

# Live Healthier with Less Sodium

Your daily sodium intake should be less than 2,300 mg from all foods, beverages and seasonings. Too much sodium in your diet can cause fluid retention and high blood pressure.



## Use These Tips to Reduce Your Sodium Intake

- **Avoid using salt in your cooking and do not add salt to your meals at the table.** One teaspoon of salt contains approximately 2,300 mg of sodium, which is equivalent to the daily recommended intake.
- **Read food labels for sodium.** Foods with:
  - Less than 35 mg of sodium per serving is very low.
  - Less than 140 mg of sodium per serving is low.
  - Less than 400 mg of sodium per serving is moderate.
  - More than 400 mg of sodium per serving is high.
- **Minimize soy sauce in your meals.** Just one tablespoon contains approximately 1,000 mg of sodium (Nearly half the recommended daily amount).
- **Frequently eat fresh or frozen fruits and vegetables.** Plain frozen fruits and vegetables are good options because they do not have added sodium. Choose frozen fruits and vegetables without added sauces or seasonings.
- **If using canned beans or vegetables, choose sodium-free or low sodium.** Rinsing with water prior to cooking/serving will help reduce the sodium in canned beans and vegetables.
- **Limit the amount of processed, cured and canned meats.** This includes deli meats, bacon, sausages, etc.
- **Choose simple salad dressings or make your own.** Make your own salad dressing with olive oil, lemon juice and any herbs you like.
- **Use sodium-free seasoning.** Dash®, dried herbs (oregano, parsley, etc.), chili powder, garlic powder (NOT garlic salt, which has sodium), onion powder and pepper are good options.

### Nutrition Facts

Serving Size Package (255g)

Serving Per Container 1

Amount Per Serving	Calories from Fat 45
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Calories 230	% Daily Value*
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Total Fat	5g	8%
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Saturated Fat	2g	4%
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Trans Fat	0g	0%
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Cholesterol	20mg	7%
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Sodium	480mg	20%
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Potassium	530g	15%
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Total Carbohydrates	37g	12%
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Dietary Fiber	5g	20%
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Sugars	7g	
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Proteins	10g	
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\* Percent Daily Values are based on a 2,000 calorie diet.



For more seasoning tips see reverse side.

# Herb & Spice Chart

SEASONING	RECOMMENDED USE	TIPS AND INFORMATION
Basil	Goes well with cooked fish, vegetables and rice. Add chopped basil to cubed watermelon or tomatoes.	Basil has a sweet aroma and flavor and is a great seasoning to use with tomato products. Add at end of cooking time or on prepared dish.
Bay Leaf	Add one bay leaf to the pot when cooking beans, stews and soups.	A bay leaf brings the best out of warm spices and meaty flavors.
Chives	Sprinkle chopped chives over scrambled eggs, yogurt sauces, lean meats and vegetables.	Delicate onion flavor can be found in fresh, dried and frozen form.
Cilantro	Add to roasted cauliflower, fish, chicken, salads, salsa and soups.	Also known as "coriander" and "Chinese parsley." Commonly used in Chinese, Thai, Indonesian and Mexican cuisines.
Cumin	Add to sautéed green peppers and onions. Use to season lean meats, vegetables and soups.	Cumin has a slightly bitter, spicy yet warm flavor. Commonly used in Mexican, Mediterranean, Indian and Chinese cuisines.
Curry Powder	Sauté with vegetables. Add to soups, stews and casseroles or add to water when cooking rice.	Curry powder is a blend of up to 20 spices. Cinnamon and cardamom add sweetness; chilies and pepper add heat.
Marjoram	Use on lean meats and stews. Try on sautéed carrots with olive oil, lemon and garlic.	Gray-green herb from the mint family. Similar to oregano, but milder.
Oregano	Sprinkle on cooked summer squash. Also goes well with chicken, lamb, eggplant, tomato, sauces and stews.	Earthy flavor. Oregano is often used in Mexican dishes. Retains good flavor when dried.
Paprika	Use on chicken and fish when cooking. Sauté raw almonds in a pan then toss with olive oil and paprika.	Bright red to brown powder ranges from sweet and mild to more pungent and hot. Generally it is less spicy than chili powder and fruitier than cayenne pepper.
Parsley	Add chopped, flat leaf parsley into tuna salad. Also try with fish, salads and vegetables.	Curly-leaf has a milder flavor and is mainly used as a garnish to salads and soups. Flat-leaf or Italian parsley has a stronger flavor and often is used in cooking.
Rosemary	Add to stews. Try on fish and chicken. Roast potatoes with dried rosemary.	Piney flavor, intensely aromatic, can easily overpower other flavors.
Sage	Use in stuffing and stews. Roast acorn squash with olive oil and sage.	Earthy, slightly bitter flavor. Fresh sage is far less bitter than dried sage.
Thyme	Use in rice, soups, stews and vegetables. Bake salmon with olive oil, lemon zest and thyme sprigs.	Complex combination of sweet and savory. Thyme is slow to release its flavors, so it is best added early in the cooking process.