

Eating Right With Less Sodium

Excess sodium intake can contribute to higher blood pressure, fluid retention, heart disease and stroke and many other ailments. The American Heart Association recommends consuming no more than 2300 mg per day. That's one teaspoon total in and *ON* everything you eat in a day.

If you are trying to reduce your sodium intake, here are a few ideas and tips to help you reduce your sodium intake.



❖ Always read the Nutrition Facts Label

Compare and choose foods to that have lower amounts of sodium.

❖ Prepare your own food when you can

Limit packaged sauces, fast food, and prepackaged meals. Use low sodium products whenever possible.

❖ Add flavor without adding sodium

Taste food before you add salt to it and limit the amount you sprinkle on. Try no salt seasoning blends, herbs and spices, fresh chopped onion, garlic or green pepper to add flavor to your food.

❖ Watch the veggies

Regular **canned** green beans have approximately 400 mg of sodium per half cup; low sodium **canned** green beans have approximately 120 mg per half cup and plain **fresh or frozen** have about 3mg per half cup serving.

❖ Order lower sodium choices at restaurants

At a McRestaurant, you can order the fish sandwich with 1420 mg of sodium, a double beef patty sandwich with 1010 mg of sodium, a cheese burger for 720 mg or the hamburger with 510. Just because you aren't a kid anymore doesn't mean you can't order the kids meal with kid size fries, apple slices and 1% milk for a total 690 mg of sodium.

❖ Rinse that sodium out

Yes, you can rinse sodium off and out of food. When using canned vegetables, and beans, put them in the sieve and give them a good rinse; you can do the same with canned meats, such as tuna. It is best to purchase lower sodium canned foods whenever possible, but a good rinse will help.

❖ Who knew?

One slice of bread can have anywhere from 80 to 230 mg of sodium! Did you ever try an "unwich". Wrap up the sandwich meat, cheese and veggies in a lettuce or cabbage leaf. It is all the rage these days for carb cutting – but it also cuts the sodium and it is pretty tasty change of pace.