
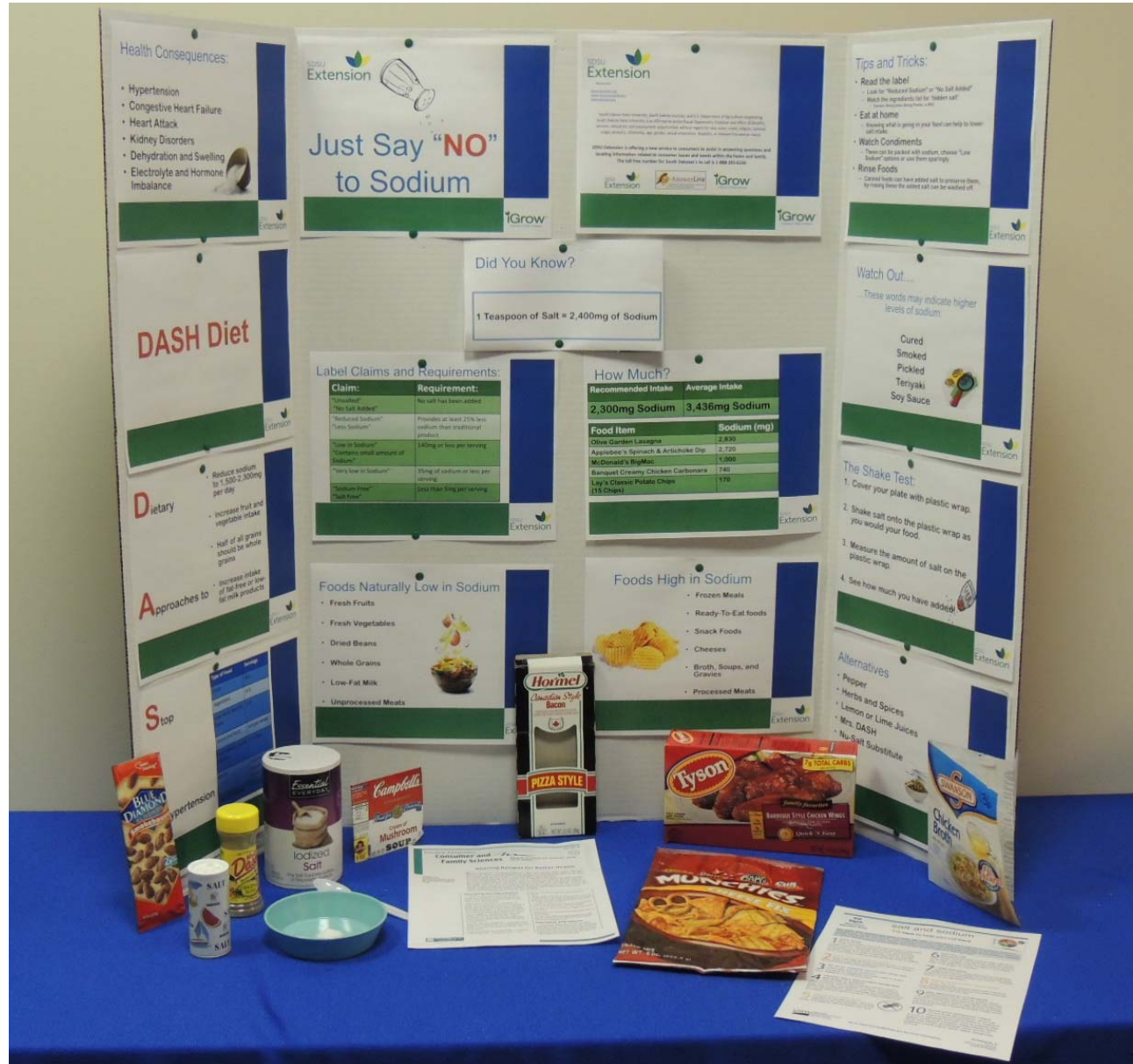


Suggested Layout: Just Say "NO" to Sodium

<p>Health Consequences:</p>	 <p><b>Just Say "NO" to Sodium</b></p>	<p>Tips and Tricks:</p>
<p>DASH Diet</p>		<p>Did You Know?</p>
<p>D A</p>	<p>Label Claims and Requirements:</p>	<p>How Much?</p>
<p>S H</p>	<p>Foods Naturally Low in Sodium</p>	<p>Foods High in Sodium</p>
		<p>The Shake Test:</p>
		<p>Alternatives</p>

