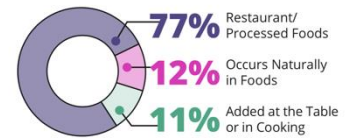


Sodium: How do I lower my intake?

Sources of sodium in the average Canadian diet:

- The average Canadian adult needs around **1,500 mg** of sodium per day.



77% comes from restaurant/processed foods



12% occurs naturally in foods



11% is added at the table or in cooking

How do I know if a food contains a lot or a little amount of sodium?

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A 10%	
Vitamin C 8%	
Calcium 20%	
Iron 45%	

1. Check the serving size listed on the Nutrition Facts Table. The sodium content shown, is for that serving size.

2. Check the sodium content (listed in milligrams) to see how much sodium there is, in the specified amount of food.

3. Use this table as a guide to help you in determining if a food has a little or a lot of sodium!

	mg of sodium per serving
TOO MUCH	400+
WATCH OUT	200 - 400+
GO AHEAD	0 - 200

Quick tips for reducing sodium intake:

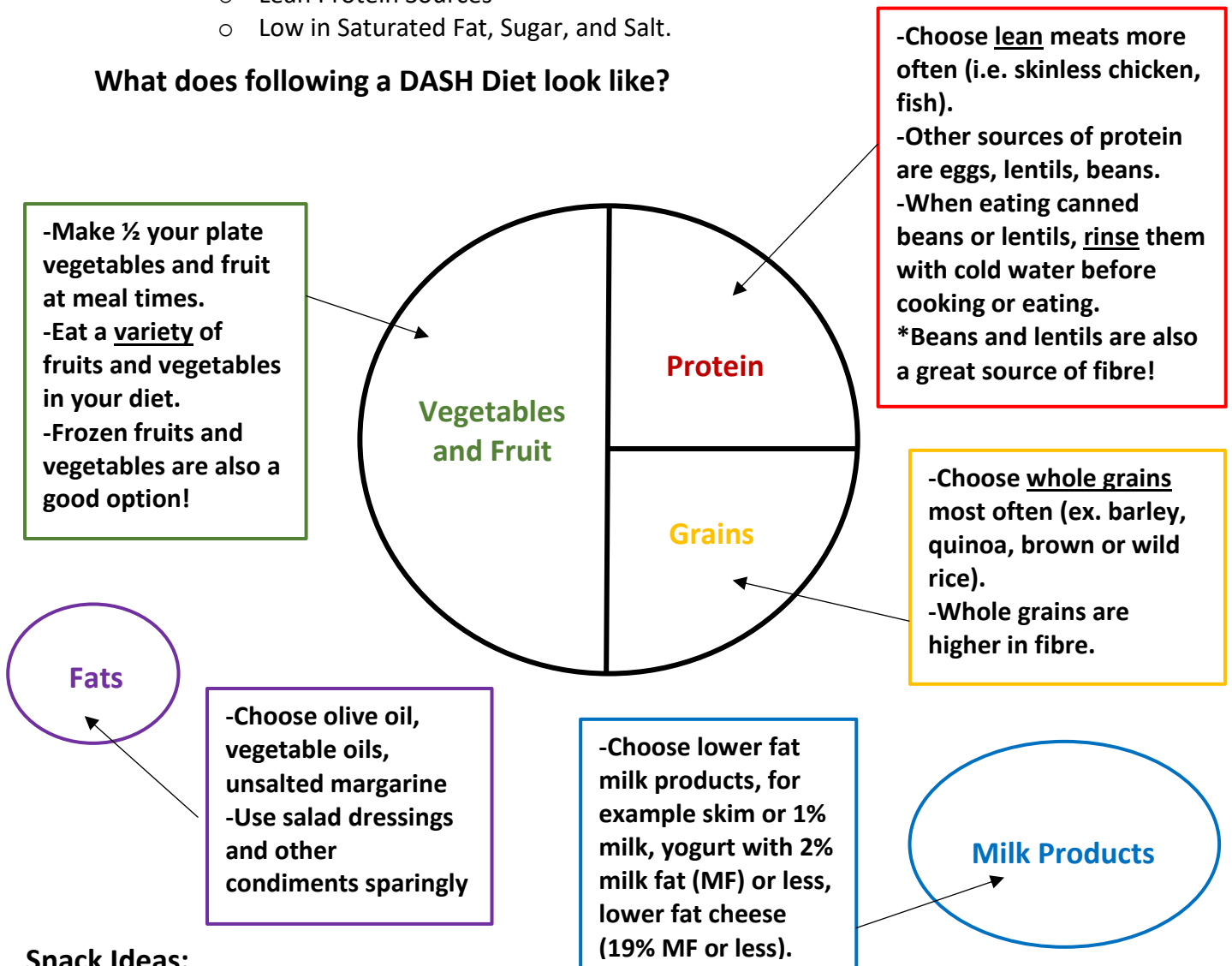
- Reduce salt use at the table. Try using herbs and spices to season food as an alternative.
- Reduce consumption of processed foods and eating out. Eat home cooked meals more often.
- Rinse canned foods in fresh cold water before cooking or eating.
- Check the amount of sodium in foods when grocery shopping, by looking at the Nutrition Facts Table.

DASH (Dietary Approaches to Stop Hypertension)

What is the DASH Diet?

- Helps to lower blood pressure through diet.
- Focuses on consuming more:
 - Fruits and Vegetables
 - Lower Fat Dairy Foods
 - Whole Grains
 - Lean Protein Sources
 - Low in Saturated Fat, Sugar, and Salt.

What does following a DASH Diet look like?



Snack Ideas:

- Handful of nuts or a handful of dried fruit
 - Combine, to make your own trail mix!
- 1 Tbsp of peanut butter on celery sticks or apple slices
- Whole wheat pita with hummus
- Plain yogurt with berries
 - Frozen fruit can also be used!

