

Lowering Your Sodium Intake

Principles	Foods of Concern	Action Plan																																													
Prepare Food without adding Sodium 	Do you use salty seasonings? Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Dry salted fish Baking powder Baking soda Onion salt Garlic salt MSG Soup mixes Tenderizers Salted butter Fish sauce Bouillon	Add flavor to foods with... • Fresh cracked pepper • Garlic and onion powders • Flavored vinegars • Fresh garlic, ginger, parsley • Lemon juice • Low-sodium broth • Salt-free herb & spice blends • Worcestershire sauce																																													
Eat Fewer Salty Foods 	Do you eat these salty snacks? Salted crackers Salted chips Salted popcorn Salted pretzels Salted seeds Salted nuts	Lower sodium choices:																																													
Eat Fewer Cured Foods 	Do you eat salt cured foods? Ham Deli meats Sausage Smoked meats Koshered meat Hot Dogs Bacon Pickles Olives Kim chee	Lower sodium choices: Chill and thinly slice fresh roasted meats for sandwiches.																																													
Eat Fewer Processed Foods 	Do you eat processed foods? American cheese Baking mixes Cottage cheese Flavored rice/pasta mixes Frozen dinners Instant hot cereals Instant noodle lunches Packaged dinner mixes Processed cheese spreads	Lower sodium choices: Swiss cheese Rice Oatmeal (not quick-cooking) Pasta																																													
Eat Fewer Canned Foods 	Do you use canned foods with high amounts of sodium? Canned or bottled sauces Canned soups Canned vegetables Canned meats Canned fish Canned vegetable juices	Lower sodium ideas: Rinse canned vegetables and canned tuna under tap water to remove some sodium. Buy fresh or frozen vegetables. Look for canned vegetables labeled <i>no salt added</i> .																																													
Read Labels to Lower Your Sodium Intake  My daily SODIUM budget:	<table> <tr> <th colspan="3">Chicken Noodle Soup</th></tr> <tr> <th colspan="3">Nutrition Facts</th></tr> <tr> <td colspan="3">Serving Size 1/2 cup (120 mL) condensed soup</td></tr> <tr> <td colspan="3">Amount Per Serving</td></tr> <tr> <td>Calories 60</td><td>Calories from Fat 15</td><td></td></tr> <tr> <th colspan="2"></th><th>% Daily Value*</th></tr> <tr> <td>Total Fat 1.5g</td><td></td><td>3%</td></tr> <tr> <td>Saturated Fat 0.5g</td><td></td><td>1%</td></tr> <tr> <td>Trans Fat 0g</td><td></td><td></td></tr> <tr> <td>Cholesterol 15mg</td><td></td><td>3%</td></tr> <tr> <td>Sodium 890mg</td><td></td><td>37%</td></tr> <tr> <td>Total Carbohydrate 8g</td><td></td><td>3%</td></tr> <tr> <td>Dietary Fiber 1g</td><td></td><td>4%</td></tr> <tr> <td>Sugars 1g</td><td></td><td></td></tr> <tr> <td>Protein 3g</td><td></td><td></td></tr> </table>	Chicken Noodle Soup			Nutrition Facts			Serving Size 1/2 cup (120 mL) condensed soup			Amount Per Serving			Calories 60	Calories from Fat 15				% Daily Value*	Total Fat 1.5g		3%	Saturated Fat 0.5g		1%	Trans Fat 0g			Cholesterol 15mg		3%	Sodium 890mg		37%	Total Carbohydrate 8g		3%	Dietary Fiber 1g		4%	Sugars 1g			Protein 3g			Instant Ramen Noodle Lunch INGREDIENTS: Enriched wheat flour, salt, dehydrated vegetables, monosodium glutamate, chicken fat, sugar, soy sauce, sodium carbonate, sodium phosphate, disodium inosinate, disodium guanylate.
Chicken Noodle Soup																																															
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Cholesterol 15mg		3%																																													
Sodium 890mg		37%																																													
Total Carbohydrate 8g		3%																																													
Dietary Fiber 1g		4%																																													
Sugars 1g																																															
Protein 3g																																															

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RS Peters

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'RS Peters' text.

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