

CHANGE YOUR SALTY WAYS



How much salt is too much? Americans ingest an average of 3,400 mg per day, far exceeding the recommended limit of 1,500 to 2,300 mg per day.

HOW DOES THAT EQUATE TO WHAT COMES OUT OF YOUR SALT SHAKER?

1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium

MOST OF THE SODIUM WE INGEST COMES FROM PACKAGED AND PROCESSED FOODS. TAKE CONTROL WHEN SHOPPING, COOKING AND DINING OUT.

AT THE STORE

Check sodium content on the labels for packaged and prepared foods.

Select fresh and frozen poultry that hasn't been injected with a sodium solution.

Look for lower-sodium versions of soy sauce, salad dressings, dips and ketchup.

Choose canned vegetables labeled **"no salt added"** and frozen vegetables without salty sauces.



IN THE KITCHEN

Use onions, garlic, herbs, spices, citrus juices and vinegars in place of salt.

Drain and rinse canned beans and vegetables to cut sodium by up to 40 percent.

Combine lower-sodium versions of food with regular versions.

Cook pasta, rice, and hot cereal **without salt**.

Cook by grilling, braising, roasting, searing, and sautéing to bring out the natural flavors in foods.

Incorporate foods with potassium, like sweet potatoes, potatoes, greens, and tomatoes.





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IN RESTAURANTS

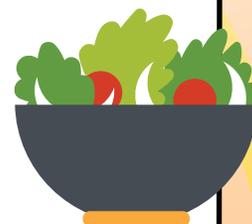
Avoid ordering before-the-meal “extras” like cocktails, appetizers, bread and butter.

Ask for butter, cream cheese, salad dressings, sauces and gravies **served on the side**.

Choose broiled, baked or grilled fish or chicken instead of fried.

Steer clear of high-sodium foods – including any food that’s served pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce. Avoid dishes with lots of cheese, sour cream and mayonnaise.

Be selective at salad bars. Choose fresh greens, raw vegetables, fresh fruits, garbanzo beans and reduced-fat, low-fat, light or fat-free dressings. Avoid cheeses, marinated salads, pasta salads and fruit salads with whipped cream.



Choose desserts carefully. Fresh fruit, fruit ice, sherbet, gelatin and angel food cake are good alternatives.

Don’t hesitate to ask your server **how specific foods are prepared or what ingredients they contain.**

Ask what kinds of oils foods are prepared with or cooked in. The most desirable oils are olive oil, canola oil and peanut oil.

Ask whether the restaurant can **prepare your food to order.**

Ask if smaller portions are available or whether you can share entrees with a companion or if half can be boxed to go.



Content Provided by American Heart Association