

controlling sodium intake

- Reducing the amount of salt you use will retrain your taste buds to sense other flavors so you won't miss it after a few weeks.
- Buy fresh, frozen (no sauce or seasoning), low sodium or no-salt-added canned vegetables.
- Remove the salt shaker from your table.
- Limit processed foods including cured, pickled, salted, or brined products.
- Consume smaller portions of foods and beverages that are higher in sodium or consume them less often.

low-sodium cooking

- Prepare recipes from scratch so you have control over how much salt is added. Limit adding salt during cooking and taste before salting.
- Experiment with herb & spice combinations, and try "no salt" seasoning blends.
- Rinse sodium-containing canned foods like beans, vegetables, and tuna under cold water before using.
- Use flavored vinegars, onions, garlic, citrus juice to add flavor to food.



When using herbs & spices:

- add dried varieties during cooking and fresh varieties in the last 20 minutes of cooking
- use fresh herbs that are heat sensitive such as basil, chives, dill, and mint when ready to serve
- for a stronger flavor, add to uncooked foods (marinate meats, salad dressing) several hours before serving
- keep dried containers stored away from heat and light
- check dates, and as soon as herbs lose their aroma and color, they should be replaced

Use these equivalents for herbs & spices:

- 1 tablespoon finely cut fresh herbs = 1 teaspoon crumbled dried herbs = 1/4 to 1/2 teaspoon ground or powdered dried herbs
- increase by 1 1/2 times when doubling a recipe

10 basic herbs & spices

- | | | | | |
|-----------------|------------|----------------|------------|------------------|
| 1 Black Pepper | 3 Cinnamon | 5 Chili Powder | 7 Basil | 9 Cumin |
| 2 Garlic Powder | 4 Oregano | 6 Red Pepper | 8 Rosemary | 10 Ground Ginger |



All about SODIUM



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what is sodium?

Sodium is an element that is needed by the body for important processes, such as fluid balance, muscle contraction, and nervous system function.

As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor, and as a preservative.



how much sodium do we need every day?

The Institute of Medicine of the National Academy of Sciences recommends the following adequate intakes of sodium for healthy individuals.

| Age | Adequate intake of sodium/day |
|---------------------------|-------------------------------|
| 0–6 months | 120 mg |
| 7–12 months | 370 mg |
| 1–3 years | 1,000 mg |
| 4–8 years | 1,200 mg |
| 9–18 years | 1,500 mg |
| 19–50 years | 1,500 mg |
| 51–70 years | 1,300 mg |
| 70+ years | 1,200 mg |
| Pregnancy & breastfeeding | 1,500 mg |



Infants and older adults need less sodium intake because they eat fewer calories. Competitive athletes and workers exposed to extreme heat and physical activity may need higher amounts of sodium to replace sweat losses. Certain medical conditions and illnesses may also require increased sodium. Discuss your individual sodium needs with your physician.

finding the right balance

Most individuals consume more sodium than they need. On average, Americans eat about 3,400 milligrams (mg) of sodium per day.

A high sodium diet can increase risk of high blood pressure (hypertension), which can lead to cardiovascular and kidney disease.

The Dietary Guidelines for Americans recommends **limiting sodium intake to less than 2,300 mg per day** that’s equal to about 1 teaspoon of salt!

- Limit sodium to 1500mg per day if you:
- are over 50 years old
 - are of African American decent
 - have high blood pressure
 - have diabetes
 - have kidney disease

are all salts alike?

Table salt – fine grained, may contain sodium iodide (iodized salt) and an anti-caking agent. One teaspoon of table salt contains 2,300 milligrams of sodium.

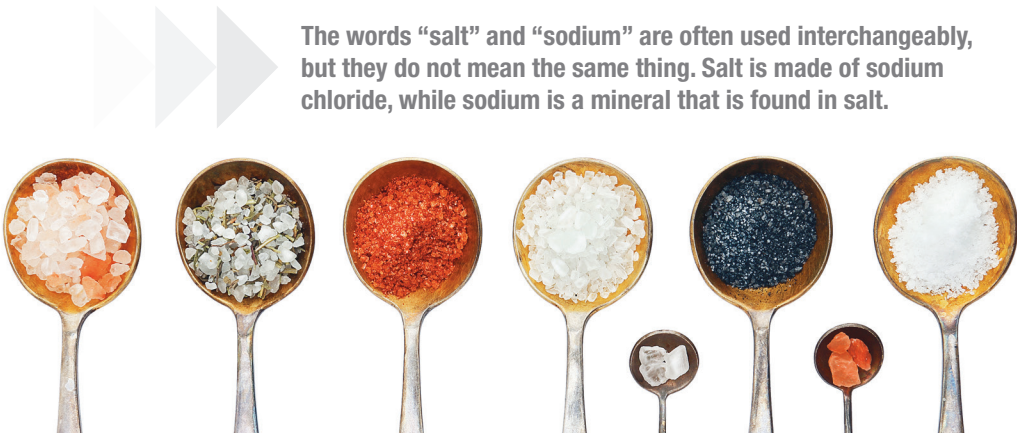
Kosher salt – coarse grained, not iodized, delivers a “clean” taste. Often used in pickling and brining.

Sea salt – coarse grained, obtained by evaporating sea water, also not iodized. Available in a rainbow of colors depending on its origin and the minerals it contains.

Seasoned salt – flavored with herbs and other ingredients.

Rock salt – very coarse grained. Generally not used in food but often added to ice in an ice cream maker.

Salt substitute – may contain other salts such as magnesium or potassium chloride. Check with your physician before using these, especially if you are taking medications.



check the nutrition facts label

Salt is added when foods are processed and packaged including pickles, lunch meats, canned soups, frozen foods, gravies, salad dressings, and restaurant meals. Dietary recommendations and food labels use sodium rather than salt since it is the sodium component of salt that is most relevant for human health.

Check and compare the Nutrition Facts panel for sodium content. When comparing foods, choose foods with lower percent Daily Value (%DV) of sodium.

The goal is to get less than 100% of the Daily Value for sodium each day.

- 5% DV or less of sodium per serving is low

- 20% DV or more of sodium per serving is high

You can also check for sources of sodium on the ingredient list. Some examples of ingredients that contain sodium are: saline, sodium benzoate, sodium bicarbonate (baking soda), sodium chloride (salt), sodium nitrite, and monosodium glutamate (MSG).

Ingredients are listed in descending order by weight — the closer an ingredient is to the beginning of the list, the more of that ingredient is in the food.



labeling claims

| | |
|---------------------------------|--|
| Sodium Free | 5mg or less sodium/serving |
| Very Low | 35mg or less sodium/serving |
| Low Sodium | 140mg or less sodium/serving |
| Reduced Sodium | A product with the usual sodium content reduced by at least 25% |
| Light in Sodium, Lightly Salted | A product with the usual sodium content reduced by at least 50% |
| No Added Salt, Unsalted | A product with no salt added during processing. The product may contain sodium in which case it must declare “This is not a sodium free food.” |