

Dear **FAN** Committee Members,

Welcome to Month 6. This month we promote planned and low-sodium meals.

FAN Goal of the month: Eating less salt (sodium) with the DASH Eating Plan.

Cancer is the 2nd leading cause of death among Americans. The cancer death rate is higher among African Americans (AA) than White Americans (35% higher among AA men and 18% higher among AA women) (ACS, 2007). No one knows what causes most cancers, but it is linked to physical activity and eating habits.

The body needs about 500 milligrams (mg) of sodium each day to function, but eating too much may put us at risk for conditions like high blood pressure and cancers.

Guidelines advise that we eat no more than 2400 mg of sodium each day (about 1 tsp). The average American eats up to 9000 mg of sodium each day (about 3 tsp) (USDA, 2007). Some groups are more sensitive to salt (i.e. people with high blood pressure, African-Americans, and older people). These groups are advised to eat less salt (1500 mg or ½ tsp). Ask your health care provider about how much salt is healthy for you.

Eat Less Salt (Sodium)

The American Cancer Society (ACS) has dietary guidelines for lowering one's risk for cancer:

1. Eat less dietary fat (especially saturated fat)
2. Eat more fruits, vegetables and whole grain cereals.
3. Eat less salt (salt-cured, smoked & charcoal-broiled foods)
4. Drink alcoholic beverages only in moderation.

Eat less salt with the DASH Eating Plan

Many people have a hard time when problems get in the way of healthy eating. Common problems or barriers include perceived *lack of time*, *easy access to fast foods*, and *social events* that are built on bringing people together with tasty, but mostly unhealthy food. When time, taste, convenience, or friends stand in the way of your healthy plan, **problem solve:** know your barriers, compromise and choose healthier options one step at a time.

FAN understands that developing strategies for solving these problems can be a challenge. Teach members how to identify personal problems that prevent them from eating healthy and help them to develop strategies for solving these problems. **Remind members:** all things in moderation, but do not give up. This month's resources demonstrate these skills with examples.

**Be a FAN for your health: Increase your faith,
be more physically active, and eat more fruits & vegetables!**



FAN Committee Monthly

The key to making successful changes is to start low and go slow.

This Month:

Handouts. *Please make sure your church members receive these materials.*

- **Bulletin insert.** Place this insert inside your church programs. Make an announcement about it during service. Talks about how to “Overcome Healthy Eating Obstacles.”
- **Shake on This: The Truth about Salt.** This handout helps teach daily recommendations for salt intake and the benefits of eating less salt. Practice with the food labels and the “Percent Daily Value” to choose foods lower in salt.
- **10 Tips for Cutting Down on Salt.** This handout gives tips to help your church eat less salt from processed foods and salt added when cooking.

Three **Resource Update.** *These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.*

- **Healthy Eating Barriers and Tips.** This is a list of common barriers that can stand in the way of healthy plans. Use this list to talk with church members about eating choices, why they chose to make healthy choices, and ideas for how to stick with them.
- **Reach for the STARS.** Use this 4-step exercise to teach church members how to overcome problems (barriers) that stand in the way of their healthy eating lifestyle habits.
- **Spice Up Your Life! Eat Less Salt and Sodium.** This booklet teaches the importance of eating less salt (sodium) and has tips for being a smart shopper and eater. Promote foods on the “Choose More Often” list on page 4. You can also use the checklist on page 8 to see how many church members are already practicing low-salt health habits. This activity can help show your committee areas where church members can improve.

Cooks’ Tools.

- FAN cooks plan for healthy eating success. Cook meals for your church family that contain less salt. Use the **10 Tips for Cutting Down on Salt** handout to help you plan healthy meals for your church family.
- Encourage church members to make the same changes at home. A healthful congregation is a faithful congregation!

Activities.

