

Sodium (Salt)

Nutrition Facts Valeur nutritive

Per 1/2 cup (125 mL)
pour 1/2 tasse (125 mL)

	% Daily Value*
	% valeur quotidienne
Calories 70	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Carbohydrates / Glucides 15 g	
Fibre / Fibres 1 g	8 %
Sugars / Sucres 8 g	
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	33 %
Sodium 800 mg	

Let's learn about it

Many foods have sodium (salt). Your body only needs a little bit each day. Most people eat more salt than they need.

Salt is made from sodium and chloride. Sodium is the unhealthy part. It is found in ready-to-eat foods, seasonings, beef jerky and canned foods.

Why eat less sodium?

- To reduce risk of high blood pressure, stroke, kidney disease, weak bones and stomach cancer.
- Reduce problems with breathing and your heart.

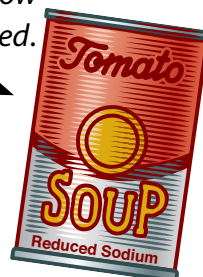


Let's learn what to do



Choose low sodium foods at the grocery store

- Buy plain, unseasoned meat and fish.
- Read the Nutrition Facts Table on food labels and choose foods with less than 15% Daily Value for sodium.
- Choose foods that are labelled as *sodium-free*, *low sodium*, *reduced sodium*, *no added salt* or *unsalted*.



Did you know?
Country foods are naturally low in sodium.

✓ Choose low sodium food at home

- Make most meals at home.
- Limit high sodium condiments such as soya sauce or ketchup.
- Taste your food before adding salt.
- Rinse then drain canned vegetables to get rid of salt.



- Use less of the seasoning that comes with taco kits, packaged foods, macaroni n' cheese and rice mixes.
- Add more water or milk than on the directions to canned or powdered soups.



✓ Choose low sodium food when eating out

- Ask for gravy, sauce or salad dressing "on the side". Use only a little bit on your food.
- Don't add salt to your meal.
- Get the burger without pickles or cheese.
- Avoid gravy, fries or onion rings.
- Choose vegetarian or Hawaiian pizza instead of bacon, deluxe or pepperoni pizza.

Choose these foods less often



Beef jerky



Broth cubes or powder, steak spice, seasonings



Canned beans in sauce



Canned stew



Chips, cheese twists, tortilla chips



Creamy chip dip



Gravy



Instant noodles



Ketchup



Breaded, fried foods



Pizza with bacon, pepperoni, salami



Poutine



Processed meats



Ready-to-eat burgers, subs, sandwiches

Soya sauce

