HERB SHAKER

2 ml	Basil
15 ml	Dry Mustard
3 ml	White Pepper
5 ml	Thyme
15 ml	Onion Powder
1 ml	Celery Seed
5-15 ml	Garlic Powder (optional)
1 ml	Rosemary
2 ml	Paprika

Blend ingredients and add to an empty shaker with a few pieces of raw rice for easy flow.

LOWER SODIUM ALTERNATIVES

Instead of...	Sodium (mg)	Choose...	Sodium (mg)
½ cup canned green beans	260	½ cup cooked fresh green beans	2
½ cup tomato sauce	750	½ cup fresh tomatoes or no added salt tomatoes	10
2 tbsp Italian salad dressing	470	2 tbsp homemade oil and vinegar dressing	0
100 g smoked turkey breast	1000	100 g roast turkey	70
1 cup (20 mL) V-8	520	1 can (250 mL) low sodium V-8	136
½ can canned salmon	450	½ can low sodium canned salmon	90

Cookbooks:

✓ **Low-Salt Cookbook : A Complete Guide to Reducing Sodium and Fat in the Diet** by the American Heart Association.

✓ **Get the Salt Out : 501 Simple Ways to Cut the Salt Out of Any Diet**. by Ann Louise Gittleman. ISBN # 0-517-88654-5

Websites:

http://www.heartandstroke.ca
http://www.mrsdash.com ; http://www.mccormick.com
https://www.nhlbi.nih.gov/health/health-topics/topics/dash

LABEL READING YOUR WAY TO A LOWER SALT INTAKE

Using % Daily Value
Limit sodium to 1500 – 2000 mg per day
Upper limit: 2300 mg

START with Serving Size
You can find the Serving Size under the header 'Nutrition Facts'.

Information in the Nutrition Facts table is based on this quantity of food.

USE % Daily Value
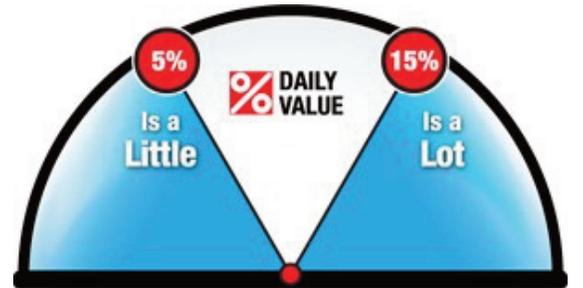You can find the % Daily Value on the right side of the Nutrition Facts table.

Use the % Daily Value to see if the Serving Size has **a little** or **a lot** of a nutrient.

LOOK at a Nutrient
Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.

MAKE an informed food choice

- **5%** Daily Value or less per serving is **low** in sodium

- **15%** Daily Value or more per serving is **high** in sodium

What Do Sodium Label Claims Mean?

Sodium free: less than 5 mg sodium per serving

Low sodium: less than 140 mg sodium per serving

Lower in sodium, Reduced sodium: food contains 25% less sodium than the original food item * could still be quite high in sodium/salt.

Lightly salted: food has 50% less added sodium than the original food item * could still be quite high in sodium/salt

Unsalted, No salt added, or Without added salt: no salt has been added to a food that is normally processed with salt.

LABEL READING YOUR WAY TO A LOWER SALT INTAKE

USING MILLIGRAMS

STEP 1 **Look for serving size**

- You can find the Serving Size under the header "Nutrition Facts"
- Information in the Nutrition Facts table is based on this quantity of food

STEP 2 **Look at sodium**

- The amount of sodium present in the food will be listed as milligrams (mg) per serving
- Use the mg to determine if the food is low, higher, or very high in sodium

Less than 200 mg sodium per serving	• Low sodium • Best choices
200 - 400 mg sodium per serving	• Higher sodium • Use in limited amounts
More than 400 mg sodium per serving	• Very high sodium • Try to avoid

Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

What Do Sodium Label Claims Mean?

Sodium free: less than 5 mg sodium per serving

Low sodium: less than 140 mg sodium per serving

Lower in sodium, Reduced sodium: food contains 25% less sodium than the original food item * could still be quite high in sodium/salt.

Lightly salted: food has 50% less added sodium than the original food item * could still be quite high in sodium/salt

Unsalted, NO salt added, or Without added salt: no salt has been added to a food that is normally processed with salt.