

WHAT IS SODIUM?

SODIUM IS A MINERAL!

The main dietary source of sodium is common table salt (sodium chloride), which is 40% sodium and 60% chloride, but regular unprocessed foods contain natural sodium as well.

The Dietary Guidelines for healthy adults recommends limiting dietary intake to less than 2400 milligrams (mg) per day.



1 teaspoon salt contains 2400 mg sodium

TIPS ON LOW SALT DIET

1. Salt is also called sodium, monosodium glutamate, sea salt, disodium phosphate, baking soda, sodium citrate or sodium benzoate on food labels.
2. Read food labels to find sodium content
3. Try to buy reduced sodium and sodium free foods.
4. Avoid adding salt to dishes at the table.
5. Snack on fresh fruits and vegetables which are almost salt free.
6. Aim for no more than 2,400 mg of sodium a day or even less if your health provider advises.

SODIUM RELATED TERMS

Here's what they mean:

Sodium-free or salt-free	Less than 5 milligrams of sodium per serving
Very low sodium	35 milligrams or less per serving
Low sodium	140 milligrams or less per serving
Reduced (or less) sodium	Contains at least 25% less sodium than the regular version per serving
Light (or sodium-reduced products)	Contains at least 50% less sodium than the regular version per serving
Unsalted or No Salt Added	No salt is added during processing of a food that normally contains salt. However, Some foods with these labels may still be high in sodium.

Foods labeled 'reduced' or 'light' sodium may still contain a lot of salt if the regular product starts out high in sodium. **Read the labels carefully!**

BETTER CHOICES

- Fresh Lean cuts of meat
- Canned fish in spring water, fresh fish
- Fresh and dried herbs, garlic, ginger, fresh lemon, salt free seasonings
- Home made soup with no added salt
- Fresh potatoes no added salt
- Unsalted potato crisps, unsalted nuts, plain popcorn



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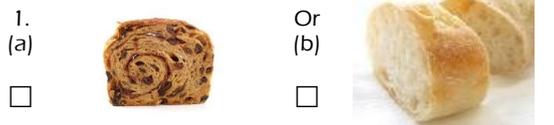
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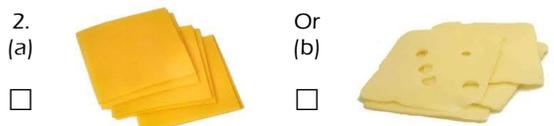
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TEST YOUR SODIUM SMARTS

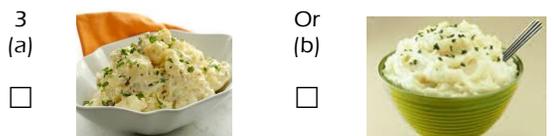
Which food has more sodium? Tick the item you think has more sodium.



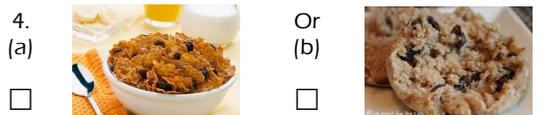
Raisin Bread (enriched) 1 lg slice (32g) French Bread (inc. sour-dough) 1 sml slice (32g)



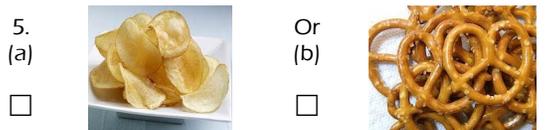
American Cheese (pasteurized process, low-fat) 1 slice (21g) Swiss Cheese (low-fat) 1 slice (28g)



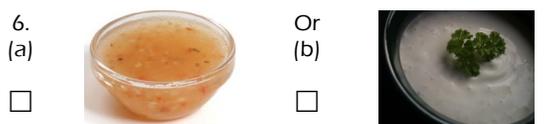
Potato Salad 1/3 cut (95g) Mashed Potato (fast foods) 1/3 cup (80g)



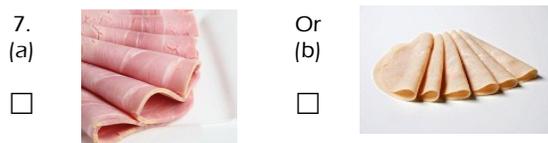
Raisin Bran flake cereal 1 cup (59g) Raisin-cinnamon English Muffin. 1 muffin (57g)



Potato Chips (plain, salted) 1oz (28g) Pretzels (hard, plain, salted) 1 oz (28g)



