

Change Your Salty Ways

Too Much Sodium Affects your Breathing

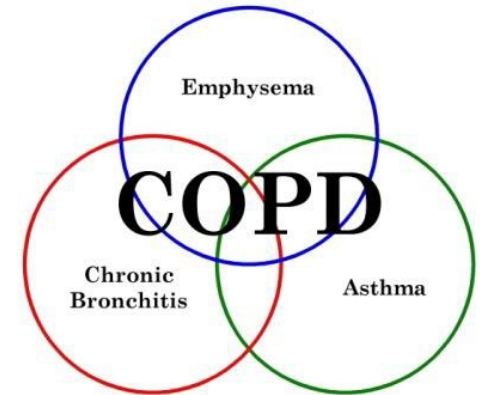
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 The Elliot

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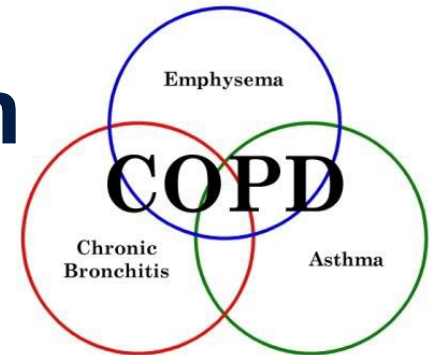


Facts about Dietary Sodium and Your Breathing



- Table Salt is made of 2 minerals: sodium and chloride.
- Sodium is a mineral necessary to our bodies to control fluid that enters and leaves our body cells.

Facts about Dietary Sodium and Your Breathing



- Our body tissues are similar to a sponge. When there's too much sodium in our blood the sodium draws in excess water and our body tissue swells. This swelling makes breathing more difficult.
- Excess fluid makes the heart and lungs work harder and raises blood pressure.
- Eat less than 1800 mgs sodium daily.

3 Questions to Ask Yourself About Sodium and Salt

True or False

Eating High Sodium foods may make your breathing difficult if you are salt sensitive?

Which **Food** contains the **most** sodium?

- a. serving of Potato Chips
- b. Bulky Roll
- c. 1 cup bowl of Raisin Bran Cereal

