

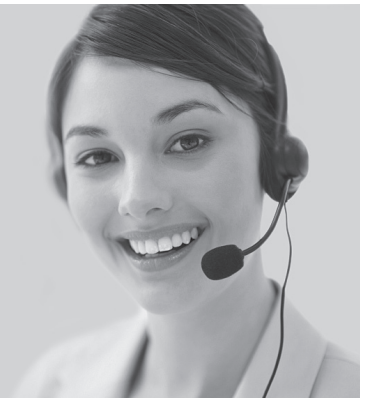
Flavor Your Food Without Salt or Other Sodium Sources

“It was great to talk with you.

Thank you for your interest in ‘Flavor Your Food Without Salt or Other Sodium Sources.’ I hope you find this tip sheet helpful.

Please call me if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Too much sodium is bad for your blood pressure. Did you know that about 25 percent of the sodium Americans eat is from salt (sodium chloride) and salty flavorings? This includes what is added at the table and used in cooking.

It’s best to cut back on salt and salty flavorings slowly. A “salty taste” is pleasant to most of us. Salt can help bring out the other flavors in foods, too. But if you cut back slowly over time, your taste buds will adjust. You will begin to find the same salty taste “too salty.” It may take a month or two for that to happen.

Follow these tips:

1. Limit or avoid these common high-sodium flavorings:

- Regular ketchup, mustard, barbecue sauce, tartar sauce, salsa, steak sauce, Worcestershire sauce, and prepared horseradish
- Cooking wine, soy sauce, seasoning salts, salt, sea salt, kosher salt, garlic salt, onion salt, and celery salt
- Gravy, salt pork, bacon fat
- Meat tenderizers and MSG (monosodium glutamate)
- Most salad dressings
- Many other condiments

Everyone should eat no more than 2,300 mg. of sodium per day.

About half of Americans, including children and most adults, should eat no more than 1,500 mg. per day. This limit applies to adults who are 51 years of age or older, African-Americans of any age, and people of any age with hypertension, diabetes, or chronic kidney disease.

Some expert groups, including the American Heart Association, recommend a 1,500 mg. per day limit for everyone.

Many factors can influence the specific limit that is best for you. Talk with your doctor about your daily sodium limit.

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Compare labels for sodium when you shop. Choose items with less or no sodium. Here's how:

- Find the Nutrition Facts label on the package.
- Look at the serving size. Is this how much you ate?
- Look at the milligrams (mg.) of sodium. (A milligram is a unit of weight.) This is how much sodium is in the serving size on the label.
- What if you eat more than that? You will be eating more sodium than is on the label. What if you eat less than the serving size? You will be eating less sodium than is on the label.
- Be careful! Foods labeled “reduced sodium” must be at least 25 percent lower in sodium than the “regular” version. But they may still be high in sodium.
- “Low sodium” foods contain less than 140 mg. per serving.
- Drain and rinse any cans of beans or vegetables to cut the sodium content by 40 percent.

Nutrition Facts			
Serving Size 1 Tbsp. (17g)			
Servings Per Container about 33			
Amount Per Serving			
Calories 20	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160 mg			7%
Total Carbohydrate 5g			4%
Dietary Fiber 0g			0%
Sugars 4g			
Protein 0g			
Vitamin A 2%	•	Vitamin C 2%	
Calcium 0%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Ingredients: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

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2. Begin to use an herb-based, no-salt seasoning.

- Try several different brands until you find one you enjoy. Two common examples are Mrs. Dash® and McCormick's Perfect Pinch®.
- Keep it on the table and by the stove. Over time, use it more than the saltshaker. Then put your saltshaker away.

3. Add flavor with herbs, spices, and other low-sodium seasonings.

The choices are endless! Try some of the examples below:

- Freshly ground black pepper (Buy a pepper mill.)
- Lemon juice, grated lemon rinds, fresh hot peppers, fresh ginger, onions, and garlic (not garlic salt)
- Vanilla or almond extract (such as in cooked oatmeal or rice)
- Vinegar (Try different flavors. Check the labels. Avoid those made with salt.)
- Fresh herbs and spices (such as basil, cinnamon, chili powder, curry powder, garlic powder, ginger, marjoram, mint, onion powder, oregano, parsley, black pepper, red pepper, rosemary, sage, and thyme)

4. Use various cooking techniques to bring out the natural flavors in foods - Grilling, braising, roasting, searing, or sauteing

Don't overdo it. For 4 servings, start with $\frac{1}{4}$ teaspoon dried or $\frac{3}{4}$ teaspoon fresh of one or two herbs or spices. Check cookbooks for amounts and ideas. Here are some good combinations:

- For beef: basil, bay leaf, cilantro, garlic, marjoram, pepper, or thyme
- For chicken: marjoram, oregano, rosemary, sage, or tarragon
- For fish: curry powder, dill, or parsley

Make your own salad dressing with oil and vinegar and no salt. Mix olive oil with rice or balsamic vinegar or lemon juice to taste. Start with a ratio of 3-4 parts oil to 1 part vinegar or lemon juice. Add one or two herbs or spices you like.



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Take Action

Check when completed	
<p>My SMART Goal for This Week</p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it here. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p>Staying on the Path to Wellness</p> <p>When you are ready, choose one or two tips above that you would like to put into action. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</p> <p>SMART Goal 1:</p> <p>_____</p> <p>_____</p> <p>SMART Goal 2:</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are specific, measurable, appropriate, realistic, and timely. For example, “Now that we have talked about this, I realize many of the foods I am eating are on the limit or avoid list AND I add salt to them when I sit down to eat. I will start to reduce my salt intake by not adding additional salt to foods. I’ll pitch that saltshaker!”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.



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Sources:

- https://sodiumbreakup.heart.org/how_much_sodium_should_i_eat?utm_source=SRI&utm_medium=HeartOrg&utm_term=Website&utm_content=SodiumAndSalt&utm_campaign=SodiumBreakup
- https://sodiumbreakup.heart.org/how_to_reduce_sodium
- www.heinzfoodservice.com/en/products-and-brands/ketchup/tabletop/upside-down-20oz



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