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4-H & YOUTH

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FOOD



UNIVERSITY OF
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EXTENSION

CULTIVATING HEALTHY COMMUNITIES

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 packaged or pre-prepared foods found at supermarkets, 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, vegetable and tomato juices



Prepared or pre-mixed products - macaroni and cheese, potato mixes, TV dinners, frozen main dishes



Snacks - salted crackers, pretzels, potato chips, 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:

- ♥ Put away the salt shaker. Do not add salt when cooking.
- ♥ Choose foods with lower sodium numbers on the Nutrition Facts label.
Low sodium equals 140 mg or less per serving.
- ♥ Use spices or herbs in place of salt.
- ♥ Use garlic, onions, or lemon/lime juice to enhance flavors.
- ♥ Use salt substitutes or salt-free herb mixes.



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Make Your Own Spice Mixes

Create your own spice mixes to use in place of salt. Purchase your spices in bulk at a natural foods market. Not only will this 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. *Braivissimo!*

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



UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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