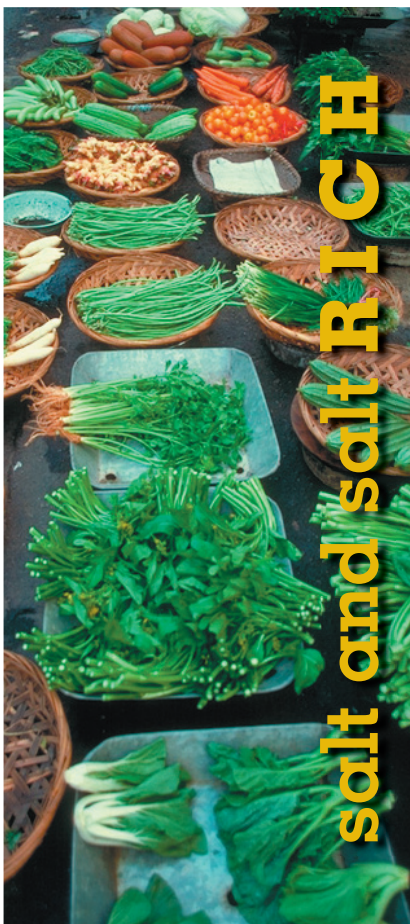




# salt and salt - - R I C H F O O D S



FOOD  
salt and salt RICH

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## Definition

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Salt is a flavor enhancer, composed primarily of sodium chloride. There are different forms of edible salt including unrefined salt (such as sea salt), refined salt (table salt), and iodized salt. Salt is a crystalline solid, white, pale pink or light grey in color, normally. Natural sea salt also contains vital trace minerals: Sodium, Calcium, Magnesium, Chloride, and Potassium.

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## Facts about Salt

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- Sodium and chlorine, the two components of salt, are necessary for human survival, but they need not be consumed as salt.
- Salt is involved in regulating the water content (fluid balance) of the body.
- Salt flavor is one of the basic tastes.
- Salt cravings may be caused by trace mineral deficiencies as well as by a deficiency of sodium chloride itself.
- The sodium RDA is less than 2400mg/day.
- **Salt overconsumption has been linked to exercise-induced asthma, heartburn, osteoporosis, gastric cancer, hypertension, cardiac enlargement, and edema.**

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## Sources of Sodium

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- Most dietary sodium comes from processed foods and salt added to foods.

- Naturally occurring Sodium content in foods

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***140-300 mg per serving***

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|-------------------|----------------|
| • Bagel           | • Crackers     |
| • Donut, pastries | • Hashbrowns   |
| • Barbeque sauce  | • Salted nuts  |
| • Cake            | • Plain yogurt |
| • Catsup          |                |
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***300-900 mg per serving***

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|--------------------------|-----------------------------|
| • Bacon                  | • Croissant                 |
| • Baking power, soda     | • English Muffin            |
| • Bologna                | • Lemon Pepper              |
| • Beef or chicken broth  | • Milkshake                 |
| • Canned vegetables      | • Olives, Pancakes          |
| • Cheese                 | • Pie                       |
| • Fried chicken          | • Potato Chips              |
| • Low fat Cottage cheese | • Salami                    |
| • Chocolate pudding      | • Tomato or vegetable juice |
|                          | • Tuna, canned              |
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***900-1500 mg per serving***

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|------------------------|-------------------------------|
| • Canadian style bacon | • Frozen, prepared foods      |
| • Canned soup or beans | • Ham, extra lean             |
| • Corned beef brisket  | • Dill Pickles                |
| • Crab, Alaskan        | • Spaghetti sauce, can or jar |
| • Fast foods           | • Sausage                     |
|                        | • Tomato sauce                |
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***1500-2000 mg per serving***

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|------------------------------------|------------------------|
| • Cream of mushroom or tomato soup | • Onion or Garlic salt |
| • Meat tenderizer                  | • Many fast foods      |
|                                    | • Soy sauce            |
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**Diet and Lifestyle Considerations**

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1. Substitute lower sodium foods for the high sodium foods.

INSTEAD OF

- Smoked, cured, salted, and canned meat, fish and poultry

EAT

- *Unsalted fresh or frozen beef, lamb, pork, fish, and poultry*



## INSTEAD OF

## EAT

- Regular hard and processed cheese, regular peanut butter.
  - Regular canned and dehydrated soups, broths, and bouillons.
  - Regular canned vegetables.
  - Salted snack foods pretzels, crackers with salted tops.
- *Low-sodium cheese, low-sodium peanut butter.*
  - *Low-sodium canned soups, broths and bouillons.*
  - *Fresh and frozen vegetables.*
  - *Unsalted tortilla chips, potato chips, popcorn.*
2. Avoid fast foods as well as canned and processed foods
  3. Eat fresh fruit and vegetables as much as possible
  4. Rinse salt from canned foods
  5. Read food labels to learn about how much sodium you are consuming.
  6. Food label definitions:
    - *Sodium-free*: less than 5 milligrams (mg) per serving
    - *Very low sodium*: 35 mg or less per serving or, if the serving is 30 grams (g) or less or 2 tablespoons or less, 35 mg or less per 50 g of the food. *Low-sodium*: 140 mg or less per serving or, if the serving is 30 g or less or 2 tablespoons or less, 140 mg or less per 50 g of the food
    - *Light in sodium*: at least 50 percent less sodium per serving than average reference amount for same food with no sodium reduction
    - *Lightly salted*: at least 50 percent less sodium per serving than reference amount. (If the food is not “low in sodium,” the statement “not a low-sodium food” must appear on the same panel as the “Nutrition Facts” panel.)
    - *Reduced or less sodium*: at least 25 percent less per serving than reference food
    - *Salt-free*: sodium-free (see above definition)
    - *Unsalted, without added salt, no salt added*: no salt added during processing, and the food it resembles and for which it substitutes is normally processed with salt
  7. Use spices, herbs, and sodium substitutes to flavor food
  8. Limit consumption of smoked, cured, processed, and packaged meats



**set goal**

**ACTION PLAN:**



**develop plan**

**goal:** \_\_\_\_\_

**action:** \_\_\_\_\_



**take action**

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**score your success**

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**plan:** \_\_\_\_\_

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**success score:**    scale: 1 (lowest) - 10 (highest)

**current score**

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**30 day score**

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**60 day score**

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