This month’s Pastor Activity includes worksheets on common barriers and problem-solving, and a **guide** for planning healthy and low-salt snacking (*worksheets & guide are enclosed for committee use*). Pastors are asked to use the problem-solving worksheets to help identify barriers and solutions for healthy eating.

FAN wants to help your church make easy and positive food choices, one step at a time. Small, healthy changes add up to lasting health benefits.

May you “prosper in all things and be in health, just as your soul prospers”
III John 1:2 (New King James Version)



Common Barriers and Tips to Healthy Eating

I DON'T HAVE TIME FOR BREAKFAST...

Start every day with breakfast. Breakfast fills your "empty tank" to get you going after a long night without food. Eating breakfast can also help prevent overeating during the rest of the day. **TIP:** Eat easy to prepare breakfasts such as cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, or whole-grain waffles!

I EAT ALL THE WRONG SNACKS...

Snack Smart. Snacks are a great way to refuel up the body in between meals. If you eat smart at other meals, it is OK to occasionally eat cookies, chips and candy. **TIP:** Choose snacks from different food groups -- a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.

I EAT TOO MUCH OF ONE THING...

Control your portion sizes. You don't have to completely give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. **TIP:** Balance your food choices from the Food Guide Pyramid.

I DON'T EAT ENOUGH GRAINS, FRUITS AND VEGETABLES...

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! **TIP:** Try whole-wheat breads, bagels and pita. Spaghetti and oatmeal are also in the grain group. Try whole wheat pasta. **TIP:** Bananas, strawberries and melons are some great tasting fruits. Also, buying fruits that are in season can help you save money! **TIP:** Try eating vegetables -- raw, on a sandwich or in a salad.

I EAT ALL THE WRONG FOODS...

A healthy eating style is like a puzzle with many parts. Each part -- or food -- is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. **TIP:** Foods aren't good or bad. Eat higher-fat foods in moderation. Eat a variety of foods. **TIP:** Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. **TIP:** Balancing your choices is important. And don't forget about moderation!

Reach for the STARs

S: Spot a barrier (problem) that keeps you from eating healthier.

T: Try to come up with a few creative solutions.

A: Assess your list of possible solutions. On the following lines, write a solution you are prepared to attempt, and write out exactly when you give it a try.

R: Re-assess. Look at how your plan worked and, revise it if necessary. If you are happy with how your solution worked, give yourself a happy face. If it doesn't deserve a happy face, write out how you could change it to become a success. If your solution didn't work at all, take a look back at your list of solutions and give it another try. (Remember, just because a plan doesn't work, doesn't make it a complete failure. Our failures often point us in the right direction, toward the solution that will work.)

Pastor Activity Packs

MISSION 6: Problem-Solving

FAN Goal of the month: Eat less salt with the DASH Eating Plan.

Cancer is the 2nd leading cause of death among Americans and the death rate is higher among African Americans than Whites. *Moderate* amounts of salt are needed to help our muscles work, but eating too much may put us at risk for high blood pressure & cancers.

Guidelines advise that we eat no more than 2400 mg of sodium each day (about 1 tsp). Some groups are more sensitive to salt (i.e. people with high blood pressure, African Americans, and older people). These groups are advised to eat less salt (about 1500 mg or ½ tsp). Ask your health care provider about how much salt is healthy for you.

Facts: *No one knows what causes most cancers, but behaviors are linked to its onset.* Packaged foods and foods high in fat and salt are found to increase the risk. But foods like fruit, vegetables and whole grains have vitamins and fiber that protect the body from disease.

To lower risk of cancer, the American Cancer Society (ACS, 2007s) recommends that we:

Eat Less: foods that are high in salt like salt-cured, smoked and charcoal-broiled foods

Eat Less: foods that are high in fat (especially saturated fat)

Eat More: servings of fruit and vegetables (aim for 5-9)

Eat More: whole grains like whole wheat bread or brown rice

Activity: *Develop a plan. Solve problems that stand in the way of healthy eating.*

Many people have a hard time when problems get in the way of healthy eating. Common problems or barriers include perceived *lack of time*, *easy access to fast foods*, and *social events* that are built on bringing people together with tasty, but mostly unhealthy food.

