

SODIUM

Funny, They Don't Taste Salty



Salt content as listed on product labels.

	COOKIES	WAFFLES	CHICKEN BREAST	GRANOLA BARS	SYRUP	WHEAT BREAD	PITA BREAD	SALAD DRESSING	COTTAGE CHEESE
SERVING	Three Oreos.	Two Eggo waffles.	1/2 cup Perdue, roasted.	Two Nature Valley Oats 'n Honey bars.	1/4 cup Eggo Lite syrup.	1 slice Arnold whole wheat.	1 Damascus Bakeries whole wheat pita.	Two table-spoons Kraft fat-free Italian.	1/2 cup Light n' Lively low-fat.
SALT	160 mg.	410 mg.	460 mg.	160 mg.	180 mg.	170 mg.	290 mg.	480 mg.	420 mg.
PERCENT OF DAILY INTAKE*	11%	27%	31%	11%	12%	11%	19%	32%	28%

*Percentages are calculated from the Institute of Medicine report that recommends 1,500 milligrams of salt each day as adequate for people ages 9-50; an older government standard of a 2,400 milligram daily intake appears on product labels, with correspondingly lower percentages.

Should you give frozen vegetables the cold shoulder?

During the winter months, fresh produce prices can soar. And, if certain things aren't in season, it can be challenging to find them in your produce section. Fresh sweet corn in January? Probably not going to happen. But, when you're in the mood for fresh rhubarb or broccoli and there's none to be had, shelve your disappointment and head down the frozen foods aisle. You may be surprised by the variety and quality of produce. If you're wondering if frozen veggies are as nutritious as their fresh counterparts, we've got good news. Freezing vegetables seals in nutrients. Research suggests that freezing produce "locks in" nutrients, while fresh veggies slowly lose nutrients between the time they're picked and they time they hit your table. Something to consider when you harvest your garden this Fall!

What to watch for:

Processed and prepared foods. The vast majority of sodium in the typical American diet comes from Foods that are processed and prepared. These foods are typically high in salt and additives that contain sodium. Processed foods include bread, prepared dinners like pasta, meat and egg dishes, pizza, cold cuts and bacon, cheese, soups, and fast foods.

Natural sources. Some foods naturally contain sodium. These include all vegetables and dairy products, meats, and shellfish. While they don't have an abundance of sodium, eating these foods does add to your overall body sodium content. For example, 1 cup (237 milliliters) of low-fat milk has about 100 mg of sodium.

In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table. Condiments also may contain sodium. One

tablespoon (15 milliliters) of soy sauce, for example, has about 1,000 mg of sodium.

Tips for cutting back

Eat more fresh foods. Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than lunch meat, bacon, hot dogs, sausage and ham. Buy fresh or frozen poultry or meat that hasn't been injected with a sodium-containing solution. Look on the label or ask your butcher. **Opt for low-sodium products.** If you do buy processed foods, choose those that are labeled "low sodium". Better yet, buy plain whole-grain rice and pasta instead of ones that have added seasonings.

Remove salt from recipes whenever possible. You can leave out the salt in many recipes, including casseroles, soups, stews and other main dishes that you cook. Look for cookbooks that focus on

lowering risks of high blood pressure and heart disease. **Limit use of sodium-laden condiments.** Soy sauce, salad dressings, sauces, dips, ketchup, mustard and relish all contain sodium. **Use herbs, spices and other flavorings to season foods.** Use fresh or dried herbs, spices, zest from citrus fruit juices to jazz up your meals. Sea salt, however, isn't a good substitute. It has about the same amount of sodium as table salt. So how can you tell which foods are high in sodium? Read food labels. The Nutrition Facts label found on most packaged and processed foods lists the amount of sodium in each serving. It also lists whether the ingredients include salt or sodium-containing compounds, such as: Monosodium Glutamate Baking Soda, Disodium Powder, Sodium Alginate, Sodium Citrate, Sodium Nitrate