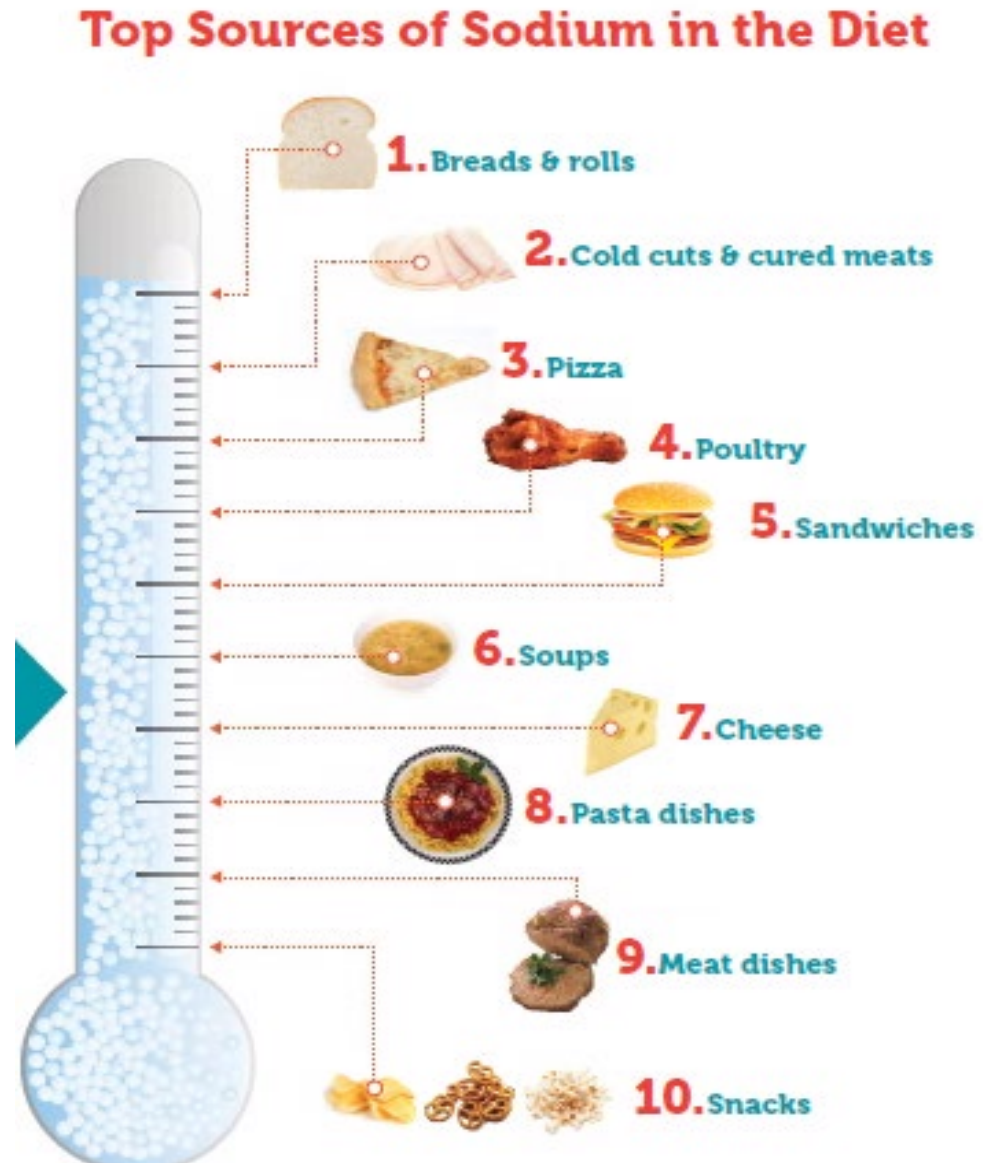
True or False

Sea salt is ok to add to your food in unlimited amounts.

Benefits of Eating Less Sodium

- Less strain on heart and kidneys
- Lower Blood Pressure
- Less Shortness of Breath
- Weight loss related to excess fluid retention (edema)
- Lower amounts of blood pressure medication
- Enjoy food taste of less salty foods

Never trust your taste buds to tell you if a food is high in sodium. A “salty taste” does NOT mean that the food is high in sodium. Here are top 10 highest sodium foods. Best to look at the food label before you eat.



Nutrition Facts

6 servings per container

Serving size 1 serving (230g)

Amount per serving

Calories **330**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 700mg 30%

Total Carbohydrate 44g 16%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 1mcg 6%

Calcium 267mg 20%

Iron 2mg 10%

Potassium 169mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Look at the Serving Size
2. Look at the Sodium
3. **140mgs is considered a low sodium food.**

4. Use the %DV
0-5% = LOW
20% = HIGH

This food is high in sodium. If eaten as a meal, then you would have to limit the sodium at the next meals to below 350 mgs.



“ Hint of salt” can be a low sodium choice with flavor

One serving of these crackers offer 35 - 55mgs of sodium

Look for Hidden Sodium ingredients

1. Disodium guanylate (GMP)
2. Disodium inosinate (IMP)
3. Fleur de sel
4. Himalayan pink salt
5. Kosher salt
6. Monosodium glutamate (MSG)
7. Rock salt
8. Salt
9. Sea salt
10. Sodium bicarbonate
11. Sodium nitrate
12. Sodium citrate
13. Sodium chloride
14. Sodium diacetate
15. Sodium erythorbate
16. Sodium glutamate
17. Sodium lactate
18. Sodium lauryl Sulfate
19. Sodium metabisulfite
20. Sodium phosphate
21. Trisodium phosphate



Label reading tip: Whenever you read “salt, soda or sodium” on the label, check the mgs.

