Your heart will thank you!

Why should you eat less salt and sodium?

- Reduce your risk of high blood pressure and stroke, kidney disease and stomach cancer.

Ways to take in less salt and sodium:

- Always read the nutrition facts label.
- Purchase canned foods labeled low salt or low sodium.
- Do not add salt while cooking.
- Use herbs and spices for flavor while cooking.
- Leave the salt shaker in the kitchen and off the dinner table.

How much salt or sodium should you have in 1 day?

<table>
<thead>
<tr>
<th>If you are:</th>
<th>If you are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• African American or</td>
<td>• Not African American and</td>
</tr>
<tr>
<td>• Over 50 or</td>
<td>• Under 50 and Do not have high</td>
</tr>
<tr>
<td>• Have high blood pressure</td>
<td>blood pressure</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than 1,500 mg/day</td>
<td>Less than 2,300 mg/day</td>
</tr>
</tbody>
</table>

2,300 mg Diet:
⇒ Keep Sodium less than 480 mg per serving (20% DV).

1,500 mg Diet:
⇒ Keep Sodium less than 300 mg per serving (15% DV).

Read the Nutrition Facts Label

Chicken Noodle Soup

Nutrition Facts
Serving Size 1/2 cup (120 ml) condensed soup
Serving Per Container about 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 60</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>4%</td>
</tr>
<tr>
<td>Sodium</td>
<td>890mg</td>
<td>37%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

2,300 mg Diet: Sodium 890mg
⇒ Keep Sodium less than 480 mg per serving (20% DV).

1,500 mg Diet: Sodium 300mg
⇒ Keep Sodium less than 300 mg per serving (15% DV).
Shake the Salt Habit

Did you Know?
- One teaspoon of salt has 2,325 mg of sodium!
- Americans get about 77% of their sodium from packaged, processed foods. So, if you simply eat less processed foods you will eat less salt.

Hidden Sources of Salt and Sodium
- Deli lunch meat
- Poultry (sometimes injected with broth)
- Baked beans
- Muffins, pastries
- Spaghetti sauce
- Bagels
- Tomato juice, ketchup
- Pickles
- Meat tenderizer
- Packaged Seasonings—Adobo, Taco, Fajita seasoning, lemon pepper.
- Cottage cheese
- English muffins
- Hot dogs
- Oatmeal
- Cheese
- Cereal

Lower Salt and Sodium Options
- Low sodium versions of ricotta cheese, cottage cheese, cheddar cheese.
- Quick cooking oats made without salt.
- Fresh or frozen fish, lean meat or poultry without added salt.
- Fresh or dried herbs and spices. Onions, garlic, vinegar, lemon or lime juice or low sodium soy sauce.
- Low sodium, salt free vegetable juices.
- Low sodium canned soup and broth.
- Reduced sodium tomato sauce, homemade pasta sauce made with tomatoes, herbs and spices.

Low-Salt Herb Vinaigrette Dressing Recipe

Ingredients:
- ¼ cup minced fresh herbs (basil, oregano, thyme, parsley, rosemary, etc.)
- ½ tsp sugar
- ¼ tsp salt
- ¼ tsp black pepper

Directions:
1. Put all ingredients in a jar or bottle with a tightly fitting lid.
2. Screw on the lid. Shake well.
3. Chill in the fridge for about 1 hour before serving.

Serving Size: 2 tbsp, Calories 90, Total fat 9g, Saturated fat 1.5g, Sodium 75mg

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.