



Halt the Salt

Are You Eating Too Much Sodium?

Have you ever added salt to your food before tasting it? The average Canadian eats more than twice the amount of sodium the body needs. We often use the terms salt and sodium to mean the same thing, but sodium is only one of the components found in table salt. Sodium is a mineral our body needs, but too much sodium can lead to high blood pressure – a risk factor in heart disease and stroke.

Too much sodium has a negative impact on our overall health. The food industry and health professionals have put forward new recommendations to guide our sodium intake.

How much sodium do you need?

Age Recommended Levels (mg/day)

1-3	1000-1500
4-8	1200-1900
9-50	1500-2300
51-70	1300-2300
70+	1200-2300

Over 77% of the sodium in our diet comes from prepared and processed foods (canned foods, prepared sauces, deli and prepared meats, and salty snack-type foods). The rest comes from cooking, adding salt at the table and sodium found naturally in foods. Ingredients that suggest salt are: sodium chloride, baking powder, baking soda, sodium nitrate, sodium benzoate, sodium phosphate, monosodium glutamate (MSG) and brine.



Tips for Reducing your Sodium Intake:

- Prepare meals from scratch – visit www.winnipeginmotion.ca for great recipes that are low in sodium.
- Taste your food first before adding salt. If you feel you need to add extra flavour to your food, try adding herbs and spices such as: garlic powder, onion powder, basil, thyme, dill, oregano, paprika, ginger, rosemary, curry powder, dried mustard or chili powder.
- Eating more dairy products, fresh fruit and vegetables, whole grains and fish can help balance sodium levels in your body.
- Look for nutrient claims that state "salt-free", "low in sodium" or "reduced in sodium" when deciding which products to purchase.
- Read food labels and ingredient lists – choose foods with less than 10% of the daily value for sodium. Daily value is based on the highest amount of sodium you should consume in one day.

Minestrone Soup: store bought – regular

Nutrition Facts

Serving Size 1 cup or 250 mLs	Daily Value
Sodium 963 mg	42%

Minestrone Soup: store bought – reduced in sodium

Nutrition Facts

Serving Size 1 cup or 250 mLs	Daily Value
Sodium 480 mg	21%

Homemade Minestrone Soup

1 cup, each	Onion, carrot, celery; diced
2	Cloves of garlic, chopped
1/2 cup	Fresh parsley, chopped
4 cups	Sodium reduced chicken stock
2 cups	Water
1 can	Navy beans, drained and rinsed
1 cup, each	Potato and zucchini; diced
1 cup	Savoy cabbage, shredded
2 cups	Fresh plum tomatoes, diced
1	Bay leaf
1 tsp	Dried basil & oregano
1 cup	Whole wheat macaroni
1/2 tsp	Dried thyme
	Pepper to taste
	Grated Parmesan cheese (optional)

1. Heat oil in a large pot over medium heat.
 2. Add onion, carrots, celery and sauté without browning for about 10 minutes.
 3. Add the rest of the ingredients and simmer on medium heat for 30 minutes.
 4. Pour into bowls and top with Parmesan cheese (if desired).
- Makes 6 servings (one cup). Sodium 250 mg per one cup serving.

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