

LOWER MY SALT

IDEAS

- I will drain and soak my canned vegetables in cold fresh water for 10 minutes then drain again before use.
- I will reduce the use of stocks and sauces which are often high in sodium, especially steak, soy and fish sauces.
- I will add fresh or dried herbs to pasta dishes, vegetables & meat
- I will add pepper and other spices to boost flavours
- I will marinate meat and fish in advance for added flavour
- I will use garlic, ginger and lime juice in stir fries
- I will add red wine to stews and casseroles & white wine to risottos and sauces for chicken
- I will start my meal with a fresh salad

BENEFITS

- I will reduce my blood pressure
- I will lower my risk of a heart attack or stroke by 25-30%
- I will reduce my risk of obesity, osteoporosis & asthma
- I will lower my cholesterol levels

1 teaspoon of salt = 2300mgs of sodium

The average daily Canadian Adult sodium intake is

Men 3575 mg,

Women 2680 mg

Aim for a sodium intake between 1500 - 2300 mg/day

(1500 mg/day for those with high blood pressure)

Take the CHALLENGE and count YOUR sodium intake

Why do I want to lower my salt intake?

- 1.
- 2.
- 3.
- 4.

(lower my risk of heart disease, lower my blood pressure)

Read the Nutrition Facts label.

Avoid high sodium products, over 400 mg sodium / serving.

Go easy on a medium sodium content 200 – 400 mg/serving.

Look for products less than 200 mg / serving.

TOO MUCH
TROP

400+

WATCH OUT
ATTENTION

200-400

GO AHEAD
ALLEZ-Y

0-200

mg of sodium per serving
mg de sodium par portion

Remember, if you slip, it is only a small set back, not a failure, keep trying!

Every attempt you make brings you a step closer to you Lowering your Salt Intake.