Remember: all things in moderation, but do not give up. When time, taste, convenience, or friends stand in the way of your healthy plan, **problem solve:** know your barriers, compromise and choose healthier options one step at a time.

- 1) Review the “Common Barriers and Tips to Healthy Eating” handout.
- 2) Use the “Reach for the STARS” handout to help identify your barriers to healthy eating. Think about the best solutions to and apply them when the going gets tough.
- 3) Use the “Planned & Healthy Snacking” handout to learn snacks that are low in saturated fat, salt and sugar.

Share:

- * Inspire a fellow church member to identify personal problems that prevent them from eating healthy and help them to develop strategies for solving these problems.
- * Fight hunger by packing healthy snacks (low in saturated fat, salt and sugar) for the day.
- * Your church is listening. Announce your progress from the pulpit.

“Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.” 1 John 5:5 (NIV)





Common Barriers and Tips to Healthy Eating

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Snack Smart. Snacks are a great way to refuel up the body in between meals. If you eat smart at other meals, it is OK to occasionally eat cookies, chips and candy. **TIP:** Choose snacks from different food groups -- a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.

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Control your portion sizes. You don't have to completely give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. **TIP:** Balance your food choices from the Food Guide Pyramid.

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FAN Plan: Eat 5-9 servings of fruits & vegetables daily

Planned & Healthy Snacking: *Snacks low in salt, fat, and sugar!*



Snacks keep hunger away and give us energy. Planning your snacks right can help you maintain energy all day long. Spreading out small and healthy snacks through the day can keep you from crashing and getting so hungry that you overeat at mealtime. Whole grains, fruits and vegetables are great heart healthy snacks. ***These snacks are naturally low in salt, saturated fat and sugar and high in hunger-control fiber.*** So, plan ahead. Avoid the fast food trap! Get in the habit of packing helpful snacks, *especially* on busy days. Inspire family and friends to do the same.

Give These Snacks a Try

<i>Snacks</i>	<i>Serving Size & Average Calories</i>	<i>Salt, Saturated Fat & Sugar</i>
Fresh Fruit apple, orange, pear, banana, melon, tangerine, berries, apricots, kiwi	1 medium size fruit or 1/2 cup = 80 calories	Salt (0g); Fat (0g); Sugar (6g)
Fresh Veggies carrots, celery sticks, cauliflower, broccoli, cucumber, green beans, bell peppers	1 cup = 80 calories	Salt (45g); Fat (0g); Sugar (6g)
Nuts almonds, walnuts, unsalted roasted peanuts, unsalted sunflower seeds	1/4 cup or about 15 nuts = 75 calories	Salt (0g); Sat. Fat (1.3g); Sugar (6g)
Grains popcorn (no salt, no butter)	3 cups (cooked) = 90 calories	Salt (0g); Fat (2g); Sugar (14.7g)
Dried Fruit Apricots, figs, dates, raisins, prunes	1/4 cup or 4-5 pieces = 60 calories	Salt (0g); Fat (0g); Sugar (25g)
Dairy Yogurt (low-fat, low-sugar)	1/2 cup = 80 calories	Salt (75mg); Fat (0g); Sugar (13g)
Cottage cheese (nonfat or 2% lowfat)	1/2 cup = 80 to 100 calories	Salt (420 mg); Fat (0g.); Sugar (4g)
Sherbet (or nondairy sorbet)	1/3 cup = 80 calories	Salt (10mg); Fat (0g); Sugar (20.5g)



Problem Solve: Overcome Healthy Eating Obstacles!



“Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.” I John 5:5 (NIV)

Many times the unexpected will get in the way of making healthy choices. *Problem-solving* involves identifying these barriers (problems) and planning how to overcome and maintain a physically active and healthful eating lifestyle. Our pastors remind us that just because we made the decision to follow Christ does not mean that life will be an easy road. Apply this example to your decision to lead a healthy lifestyle. Change is not easy. When barriers stand in your way such as lack of time, plan ahead; if fast food is too tempting, pack your own snacks and lunch; or when out to dinner with friends, choose healthy options (ask for low calorie sweetener or no salt added). Have faith to overcome. For every problem there is a solution. Find ways around your personal barriers. Make healthy choices one step at a time.

Questions about the FAN Program? Please contact your church FAN Coordinator.



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Greetings FAN Cooks!

This month we teach the church about eating less salt (sodium). Almost all of us eat too much salt, but doing so can lead to high blood pressure — which can lead to stroke, and heart and kidney disease!

The **DASH Eating Plan** promotes eating between 1500-2300 milligrams (mg) of salt per person, per day — 2300 mg is about 1 teaspoon. Did you know that the average American eats between 4200 and 9000 mg of salt per day? This is way too much! We need to keep track of the amount of salt in packaged foods and the amount we cook with. Please read your food labels (salt is listed as “sodium”) because salt can sneak up on us.

Why Do We Eat So Much Salt?

Pickles, bacon and olives taste salty because they are “cured” with salt. It is also easy to taste the salt on pretzels, potato chips and French fries. But some foods are more salty than we might think, even if we can not taste it as easily. For example, ½ cup of cooked spaghetti sauce can have around 600 mg of salt (sodium) - over 25% of what we should eat in one day! Ketchup, mustard, canned soups and prepared salad dressings can also have high amounts of salt. But do not feel discouraged. You can make healthful choices because you know where to look for hidden salt and how to fight it! Give your church family something *flavorful*. DASH options pack great taste without extra salt. In the mood for salsa? The recipe below has much less salt than most store-bought ones.

Peach Salsa

(brought to you by Clemson chef, Drew Warmin)

Makes 4 servings

Ingredients:

1 10oz can peaches, canned in their own juice and diced	1 clove of garlic, minced
2 tomatoes - peeled, seeded and diced	¼ cup (3 stalks) green onion, chopped
½ red bell pepper - peeled, seeded and diced	¼ cup cilantro, chopped
½ jalapeno, seeded and minced	Juice from ½ lime
½ serrano chile, seeded and minced	1 tsp white wine vinegar
	1 tsp extra virgin olive oil
	Pinch of sugar

Combine all ingredients in a bowl. Mix together. Chill for 2 hours before serving.

Tips for Easy Tomato Peeling:

Boil a pot of water. Slice an “X” into the bottom of tomatoes (1 inch long) and place them in the boiling water for 45 seconds. Remove tomatoes and quickly place them in an ice bath to stop cooking. Remove the skins. If skins do not come off easily, place them back in the water for about 15 more seconds and follow again with the ice bath.

Seeding Tips:

Be careful not to touch or rub your eyes when seeding spicy peppers. If you prefer less heat from your peppers make sure your dish does not contain seeds and you can also slice off the thin inner skin on the peppers.

Total Fat: 1.5g (Unsat: 0g, Sat: 0.02g, Trans: 0g) Calories: 67 Carbohydrates: 13.86g
Protein: 1.3g **Sodium: 12mg** Cholesterol: 0mg

“So whether you eat or drink or whatever you do, do it all for the Glory of God.” I Corinthians 10:31 (NIV)

10 Tips for Cutting Down on Salt



Take the salt shaker off the table and place it in a kitchen cupboard. If it is out of sight, you'll be less likely to reach for it.



Try snacking on an apple or baby carrots instead of salty snacks like chips or pretzels.



When you cook rice and pasta, do not add salt and/or butter like the directions may call for. You probably won't even notice the difference.



Limit how often you buy overly salty foods like pickles, olives, soy sauce, and processed meats like hot dogs and bacon.



Many products come in low-sodium options. Choose these when available.