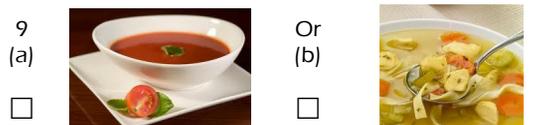
Reduced-fat Italian Dressing. 2 tbsp (56g) Reduced-fat ranch Dressing. 2 tbsp (30g)



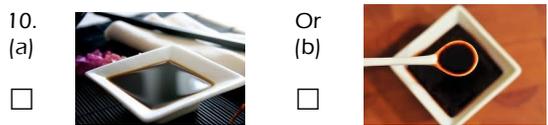
Ham (sliced, regular) 2 slices (56g) Turkey Breast (oven roasted) 2 slices (56g)



Pasta Sauce (spaghetti/marinara) 1/2 cup (128g) Pasta Sauce (Alfredo) 1/2 cup (124g)



Tomato Soup (ready-to-serve) 1 cup (245g) Chicken Noodle Soup (ready-to-serve) 1 cup (245g)



Soy Sauce 1tbsp (18g) Teriyaki Sauce 1ybsp (18g)

ANSWERS

- B. Raisin Bread (32g) - 125mg. French Bread (32g) - 208mg.** Bread is one of the most common sources of sodium. Sodium is added to bread to help with the texture and rising action of the dough. The amount of sodium differs by bread type and can add up quickly when you eat more than 1 slice.
- A. American Cheese (21g) - 300mg. Swiss Cheese (28g) - 73mg.** American Cheese is a highly processed "cheese-like" product. Highly processed foods tend to be high in sodium because food manufacturers use salt or other sodium-containing compounds to preserve food and to improve their taste and texture.
- A. Potato Salad - 312mg. Mashed Potatoes - 182mg.** Salt is often added to commercially prepared potato salad for taste. You can make potato salad with low-sodium recipe that uses herbs and spices.

- A. Raisin Bran Flake Cereal (-59g) 342mg. Raisin-cinnamon English Muffin (57g) - 189mg.** Since raisin bran tastes "sweet", it may come as a surprise as to how much sodium can be in commercial breakfast cereals. Salt is added to sweet foods in processing to enhance their flavor, so even sweet-tasting cereals can have lots of sodium.
- B. Potato chips (28g) - 149mg. Pretzels (28g) - 385mg.** Hard pretzels can have more sodium for the same total weight than potato chips, because salt is added to hard pretzels for texture, not just for taste. For potato chips, salt is added at the end of food processing and applied to the surface to enhance the flavor. To limit your sodium consumption, buy unsalted potato chips and pretzels. But remember that unsalted potato chips have virtually no sodium while unsalted pretzels can pack 82mg per ounce.
- A. Reduced Fat Italian Salad Dressing (30g) - 410mg. Reduced Fat Ranch Salad Dressing (30g) - 273mg.** Prepared salad dressings can be high in sodium, depending on the dressing type, other ingredients and taste preference. Be sure to select low-sodium salad dressings or use low-sodium recipe to whip up a salad dressing at home.
- A. Ham (56g) - 730mg. Turkey Breast (56g) - 540mg.** Sodium in processed meats like ham, bacon and hot dogs can come from salt added for taste and sodium- containing ingredients used as preservatives to enhance the colour or retain moisture. It is recommended that you limit your consumption of processed meats to no more than two servings a week.
- B. Pasta Sauce (Spaghetti/Marinara) (128g) - 525mg. Pasta Sauce (Alfredo) (124g) - 760mg.** Alfredo sauce has more sodium, calories and fats than spaghetti/ marinara sauce. Prepared pasta sauces are traditionally very high in sodium, although the sodium content can vary greatly depending on the brand and flavour. Several food manufacturers have offered products with less sodium.
- B. Tomato Soup (245g) - 789mg. Chicken Noodle Soup (245g) - 840mg.** Salt may be more necessary to provide taste for traditional canned chicken noodle soup than tomato soup. All canned varieties can have high amounts of sodium. In recent years, tasty soups with less sodium have become available - pick these whenever you can.
- A. Soy Sauce (18g) - 1006mg. Teriyaki Sauce (18g) - 690mg.** The 1,006mg of sodium per tablespoon of soy sauce is almost equivalent to that contained in 1/2 teaspoon of salt (1,150mg). Choose low-sodium or light soy sauce at grocery stores and restaurants.