

## Reducing Your Sodium Intake Continued...

- Cut down on salt added during cooking and at the table.
- Flavour your food with herbs, spices, vinegar or lemon juice, instead of salt.
- Limit processed foods such as pizza, chicken nuggets, frozen dinners and pre-packaged burgers.
- Limit packaged soups, bouillon cubes, noodle and rice mixes.
- Cut back on high-sodium condiments like ketchup and mustard.
- Reduce your sodium intake slowly. In a few weeks, your taste buds will be used to less salt.



## Find out more about sodium/salt and health!

- [www.LowerSodium.ca](http://www.LowerSodium.ca)
- [www.Sodium101.ca](http://www.Sodium101.ca)
- [www.hypertension.ca](http://www.hypertension.ca)
- [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)
- [www.HeartAndStroke.ca/BP](http://www.HeartAndStroke.ca/BP)
- [www.cspinet.org/salt](http://www.cspinet.org/salt)
- [www.GiveYourHeadAShake.ca](http://www.GiveYourHeadAShake.ca)

Produced with assistance from  
Heart and Stroke Foundation of NL  
Wellness Coalition - Avalon East  
Central Regional Wellness Coalition  
CSC's multi-sector, multi-agency Take It **Without**  
a Grain of Salt Working Group

Take it **WITHOUT** a Grain of Salt



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Take it **WITHOUT**  
a Grain of Salt

## Sodium and You

**Sources**  
[sodium101.ca](http://sodium101.ca)  
[lowersodium.ca](http://lowersodium.ca)  
[communitysector.nl.ca](http://communitysector.nl.ca)



## Did you know?

- Most of us eat too much sodium.
- 1500 milligrams (mg) of sodium each day is all that we need for our bodies to work well.
- The average Canadian consumes 3500 mg of sodium per day—more than twice the recommended amount!
- Eating too much sodium can cause high blood pressure and this causes harm to our heart, brain, and kidneys.



## Effects of Sodium on Health

- High blood pressure is the leading cause of death worldwide from controllable lifestyle factors.
- Reducing sodium can lower blood pressure and lessen your risk of heart attack and stroke.
- Too much sodium has also been linked to diabetes, asthma, osteoporosis, stomach cancer and obesity.

## Where does sodium come from?

- 77% from processed foods!
- 12% from salt added during cooking or at the table.
- 11% occurs naturally in foods.



## Reducing Your Sodium Intake

- Use the Nutrition Facts table to choose brands with lower sodium content per serving.
- Choose foods with **less than 15%** Daily Value of sodium in a serving.

Compliments Peas (can)

Nutrition Facts	
Serving Size 1/2 cup (125 mL)	
Amount per Serving	
Calories 60	
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 250 mg	10%
Total Carbohydrate 11 g	4%
Dietary Fiber 3 g	12%
Sugars 4 g	
Protein 3 g	
Vitamin A 4%	Vitamin C
Calcium 2%	Iron 6%

\* Percent Daily Values based on a 2,000 calorie diet.

- Look for foods labelled ‘**no salt added**’, ‘**sodium-free**’, or ‘**low in sodium**’.
- Look for unsalted snack foods.
- Eat more fresh or frozen fruits and vegetables, and fresh, unseasoned meat and fish.
- Prepare more meals at home and cut back on fast-foods and take-out foods.