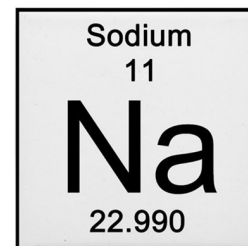


SODIUM



Sodium is a mineral that is stored in the ground. It is mined and processed— Have you heard of salt mines? Sodium is number 11 of the periodic table. When combined with chloride it produces salt, which is 40% sodium and 60% chloride. Salt is added to food improve taste, but is also used as a preservative to help keep food from spoiling.

Sodium helps control blood pressure and regulates the function of muscles and nerves, Salt has long been linked to high blood pressure called hypertension. However, salt is not the only cause of high blood pressure. Lack of exercise, poor dietary intake, and genetics plays a role. For example, if you have someone in your family with high blood pressure you are at higher risk. Cutting back on salt is one way to reduce your risk, but not everyone is sensitive to sodium. Another way to help control your blood pressure is to make sure you get the recommend levels of **potassium**. Foods high in potassium include bananas, oranges, dried fruit, spinach, broccoli and potatoes with the skin (both white and sweet).

High Salt Foods	Use these instead
Smoked, cured or salted meats (bacon, sausage, ham, hot dogs)	Any fresh or frozen beef, lab, pork poultry (chicken) and fish. Eggs, water packed fish (low sodium)
Frozen breaded meats and dinners (ex. Burritos, pizza, chicken nuggets)	Bread your own chicken but using fresh bread crumbs or corn flakes and bake in oven
Canned beans and vegetables with added salt. Soup, tomato sauce, packaged mixes or pickles and olives	Low sodium canned products and make sure you rinse all products and use fresh water in cooking. Fresh and frozen vegetables.
Cottage cheese Buttermilk	Milk, yogurt, ice cream
Bread and rolls with salted tops	Bread, bagels and rolls without salted tops
Quick breads, biscuits, pancake and waffle mixes and salted snacks	Lower sodium corn and flour tortillas, pancake batter not from a package Unsalted popcorn, pretzels and chips
Prepackaged mixes for potatoes, rice, pasta and stuffing	All rice and pastas cooked but don't add salt in cooking. Muffins and most breakfast cereals.

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

Read the label. Strive for foods with less than 250 mg sodium and less than 10% of the Daily value. And try to avoid using the salt shaker when possible !!