What's the difference between table salt and sea salt?



Sea salt has gained popularity in restaurants and supermarket aisles. Some chefs prefer it over table salt for its coarse, crunchy texture and flavor. Manufacturers are using it in potato chips and other snacks because it's "all natural," and some health-conscious consumers choose it because it contains minerals like magnesium.

There's little difference between the two: in sodium content.

Table salt and most sea salts all contain about 40 percent sodium by weight. The Sea salt and Kosher salt crystal allows for more taste buds to detect salty flavor compared to granulated salt, So some foods containing sea salt may be lower in sodium.

Creating a Flavorful Meal

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



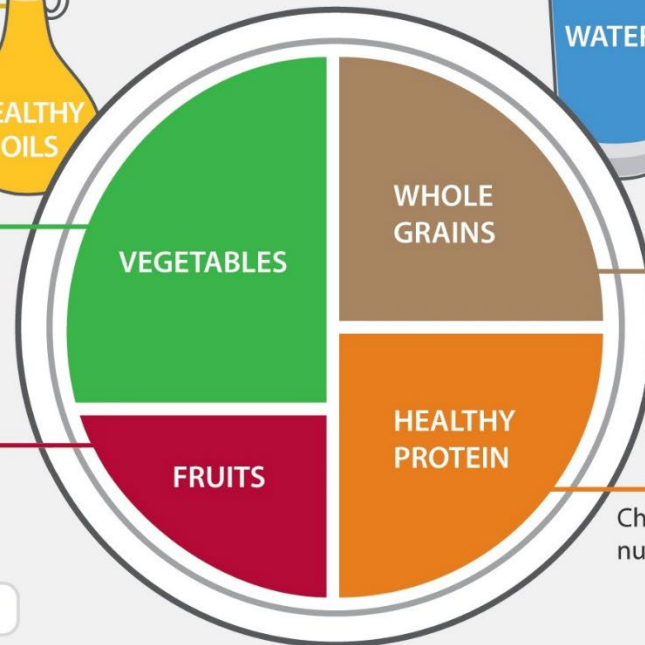
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.




















Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Fresh foods are very low in sodium. Processed foods are usually very high in sodium.

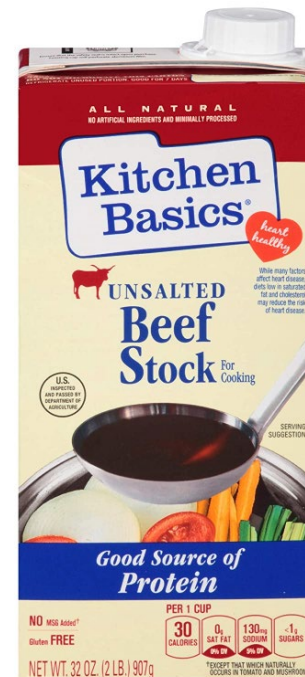
Where the Sodium Is (Mgs - Milligrams)		
Apple 6 mg 	Applesauce 1 c 2 mg	Apple Pie, Frozen 208 mg 
Butter, 1 TBS unsalted -2 mg 	Butter, 1 TBS salted -90 mg	Margarine, 1 TBS -140 mg
Chicken, 1/2 Breast -69 mg 	Chicken Pot pie, frozen -907 mg	Fried Chicken Dinner -2,243 mg 
Corn, 1 ear -58 mg 	Corn Flakes, 1 cup -204 mg	Canned Corn, 1 cup -384 mg
Pork, 3 oz -59 mg 	Bacon, 4 slices -548 mg 	Ham, 3 oz -1,114 mg 
Cucumber, 7 slices -2 mg 	Cucumber with dressing -234 mg	Dill Pickle -928 mg 
Lemon -1 mg 	Soy Sauce, 1 TBS -1,029 mg	Salt, 1 tsp -1,938 mg 
Steak, 3 oz -55 mg 	Large Burger, Fast Food -990 mg 	Frozen Meatloaf Dinner -1,304 mg
Bread, 1 slice white -114 mg 	Pound Cake, 1 slice -171 mg	Bagel, Large -430 mg 

When we need to choose processed foods like these – Look for “healthy”

The food item will be 600 mgs of sodium or less per serving.



