

Community Nutrition Education

In Your Hands



Hold the Salt!

The Dietary Guidelines For Americans recommend that adults and children 14 years or older consume no more than 2,300 mg of sodium (salt) per day, about one teaspoon. Limiting sodium intake to 1,500 mg per day can result in even greater blood pressure reduction for people with hypertension (high blood pressure).



Salt is hidden in processed foods that are pre-packaged or pre-prepared, which include the following:

-  **Meats and Fish**- bacon, ham, cold cuts (bologna), Canadian bacon, corned beef, hot dogs, Polish and Italian sausages, canned tuna, salmon, sardines; commercially frozen, pre-breaded, or smoked fish; canned shellfish
-  **Cheese**- American processed cheese slices, cheese spreads, Camembert, blue, cheddar, cottage
-  **Canned foods** - vegetables, soups, pasta, vegetable and tomato juices
-  **Prepared or pre-mixed products** - macaroni and cheese, potato mixes, frozen meals, pizza, “instant” foods
-  **Snacks** - salted crackers, pretzels, potato chips, beef jerky, commercially-prepared baked goods (cookies, muffins and doughnuts)
-  **Other foods** - olives, pickles, sauerkraut, commercially-prepared salad dressings, soy sauce, Monosodium glutamate (MSG)

Steps to take to lower the amount of sodium in the diet:

- ♥ Limit salt when cooking and taste food before adding salt.
- ♥ Choose foods with lower sodium numbers on the Nutrition Facts label. 5 % DV or less per serving is low, and 20% DV or more is high.
- ♥ Use spices or herbs in place of salt.
- ♥ Use garlic, onions, or lemon/lime juice to enhance flavors.
- ♥ Limit foods that are “pickled,” “brined,” or “cured,” as they tend to be high in sodium.
- ♥ Drain and rinse canned foods such as vegetables and beans. Use “no-salt added” when available.
- ♥ Prepare your meals at home and use lots of fresh or frozen fruits and veggies!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	

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CULTIVATING HEALTHY COMMUNITIES

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COLLEGE OF AGRICULTURE AND LIFE SCIENCES

Make Your Own Spice Mixes

Create your own spice mixes to use in place of salt. Purchasing spices in bulk will not only be less expensive than buying several jars, but you can purchase just the amount you want. Store your spice blends in a well-sealed container in a dark cabinet to maintain a strong flavor.

Mexican

Combine 1 Tbsp. chili powder, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, 1/4 tsp. crushed red pepper flakes, 1/4 tsp. dried oregano, 1/2 tsp. paprika, 1 1/2 tsp. ground cumin, and 1 tsp. black pepper. *Ole!*

Italian

Combine 1 Tbsp. dried basil, 1 Tbsp. dried thyme, 1 tsp. dried oregano, 1 tsp. dried marjoram, 1 tsp. garlic powder, and 1/2 tsp. ground black pepper.

Bravissimo!

Indian

Combine 1 Tbsp. mild curry powder, 1/2 tsp. ground cinnamon, 1/2 tsp. ground cumin, 1/2 tsp. ground coriander, 1/2 tsp. turmeric, and 1/4 tsp. ground red pepper flakes.

Accha!

Dried Onion Soup Mix

Combine 1/4 cup dried onion flakes, 2 Tbsp. low-sodium beef bouillon granules, 1/4 tsp. onion powder, 1/4 tsp. parsley flakes, 1/8 tsp. celery seed, 1/8 tsp. paprika, and 1/8 tsp. ground black pepper.

Mmm, Mmm Good!

Spice Guide

Instead of adding salt, try adding one or more of these complementary spices:

Carrots	Allspice, cinnamon, dry mustard, ginger, nutmeg
Cauliflower	Caraway seed, curry, dill, dry mustard, nutmeg, tarragon
Celery	Nutmeg, parsley, pepper, rosemary
Squash	Basil, chervil, marjoram, parsley, pepper
Tomatoes	Basil, dill, oregano, parsley, rosemary, sage
Meat	Allspice, basil, coriander, chili powder, dry mustard, garlic powder, onion powder
Poultry	Basil, curry, dry mustard, ginger, oregano, rosemary, sage
Fish	Basil, dill, dry mustard, garlic powder, marjoram, onion powder

