



Leeds, Grenville & Lanark District

HEALTH UNIT



NUTRITION

Salt

For more information call The HEALTH Action Line at 345-5685 or 1-800-660-5853
or visit us on the web at www.healthunit.org

Salt Shakers

Choosing Food With Less Salt

Have you heard that eating food low in sodium/salt is good for your health? This is true - we should all be cutting back on our salt intake. Try these tips to reduce the amount of salt you eat.

- Taste food before you add salt. You may not even need it.
- Do not add salt to cooking water. The only purpose of this is to make the water boil faster - there is no benefit to the end cooked product.
- Take the salt shaker off the table, or use the pepper shaker for salt instead of pepper - it has fewer holes!

When eating out and shopping for food, a few quick thoughts can make all the difference in the world!

- Avoid menu items that indicate high sodium content, such as "pickled", "smoked", "au jus", "soy sauce", and "in broth."
- Go easy on condiments for burgers, fries, and sandwiches - mustard, ketchup, pickles, & tartar sauce all have high amounts of salt.
- In a restaurant, order your meat prepared without salt or seasonings.
- Avoid frozen meals, canned vegetables and soups, or other pre-packaged convenience foods, such as frozen entrees, flavoured rice mixes, dinner helper mixes, cake mixes, pudding mixes. Salt is used as a preserving agent in these foods.
- Avoid sliced processed meats such as pepperoni, salami, and bologna. They are made with large amounts of salt (and these are high in fat too!).
- Read food labels and avoid foods that have sodium and salt in the list of ingredients. Also, avoid foods with MSG - monosodium glutamate. This is another form of salt.
- Fast foods contain much more salt than home-made foods. Cut down on the trips to the drive-thru!

Continued on reverse...

Salty Switch

To reduce salt in the foods you buy.....

CHOOSE (lower salt)

tomato paste.....
 Canned whole tomatoes.....
 fresh garlic or garlic powder.....
 fresh onion or onion powder.....
 homemade chicken stock.....
 unsalted crackers.....
 homemade soups.....
 regular or quick cooking oatmeal.....
 fresh or frozen vegetables.....
 unsalted nuts.....
 unsalted popcorn.....

INSTEAD OF (higher salt)

tomato sauce
 stewed tomatoes
 garlic salt
 onion salt
 powdered soup base
 salted crackers
 dehydrated or canned soup
 ready to serve oatmeal
 canned vegetables
 salted nuts
 salted popcorn

Salt Free Herb Blends

Try these tasty seasonings instead of using salt when you cook!

Salt Substitute - 1 tbsp. dry mustard, 1 tbsp. garlic powder, 1 tbsp. onion powder, 1 tbsp. paprika, 1 tsp. pepper, 1 tsp. basil, 1 tsp. thyme. Use in place salt in recipes or on food.

Mixed Herb Blend - 1/4 cup dried parsley flakes, 2 tbsp. dried tarragon, 1 tbsp. oregano, 1 tbsp. dill weed, 1 tbsp. celery flakes. Use for salads, pasta, steamed vegetables, vegetable soup, or fish.

Italian Blend - 2 tbsp. basil, 2 tbsp. marjoram, 1 tbsp. garlic powder, 1 tbsp. oregano, 2 tsp. thyme, 2 tsp. dried rosemary, 2 tsp. crushed red pepper. Use for tomato based soups, pasta dishes, chicken, and pizza.

Mexican Chili Blend - 1/4 cup chili powder, 1 tbsp. ground cumin, 1 tbsp. onion powder, 1 tsp. oregano, 1 tsp. garlic powder, 1 tsp. crushed red pepper, 1/2 tsp. cinnamon. Use for chili, enchiladas, tacos, fajitas, chicken, pork, beef.

Easy Dip Blend - 1/4 cup dill weed, 1 tbsp. dried chives, 1 tbsp. garlic powder, 1 tbsp. dried lemon peel, 1 tbsp. dried chevril. Mix with cottage cheese, ricotta cheese, yogurt cheese, low fat sour cream or low fat cream cheese.

For people who are "salt sensitive", extra salt in the diet can contribute to an increase in blood pressure. For all of us, a low salt diet is a safe and healthy choice.



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