



picture is from watchmojo.com

# sodium

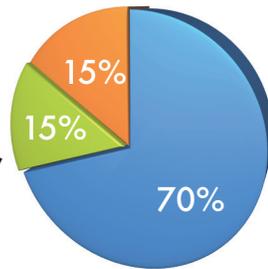
## Why does sodium matter?

Sodium is another name for salt. You need sodium to help balance the fluids in your body. The amount of sodium in your diet may affect your blood pressure. Having high blood pressure (hypertension) means your heart is working harder to pump your blood around your body. As a person's blood pressure increases, so does their risk of heart disease, stroke and kidney disease. Having diabetes also increases the risk of developing heart disease. Limiting the amount of salt you eat can help to decrease the risk of developing high blood pressure, heart disease and stroke.

## Where is sodium found in our diet?

Salt may be added to the food we cook at home or added at the dinner table. However, these days the most salt in our diet comes from the foods that we buy, like processed, prepackaged, and ready-to-eat foods. Restaurant foods, especially those from fast food places also contain high amounts of sodium.

Some examples of food high in sodium are: burgers; soups; pizza; frozen and ready-to-eat meals; fried potatoes, cheese, gravies and sauces; processed luncheon meats (hotdogs, bologna, deli meat etc.); and snack foods such as crackers, nachos, potato chips and salted pretzels.



Where Sodium is Found In Our Diet

15% found naturally in food  
15% added during cooking or at the table  
70% from processed food

## How can salt be limited?

The taste of salty foods is not something we are born with but something that we have learned - probably early in life. By gradually using less salt in and on foods, and choosing foods that have less salt in them your taste buds will adjust.

## Tips to Limit Sodium

Use less salt in recipes when preparing food at home- or leave it out altogether.

Add flavour to the foods you cook with fresh or dried herbs (basil, parsley, cilantro, fennel, lemon grass, rosemary, thyme, sage) and spices.

Experiment with herbs, spices, vinegars, and lemon juice, to perk up the flavour of your food.

At the table, taste your food before adding more salt from the salt shaker. Can you skip the salt?

Choose vegetables, fruit, bread and other grain products. These foods are naturally low in sodium and offer many other health benefits.

Choose fresh or frozen vegetables rather than canned.

Drain away the liquid and rinse canned legumes (dried beans, lentils, peas) before using them.

Choose salty processed foods less often or in smaller amounts.

Take a closer look at the food label to find out how much sodium is in the food and to help choose items that have less sodium.

Read labels to avoid sodium & salt-free products that contain potassium. If you decide to use a salt substitute try Mrs. Dash™ or McCormick's No Added Salt™.

Turn over to learn more about food labels →

# Reading Food Labels

Not all food with added salt tastes salty. Check the Nutrition Facts Label and see how much sodium is in the food.

## 1. Check the Serving Size

Will you eat this much?

If you eat more or less you will be getting more or less sodium.

## 2. Check the Sodium (mg)

Is it a good choice?

Check the sodium guide below to see how many mg of sodium is a good choice.

OR

## 3. Check the % Daily Value

Is it 5% or less? = good choice

Nutrition Facts			
Per 3/4 cup (175g)			
Amount	% Daily Value		
<b>Calories</b> 160			
<b>Fat</b> 2.5 g			<b>4 %</b>
Saturated 1.5 g			<b>8 %</b>
+ Trans 0 g			
<b>Cholesterol</b> 10 mg			
<b>Sodium</b> 75 mg			<b>3 %</b>
<b>Carbohydrate</b> 25 g			<b>8 %</b>
Fibre 0 g			<b>0 %</b>
Sugars 24 g			
<b>Protein</b> 8 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	17 %	Iron	0 %

## Did You Know?

The Percent Daily Value (%DV) tells you if there is a **little** or a **lot** of a nutrient in one serving of a packaged food. You can use %DV to compare products. Which product has more? less?

Choose a food with a %DV of 5% or less for sodium.

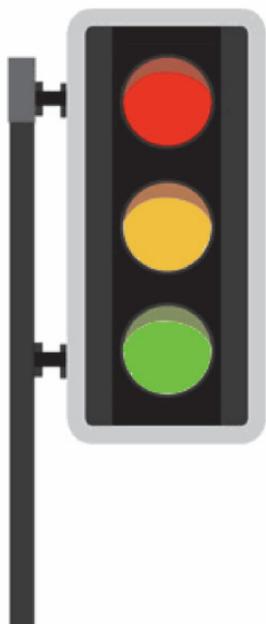
## Reading the Ingredient List

What other words might you see on the ingredient list for sodium?

Salt  
 Monosodium Glutamate (MSG)  
 Baking Powder  
 Baking Soda  
 Disodium Phosphate  
 Sodium Bisulfate  
 Brine  
 Garlic Salt  
 Onion Salt  
 Celery Salt  
 Soy Sauce  
 Sodium Alginate  
 Sodium Benzoate  
 Sodium Hydroxide  
 Sodium Propionate

# Sodium Guide

Use this guide to tell if the product is a good choice!



**Too Much**  
400+mg

**Watch Out**  
200-400mg

**Go For It**  
0-200mg

## How Much Sodium Do We Need?

**1500mg**

is the amount recommended each day.

**2300mg**

is the maximum amount recommended each day and the amount of sodium in 1 tsp of table salt.

## Did You Know?

Most Canadians are eating about 3400 mg of sodium per day. This is more than double the amount of sodium they need.