



# Shake the Salt Habit

Did you know that eating less salt reduces your risk for high blood pressure, stroke, kidney disease, and stomach cancer? Americans usually get a lot of salt from packaged, processed foods. Eating more foods in their natural state and reading food labels can help us make healthier choices when it comes to salt.

## How to Find Salt on Food Labels

You may see the words "salt" or "sodium" on food labels. Small amounts of sodium are found in almost every food. Higher amounts of sodium are found in meats, seafood, dairy, and table salt.

## How Much Sodium is Recommended

- Less than 2,300 milligrams (mg) a day for most people
- People with high blood pressure may need to limit sodium even more. Check with your doctor for specific amounts.

## Read the Nutrition Facts Label

### Nutrition Facts

1 serving per container  
Serving size 1 Cup (245g)

Amount Per Serving  
**Calories 110**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
<b>Sodium 640mg</b>	<b>28%</b>
Total Carbohydrate 19g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 101mg	2%
Zinc 1mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose foods that have a % Daily Value 5% or less of sodium.

Avoid foods that have a % Daily Value of 20% or more of sodium.

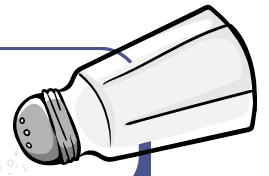


## How to Get Less Sodium

- Always read the Nutrition Facts label.
- Purchase canned foods labeled "no added salt" or "low sodium".
- Avoid adding extra salt while cooking.
- Use herbs and spices for flavor while cooking.
- Leave the salt shaker in the kitchen and off the dinner table.



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## Hidden Sodium

## Lower Sodium Options



Packaged meat, poultry, fish  
Deli lunch meat  
Hot dogs & sausages  
Plant-based meat alternatives

Fresh or frozen fish, lean meat or poultry, eggs  
Low-sodium deli meat, hotdogs, and sausages  
Low-sodium tofu  
**SNAP-Ed Turkey Meatloaf\***



Cheese  
(cottage, cheddar, Parmesan,  
American, feta, & blue)

Ricotta, fresh Mozzarella, Swiss cheese  
Reduced or low-sodium cheese



Canned vegetables & beans  
Canned soup & broth  
Store-bought vegetable juice

Low-sodium canned vegetables and soup  
Fresh or frozen vegetables (no sauce)  
**SNAP-Ed Slow Cooker Black Beans\***  
Low-sodium or sodium-free vegetable juices



Packaged muffins & pastries  
Packaged breads  
Bagels & English muffins  
Tortillas  
Packaged oatmeal

Homemade baked goods (low or no added salt)  
**SNAP-Ed Banana Bread\* or Oatmeal  
Cranberry Bites\***  
Low-sodium breads, bagels, or English muffins  
Quick-cooking oats made without salt



Pickles  
Olives  
Salted nuts, chips

Reduced or low sodium pickles and olives  
Lightly salted or unsalted nuts or chips



Packaged seasonings  
(adobo, fajita, lemon pepper)  
Meat tenderizer

Fresh or dried herbs and spices  
Onions, garlic, vinegar, lemon or lime juice  
Low-sodium sauces



Store-bought sauces & dips  
Spaghetti sauce  
Ketchup  
Soy sauce

Low-sodium sauces  
Homemade sauces with little or no added salt  
**SNAP-Ed Honey Cilantro Yogurt Dip\* or Herb  
Vinaigrette\***

\*Recipes on our website: [web.uri.edu/community-nutrition/recipes/](http://web.uri.edu/community-nutrition/recipes/)