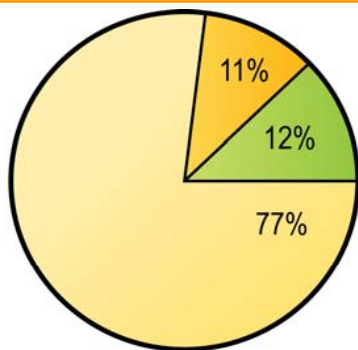


Lower your Sodium Intake

The dietary sodium intake of 9 out of 10 Canadians exceeds the Upper Limit for health.

Age	Adequate Daily Sodium Intake (mg)	Upper Limit for Sodium Intake (mg)
1 – 3 years	1,000	1,500
4 – 8 years	1,200	1,900
9 – 13 years	1,500	2,200
14 – 50 years	1,500	2,300
51 – 70 years	1,300	2,300
> 70 years	1,200	2,300

The chemical name for what we call salt is sodium chloride. Most dietary sodium is from salt... but not from the salt shaker.



- Occurs Naturally in Foods
- Added at the Table or in Cooking
- Restaurant / Processed Food

How do I lower my sodium intake?

At home

- ◇ Cut down on sodium at the table and in cooking. Instead use low-sodium seasoning or no-sodium mixes.
- ◇ Use only small amounts of condiments such as ketchup, mustard, soy sauce, pickles, olives, gravies and salad dressings that are high in sodium.
- ◇ Rinse canned foods in fresh cold water before cooking or eating.
- ◇ Do more home cooking. Limit reliance on processed foods such as canned or dried soups, canned vegetables, frozen dinners, "instant" foods and flavored rice/pasta packages.

When Eating Out

- ◇ Ask for less salt to be added to your food when eating at restaurants.
- ◇ Eat less fast foods and take-out meals.
- ◇ Check out the sodium content of your take-out foods.

When shopping

- ◇ Look for foods labeled sodium-free, no added sodium, low in sodium, or reduced in sodium.
- ◇ Choose foods with less than 200/mg per serving.
- ◇ Buy fresh or frozen, unprocessed foods most often.
- ◇ Look for lower sodium soups.

Reading Food Labels

Read food labels and buy brands with the lower mg of sodium per serving. Best choices are foods with less than 200 mg sodium per serving.



Check the Nutrition Facts

Almond Bars

Nutrition Facts	
Serving Size 1.2 oz. (34g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Eat a healthy diet

- ◇ Follow Canada's Food Guide for healthy eating.
- ◇ A healthy diet, rich in vegetables and fruit, lower fat milk products and leaner meats and alternatives can lower blood pressure and reduce the risk of heart attack or stroke.

Following a lower sodium diet could prevent up to 1 in 4 heart attacks and/or strokes.

If you have hypertension

- ◇ If you have hypertension, reducing sodium in your diet will reduce your blood pressure about ½ the amount as a blood pressure medication.
- ◇ Those who are older, of African descent, overweight, diabetic or have chronic kidney disease are likely to have a larger decrease in blood pressure.
- ◇ If you do not have hypertension, lowering sodium in your diet will help prevent hypertension.

Information on how to achieve a reduced sodium diet can be found at:

www.lowersodium.ca
www.sodium101.ca
www.hypertension.ca/
www.dialadietitian.org
www.dietitians.ca
www.heartandstroke.ca/BP

Eating a low sodium, well balanced diet is as effective as taking a blood pressure medication

To stay healthy, check your blood pressure regularly

For more information

www.sodium101.ca
Get the Facts!

Blood Pressure Canada

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Beyond the Salt Shaker

Lower your sodium intake and improve your health

