

Dietary Guidelines recommend...

Reduce sodium, increase potassium

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **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 300g

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Finding sodium on the Nutrition Facts Panel

Food manufacturers are required to list sodium in milligrams and Percent Daily Value (% DV) on the Nutrition Facts Panel under cholesterol.

Although the current recommendation is no more than 1,500 milligrams per day, the current % DV is based on an earlier recommendation of 2,400 mg. Thus, if you are monitoring sodium intake, it is best to use the milligrams of sodium rather than the % DV.

Diets high in sodium can increase the risk for developing high blood pressure—a condition that affects one in four Americans. High blood pressure is considered a “silent killer” because it produces no symptoms but can lead to serious health problems, such as heart attack or stroke. Regardless of whether a person has high blood pressure, the Dietary Reference Intakes recommend 1,500 milligrams sodium per day.

The most common form of sodium in the American diet is sodium chloride, or table salt, which is 40 percent sodium by weight. All foods contain some sodium that occurs naturally, but convenience foods—such as frozen dinners, pizzas, packaged mixes, canned foods, and salad dressings—are especially high in sodium because it adds flavor and acts as a preservative. One way to reduce sodium in the diet is to limit these convenience types of food and pay attention to the Nutrition Facts Panel.

Sodium/potassium connection

Potassium counteracts the effect of sodium/salt on blood pressure and may decrease the risk of developing kidney stones and bone loss that occurs with age. The Dietary Reference Intake of potassium for adolescents and adults is 4,700 mg/day.

Although the Nutrition Facts Panel is not required to include potassium, some potassium-rich food products voluntarily add the information.

These foods provide potassium:

- Leafy green vegetables (beet greens and spinach)
- Fruits, such as tomatoes, prunes, bananas, peaches, apricots, cantaloupe, and honeydew
- Root vegetables (sweet potatoes, potatoes, and carrots)
- Fish (clams, halibut, yellowfin tuna, Pacific Rockfish, Pacific Cod, and Rainbow trout)

Potassium also is found in meat, milk, and cereal products, but it is less readily available for absorption.

Are you sodium savvy?

1. A product containing 140 milligrams or less of sodium per serving is considered a low-sodium food.

True False

2. Eating less sodium may help reduce blood pressure in some individuals.

True False

3. Canned vegetables are higher in sodium than fresh vegetables.

True False

4. One in eight Americans has high blood pressure.

True False

5. Sodium is only found in processed foods.

True False

(Answers on back.)

Tips for reducing sodium

In addition to checking food labels, try these ideas to decrease sodium intake.

- Taste food before adding salt.
- Limit your intake of canned vegetables because sodium is added for flavor. Fresh or frozen vegetables are a better choice.
- Select unsalted nuts or seeds, dried beans, peas and lentils.
- Limit the amount of salty snacks (like chips and pretzels) that you eat.
- Use vegetable oil instead of butter or margarine for cooking.
- Select unsalted, fat-free broths, bouillons, and soups.
- When dining out, specify what you want and how you want it prepared. Ask for your dish to be prepared without salt.
- Use seasonings and spices (instead of salt, butter, and margarine) to flavor foods. Salt-free seasonings also are available.
- Try consuming products that are sodium free, or low in sodium.



Label

Definition

Sodium Free	Less than 5 milligrams per serving
Very Low Sodium	35 milligrams or less per serving or 50 grams of food
Low Sodium	140 milligrams or less per serving or 50 grams of food
Reduced or Less Sodium	Product was nutritionally altered to contain at least 25 percent less sodium than the original product per serving and per 100g.

Salt-free seasonings to try

Try these with vegetables

Carrots—cinnamon, cloves, marjoram, nutmeg, rosemary, or sage

Corn—cumin, curry powder, onion, paprika, or parsley

Green beans—curry powder, dill, lemon juice, marjoram, oregano, tarragon, or thyme

Greens—onion or pepper

Peas—ginger, marjoram, onion, parsley, or sage

Potatoes—dill, garlic, onion, paprika, parsley, or sage

Summer squash—cloves, curry powder, marjoram, nutmeg, rosemary, or sage

Tomatoes—basil, bay leaf, dill, marjoram, onion, oregano, parsley, or pepper

Winter squash—cinnamon, ginger, nutmeg, or onion

Try these with meat, poultry, and fish:

Beef—bay leaf, marjoram, nutmeg, onion, pepper, sage, or thyme

Lamb—curry powder, garlic, rosemary, or mint

Pork—garlic, onion, sage, pepper, or oregano

Veal—bay leaf, curry powder, ginger, marjoram, or oregano

Chicken—ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, or thyme

Fish—curry powder, dill, dry mustard, lemon juice, marjoram, paprika, or pepper



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Answers:
1. True
2. True
3. True
4. False
5. False