mg
- Processed cheese slice (1) = 310 mg

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