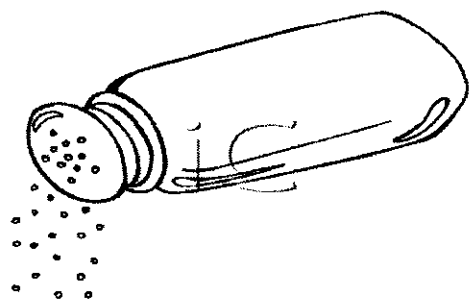


**Nutrition Education Topic:**

# LESS SHAKY WITH SALT



## How much is salt worth?

- ☞ ¼ tsp salt = 600 mg sodium
- ☞ ½ tsp salt = 1,200 mg sodium
- ☞ 1 tsp salt = 2,300 mg sodium
- ☞ 1 tsp baking soda = 1,000 mg sodium

## According to the 2005 Dietary Guidelines for Americans:

**Don't exceed 2,300 mg of sodium a day if you're a healthy adult. Don't exceed 1,500 mg of sodium a day if you have high blood pressure, kidney disease or diabetes. Keep in mind that these are upper limits, and less is usually best, especially if you're sensitive to the effects of sodium. If you aren't sure how much sodium your diet should include, talk to your doctor.**

## Tips for reducing sodium in the diet:

- ✓ Choose fresh, frozen or canned food items that say 'No Added Salt'.
- ✓ Select unsalted nuts or seeds, dried beans, peas and lentils
- ✓ Limit salty snacks like chips and pretzels
- ✓ Avoid adding salt and canned vegetables to homemade dishes
- ✓ Select unsalted, lower sodium, fat-free broths, bouillons or soups
- ✓ Select fat-free or low-fat milk, low-sodium, low-fat cheeses and low-fat yogurt
- ✓ Leave the salt shaker in the cupboard, and taste your food before adding salt.
- ✓ Use no added salt canned or frozen vegetables to add to homemade dishes.

## Ways to improve taste without adding salt:

**Salads:** Basil, Cinnamon, Chili Powder, Cloves, Dill Weed/Seed, Ginger, Marjoram, Oregano, Parsley, Rosemary, Sage, and Thyme

**Soups:** Basil, Chili Powder, Cloves, Dill Weed/Seed, Ginger, Marjoram, Oregano, and Sage,

**Vegetables:** Basil, Chili Powder, Cinnamon, Cloves, Dill Weed/Seed, Ginger, Marjoram, Nutmeg, Oregano, Parsley, Rosemary, Sage, and Thyme

**Fish:** Basil, Chili Powder, Dill Weed/Seed, Marjoram, Parsley, Rosemary, and Thyme

**Chicken:** Marjoram, Sage, Thyme

**Meat:** Basil, Marjoram, Ginger, and Rosemary

**Snacks:** Cinnamon, Nutmeg

**Breads:** Cinnamon, Nutmeg