Eat less processed and ready-to-eat foods like jarred sauces, boxed rice or pasta dishes, and frozen dinners.



Try to buy fresh or frozen vegetables whenever possible. They have less sodium than canned vegetables.



Rinse canned foods like beans, corn, and even fish (salmon, tuna, etc) before cooking. Choose "no-salt added" options when you can.



Season foods with herbs and spices, lemon or lime juice, and/or no-salt seasoning blends.



Show friends you care for their health. Test out low-salt snacks and create some new ones together. Good health is best served with good friends.

Spice Up Your Life!

Eat Less Salt and Sodium



NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH



Why should you eat less salt and sodium?

You should cut back on salt and sodium in your diet to help prevent or lower high blood pressure. If you have high blood pressure lowering it can reduce your chances of heart disease and stroke.



Did you know....

Table salt is made up of two compounds—sodium and chloride. Most of the sodium in your diet comes from processed foods. The remaining comes from the salt added at the table, and salt added while cooking. Limit the amount of sodium that you consume from all these sources to no more than 2,400 milligrams (mg) each day which is equal to about 1 teaspoon of salt.



Tips to Eating Less Salt and Sodium

Be a smart shopper.

- **Read the food label** to find out more about what is in the foods you eat. This will help you choose foods to limit the amount of sodium you eat to 2,400 mg each day.

Nutrition Facts	
Serving Size: 1 cup (228 g)	
Serving Per Package 2	
Amount Per Serving	
Calories 260	Calories from fat 120
	(% Daily Value*)
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 600mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2%	
Calcium 15% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

• **Size up your food.** Compare the amounts you will eat to the serving size given. If you eat 2 cups and the serving size is 1 cup, you have to double the amounts of nutrients and calories listed.

• **Read the nutrition information.** Use the Percent Daily Value to compare the amount of sodium among brands. Choose those foods that have lower values. One serving of this product contains 28 percent, or about 1/4 of the amount of sodium you should have for the entire day.

- **Buy foods with these claims more often.** The food label may include terms such as:
 - sodium free very low sodium
 - low sodium reduced (or less) sodium
 - light in sodium unsalted

Choose More Often:

Chicken and turkey (take off skin)

Lean cuts of meat

Fish: Fresh or frozen

Skim or 1% milk, evaporated skim milk

Cheese: lower or reduced in sodium

Loaf breads, dinner rolls, English muffin, bagels, pita, and salt-free chips

Cereals: some hot cereals and some ready-to-eat cold cereals lowest in sodium*

Plain rice and noodles

Fresh, frozen, or no salt added canned vegetables

Fruits

Soups: lower or reduced in sodium

Margarine, vegetable oils

Spices, herbs, and flavorings like oregano, garlic powder, onion powder, salt free seasoning blends, vinegar, and fruit juices





Choose Less Often:

Hogmaws, ribs, and chitterlings

Smoked or cured meats like bacon, bologna, hot dogs, ham, corned beef, luncheon meats, and sausage

Canned fish like tuna, salmon, sardines, and mackerel**

Buttermilk⁺

Most cheese spreads and cheeses

Salty chips, nuts, pretzels, or pork rinds

Some cold (ready to eat) cereals highest in sodium, instant hot cereals

Quick cooking rice and instant noodles, boxed mixes like rice, scalloped potatoes, macaroni and cheese,⁺⁺ and some frozen dinners, pot pies and pizza*

Regular canned vegetables**

Pickled foods like herring, pickles, relish, olives, or sauerkraut

Regular canned soups, instant soups

Butter, fatback, and salt pork

Soy sauce, steak sauce, salad dressing, ketchup, barbecue sauce, garlic salt, onion salt, seasoned salts like lemon pepper, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)*

*Read the food label to choose those lower in sodium.

**Rinse canned fish or vegetables before using.

+Although buttermilk is high in sodium, 1 percent or skim buttermilk can be used in cooking to replace whole milk or fat.

