

Myth Busting: The Salty Truth

Sodium 101

- ✓ Most Americans consume too much sodium. Excess sodium intake can lead to high blood pressure that can increase the risk of heart disease, stroke, and kidney disease.
- ✓ Putting the salt shaker down is not enough to decrease your sodium intake. Check out the myths and tips below to help you cut down on your sodium intake.



Myth 1: Sea salt is healthier than table salt.

- Sea salt and table salt contain the same amount of sodium. Limit the use of all types of salt (sea salt, table salt, Himalayan pink salt, etc.)

Myth 2: I don't put salt on my food so I don't need to worry about sodium.

- Sodium is found in many foods besides the salt shaker.
- Sodium is in breads, pizza, sandwiches, soups, tacos, condiments, snack foods, deli and cured meats (bacon, hot dogs, sausages, etc.).
- Cutting down on portions of these foods can decrease sodium intake.
- Make simple changes while grocery shopping. Try unsalted or reduced sodium foods (unsalted nuts or pretzels).

Myth 3: Foods won't taste the same without salt.

- Use fresh and dried herbs to add a kick of flavor to a recipe. Your taste buds will adjust to less salt.
- Try the salt-free seasoning blends (recipes are on the next page) in your favorite meals instead of salt.

Grocery Shopping

Make simple switches to help you cut down on your sodium intake. Below is sample grocery list.

Low Sodium Grocery List

- Fresh fruits & veggies
- No sodium added or low sodium canned beans & veggies
- Plain frozen veggies
- Unsalted pretzels and nuts (almonds, peanuts, etc.)
- Lean meats that are not marinated or seasoned
 - Look for lean cuts of beef (round or loin) and pork (loin)
 - Poultry without skin
- Plain brown rice or whole wheat pasta
- Fresh and dried herbs (thyme, rosemary, garlic powder, etc.)
- Unflavored milk (1% and skim milk)
- Olive or canola oil instead of salted butter

Healthy Seasoning Recipes

- ✓ Making your own seasoning blends is a simple but effective way to decrease your intake of sodium.
- ✓ *Directions: Mix the ingredients together and store in an air-tight container. Sprinkle the blend on meats and veggies.*

Mixed herb blend

- ¼ cup dried parsley flakes
- 2 tablespoons dried tarragon
- 1 tablespoon each of dried oregano, dill weed and celery flakes

Italian blend

- 2 tablespoons each of dried basil and dried marjoram
- 1 tablespoon each of garlic powder and dried oregano
- 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper

Mexican blend

- ¼ cup chili powder
- 1 tablespoon each of ground cumin and onion powder
- 1 teaspoon each of dried oregano, garlic powder and ground red pepper
- ½ teaspoon cinnamon