Shake the Salt Habit

Did you know?

- One teaspoon (1 tsp) of salt has 2,325 milligrams (mg) of sodium.
- Americans get about 77% of their sodium from packaged, processed, or restaurant foods.
- The average American eats about 3,400 mg of sodium a day.

How much salt (sodium) should you have in one day?

If you:
- Are African American
- Are 51 years old or older
- Have high blood pressure
- Have diabetes
- Have chronic kidney disease

Aim for less than 1,500 mg/day

If you:
- Are not African American
- Are 50 years old or younger
- Do not have high blood pressure

Aim for less than 2,300 mg/day

Foods High in Sodium

Choose the following less often:

- Deli lunch meat
- Salad dressing
- Breads, rolls, wraps, muffins, pastries
- Baked beans
- Pizza
- Soups
- Cheeseburgers
- Chips, pretzels, popcorn
- Cottage cheese
- Spaghetti sauce
- Tomato juice, ketchup
- Pickles
- Meat tenderizer
- Packaged seasonings (taco, fajita seasoning)
- Hot dogs
- Oatmeal—instant packets
- Cheese
- Frozen meals
What should I look for?

Keep meals to less than 400-500 mg
Keep snacks to less than 140 mg

Check the label:

How much sodium in a serving?
- Always check the Nutrition Facts Label first to see how many milligrams (mg) of sodium it has per serving.

How much sodium are you eating?
- If you eat more than one serving, you must multiply the mg of sodium on the label by the number of servings you ate. For example, this recipe is for 1 cup. If you eat 2 cups it is 2 x 470 mg = 940 mg.

Look on the front and back of the package:
- Choose foods that say “No Added Salt,” “Low Sodium,” “Low Salt,” or “Reduced Salt.”

Compare foods.
- Be sure to compare and choose brands with lower milligrams of sodium per serving.
- Always rinse and drain canned foods such as beans and vegetables to lower the sodium.

Nutrition Facts
Serving Size 1 cup (266g)
Servings Per Container 10

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 130</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 470mg</td>
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<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
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<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

Vitamin A 15% - Vitamin C 30%
Calcium 2% - Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
- Calories: 2,000 2,500
  - Total Fat: Less than 65g 80g
  - Saturated Fat: Less than 20g 25g
  - Cholesterol: Less than 300mg 300mg
  - Sodium: Less than 2,400mg 2,400mg
  - Total Carbohydrate: 300g 375g
  - Dietary Fiber: 25g 30g
  - Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Homemade Spice Blend
Salt-Free Seasoning Blend
- ¼ cup onion powder
- ¼ cup garlic powder
- ¼ cup black pepper
- 2 Tbsp chili powder
- 3 Tbsp paprika
- 2 Tbsp dried parsley leaf
- 1 Tbsp red pepper flakes (optional)

Directions: Mix all ingredients together and store in an airtight container.

Table salt or sea salt?
Aside from the crunchy texture and stronger flavor of sea salt, there is no difference between the sodium content of each.

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 incomes. 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.