Look at food labels



I can make it with Less Sodium

Marinade (chicken or lean pork, swordfish, lean beef)

- ¼ cup apple cider or soy free coconut aminos (tastes like soy sauce)
- ¼ teasp garlic powder
- ¼ teasp onion powder
- 1/8 teasp black pepper
- 2 Tbsp honey
- Pour over raw protein for at least 30 minutes-2 hours
- Use apple juice and rice vinegar w/ ginger for pork or shellfish



Pasta sauce – made easy

- 3 Fresh plum tomatoes, chopped or 15 oz canned No salt added tomatoes
- 1 Tbsp Olive Oil or Canola oil
- 1 tbsp. McCormick Italian Seasoning
- ¼ teasp garlic powder
- 1/8 teasp black pepper
- 1 tbsp. grated Parmesan cheese
- In Medium pan, Sauté tomatoes and spices till bubbles disappear. Add cheese. Pour over cooked pasta desired protein and veggies



Dining OUT with Less Sodium

Highest Sodium

- Soups, Pizza, Seasoned rice dishes, cheese, bread, deli meats and other cured meats like bacon.
- Condiments: Pickles, olives, ketchup, salsa, salad dressings and most sauces.

Less Sodium

- Ask for ½ portion of sauce
- Ask for dressing or sauces “on the side”
- Make a special request “No salt added to my food”
- Ask for burger with bottom bun only
- Try a healthy side of sautéed or steamed veggies or fresh fruit

3 Questions to Ask Yourself About Sodium and Salt

TRUE Eating High Sodium foods may make your breathing difficult if you are salt sensitive?

Which Food contains the highest sodium?

a. handful Potato Chips

b. **BULKY Roll =
350 mgs**

c. 1 cup bowl of Raisin Bran Cereal

False Sea salt is ok to add to your food in unlimited amounts.

3 Questions to Ask Yourself About Sodium and Salt

Raisin Bran Cereal 250 mgs

Potato Chips, regular 170mgs

HIGH IN FIBER

Nutrition Facts
Serving Size 1 Cup (59g/2.1 oz.)
Servings Per Container About 9

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 250mg	10%	13%
Potassium 320mg	9%	15%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 7g	29%	29%
Sugars 17g		
Other Carbohydrate 22g		
Protein 5g	10%	15%
Vitamin A	0%	0%
Vitamin C	2%	15%
Calcium	25%	25%
Iron	10%	25%
Vitamin D	25%	30%
Thiamin	25%	25%
Riboflavin	25%	25%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	30%
Vitamin B12	20%	25%
Phosphorus	10%	15%



Nutrition Facts
Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B6 10%

Looking for More Meal Planning Help...

- Ask your Primary Care Physician for a referral for Dietitian Consult.

Center for Advanced Nutrition Therapy
25 Leavy Drive Bedford

- Consider a supermarket tour with Registered Dietitian. www.hannaford.com/dietitians



Have You Signed Up for a Healthy Eating Store Tour?

- ❖ Do you have special diet concerns? Pre-Diabetes? Low Sodium? FODMAPs?
- ❖ Are you looking for easy to prepare meal ideas or healthy snacks?
- ❖ Would you like to learn how to read the 2020 food label?

Take this guided tour by a
Registered NH Licensed Dietitian : Marilyn Mills

It's fun....It's free...!

Email mmills@hannaford.com or Call and leave a voice message for [MMills](tel:6036632106) at Ph:663-2106
or Visit website: www.hannaford.com/dietitians

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