

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

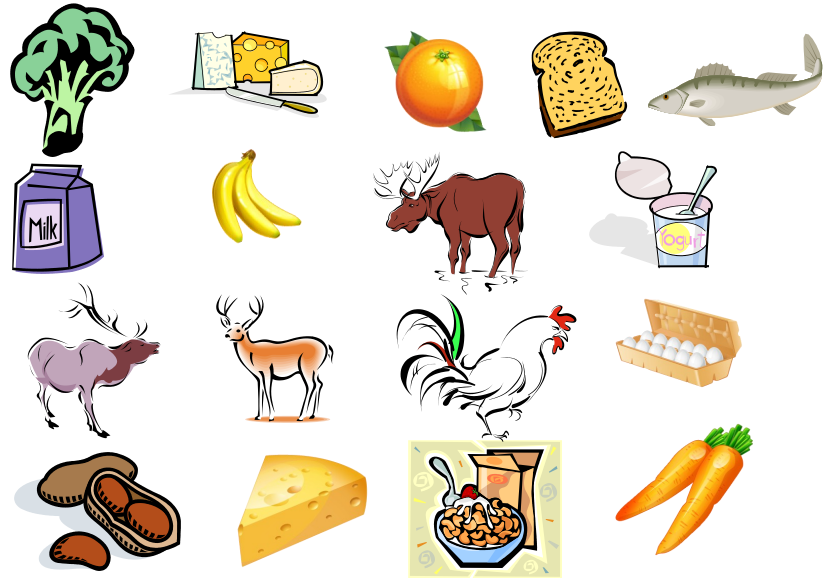
Directions:

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, barbeque sauce, soy sauce, teriyaki and salad dressings

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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
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans 1 g	15 %
Cholesterol 70 mg	
Sodium 500 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
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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