++Modify cooking directions and prepare with less salt, if possible.

Go easy in the kitchen.

- **Use less salt and seasoned salt when you cook.**
 - Use spices and herbs or low sodium seasonings like sodium free bouillon or onion powder, garlic powder, and sodium free seasoning blends.

Try these:

- Sprinkle lemon juice over vegetables.
- Season or marinate meat, poultry, and fish ahead of time with onion, garlic, and your favorite herbs before cooking to bring out the flavor.



- **Take steps to make meals lower in salt and sodium.**

- Use smoked or salt-cured meat products only in small amounts for flavoring.
- Prepare fresh lean pork roast instead of country ham.
- Rinse canned vegetables and fish such as tuna to remove some sodium.





Take the lead at the table.

- Remove the salt shaker. Keep the pepper shaker.
- Taste the food first. If you must add salt, use one “shake” instead of two or more.
- Cut down on the amount of salty prepared sauces or condiments you use.

Be in control at the restaurant.

- Choose foods without sauces. If you prefer, ask for sauce and salad dressing to be served “on the side.”
- Ask for your meal to be prepared without salt or monosodium glutamate (MSG). Then if you must, you can add a small amount of salt.





Check the things you will do to eat less salt and sodium.

- Read food labels. Choose foods that have the lowest Percent Daily Value for sodium. Also buy foods that are labeled “reduced sodium,” “low sodium,” “sodium free,” or “no salt added.”
- Buy fruits and vegetables for snacks. Choose chips, crackers, or nuts that are lower in sodium.
- Take the salt shaker off the table.
- Choose no salt added regular canned vegetables, vegetable juices, soups, sauces, and gravies. Most frozen vegetables without sauces are low in sodium.
- Choose fresh or frozen lean cuts of meat, fish, and poultry.
- Season your food with herbs and spices instead of salt.



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AND HUMAN SERVICES**

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National Heart, Lung, and Blood Institute
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Shake on This: The Truth about Salt



**Eating less salt helps prevent and lower high blood pressure.
Lowering high blood pressure can reduce chances of heart disease & stroke.**

Almost all of us eat too much salt. The bad news is that usually the more salt a person eats, the higher his or her blood pressure. Already watching what you shake? That's great! But did you know that most of the salt we eat comes from processed and packaged foods and not the salt shaker? It is important to read food labels so we know what is in our foods before we eat! When we compare foods for smart shopping we prepare for smart eating.

Check This Out

The **Percent Daily Value** on food labels shows us what percent of nutrients we eat with each serving (based on daily recommendations). For example, reading the **Percent Daily Value** for salt (listed as "sodium") tells us if a food is high or low in salt.

Try to choose foods with lower values of salt (sodium) per serving:

Less than 5% is low ♦ Between 5% and 20% is acceptable ♦ More than 20% is too much

The same kind of food may have different nutritional contents in a different brand or package. Use the Percent (%) Daily Value to see which of these foods is lower in salt (sodium)? The answer is given below.

Frozen Peas		
Serving size ½ cup		
Serving per container about 3		
Amount per Serving		
Calories 60	Calories from fat	
	0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 125mg		5%
Total Carbohydrate 11g		4%
Dietary Fiber 6g		22%
Sugars 5g		
Protein 5g		
Vitamin A 15%	Vitamin C 30%	
Calcium 0%	Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet		

Canned Peas		
Serving size ½ cup		
Serving per container about 3		
Amount per Serving		
Calories 60	Calories from fat	
	0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 380mg		16%
Total Carbohydrate 12g		4%
Dietary Fiber 3g		14%
Sugars 4g		
Protein 4g		
Vitamin A 6%	Vitamin C 10%	
Calcium 2%	Iron 8%	
* Percent Daily Values are based on a 2,000 calorie diet		

ANSWER: The frozen peas. The canned peas have three times more sodium than the frozen peas per serving.