# Actual Display: Just Say "NO" to Sodium



# Supplies Needed:

- Tri-fold display board, 48" x 36".
- Tacks to attach paper to board..
- Printed PowerPoint slides (15) on cardstock weight paper
- Examples of food items with sodium claims on labels.
  - “Unsalted”
  - “Reduced Sodium”
  - “Low In Sodium”
  - “Very Low In Sodium”
  - “Salt Free”
- Full Salt Shaker, or salt container
- Teaspoon: Label “1 tsp. = 2,400 mg Na”
- Container with 1 teaspoon Salt

## **Suggested handouts:**

Salt and Sodium: 10 Tips, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>

## **Supplemental Handout:**

Altering Recipes for Better Health”, <http://www.extension.purdue.edu/extmedia/CFS/CFS-157-W.pdf>.

**Dash Diet Information Link:** <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/introduction.html>

## **Resources:**

ChooseMyPlate.gov, US Department of Health & Human Resources – NHLBI, Purdue Extension Service.



# Just Say “NO” to Sodium

# Did You Know?

**1 Teaspoon of Salt = 2,400mg of Sodium**

# Label Claims and Requirements:

Claim:	Requirement:
“Unsalted” “No Salt Added”	No salt has been added
“Reduced Sodium” “Less Sodium”	Provides at least 25% less sodium than traditional product
“Low in Sodium” “Contains small amount of Sodium”	140mg or less per serving
“Very low in Sodium”	35mg of sodium or less per serving
“Sodium Free” “Salt Free”	Less than 5mg per serving

# How Much?

<b>Recommended Intake/day</b>	<b>Average Intake/day</b>
<b>2,300mg Sodium</b> (1,500 mg for those at risk of HBP or age 51+)	<b>3,436mg Sodium</b>
<b>Food Item</b>	<b>Sodium (mg)</b>
Olive Garden Lasagna	2,830
Applebee's Spinach & Artichoke Dip	2,720
McDonald's BigMac	1,000
Banquet Creamy Chicken Carbonara	740
Lay's Classic Potato Chips (15 Chips)	170

# Foods Naturally Low in Sodium

- **Fresh Fruits**
- **Fresh Vegetables**
- **Dried Beans**
- **Whole Grains**
- **Low-Fat Milk**
- **Unprocessed Meats**





# Foods High in Sodium



- **Frozen Meals**
- **Ready-To-Eat foods**
- **Snack Foods**
- **Cheeses**
- **Broth, Soups, and Gravies**
- **Processed Meats**

# Health Consequences:

- Hypertension
- Congestive Heart Failure
- Heart Attack
- Kidney Disorders
- Dehydration and Swelling
- Electrolyte and Hormone Imbalance



# DASH Diet

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/introduction.html>

# **D**ietary

- Reduce sodium to 1,500-2,300mg per day
- Increase fruit and vegetable intake
- Half of all grains should be whole grains
- Increase intake of fat-free or low-fat milk products

# **A**pproaches to

# S<sub>top</sub>

# H<sub>ypertension</sub>

Type of Food	Servings
Fruits	4-5
Vegetables	4-5
Low-Fat & Non-Fat Dairy	2-3
Beans and Nuts	4-5 per week
Lean Meats, Fish & Poultry	2 or less
Grains	7-8 (Half should be whole)
Fats and Sweets	Limited

# Tips and Tricks:

- **Read the label**
  - Look for “Reduced Sodium” or “No Salt Added”
  - Watch the ingredients list for ‘hidden salt’
    - Example: Baking Soda, Baking Powder, or MSG
- **Eat at home**
  - Knowing what is going in your food can help to lower salt intake.
- **Watch Condiments**
  - These can be packed with sodium, choose “Low Sodium” options or use them sparingly.
- **Rinse Foods**
  - Canned foods can have added salt to preserve them, by rinsing these the added salt can be washed off.

# Watch Out...

...These words may indicate higher levels of sodium:

**Cured**  
**Smoked**  
**Pickled**  
**Teriyaki**  
**Soy Sauce**



# The Shake Test:

1. Cover your plate with plastic wrap.
2. Shake salt onto the plastic wrap as you would your food.
3. Measure the amount of salt on the plastic wrap.
4. See how much you have added!





# Alternatives

- **Pepper**
- **Herbs and Spices**
- **Lemon or Lime Juices**
- **Mrs. DASH**
- **Nu-Salt Substitute**





Resources:

[www.dashdiet.org](http://www.dashdiet.org)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.eatright.org](http://www.eatright.org)

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