

Salt, Oh My!

Cheryl Mehta, RDN, LD, CDCES

Good News on Your 1%?

Food Logs

1. Draw “X” next to all low-carb vegetables
2. Draw a circle around all fruits
3. Draw “*” next to all whole grains
4. Draw “!!” next to nuts or seeds
5. Draw “++ next to legumes
6. Draw  next to foods with added sugar



MEDITERRANEAN DIET

The diabetes portion plate



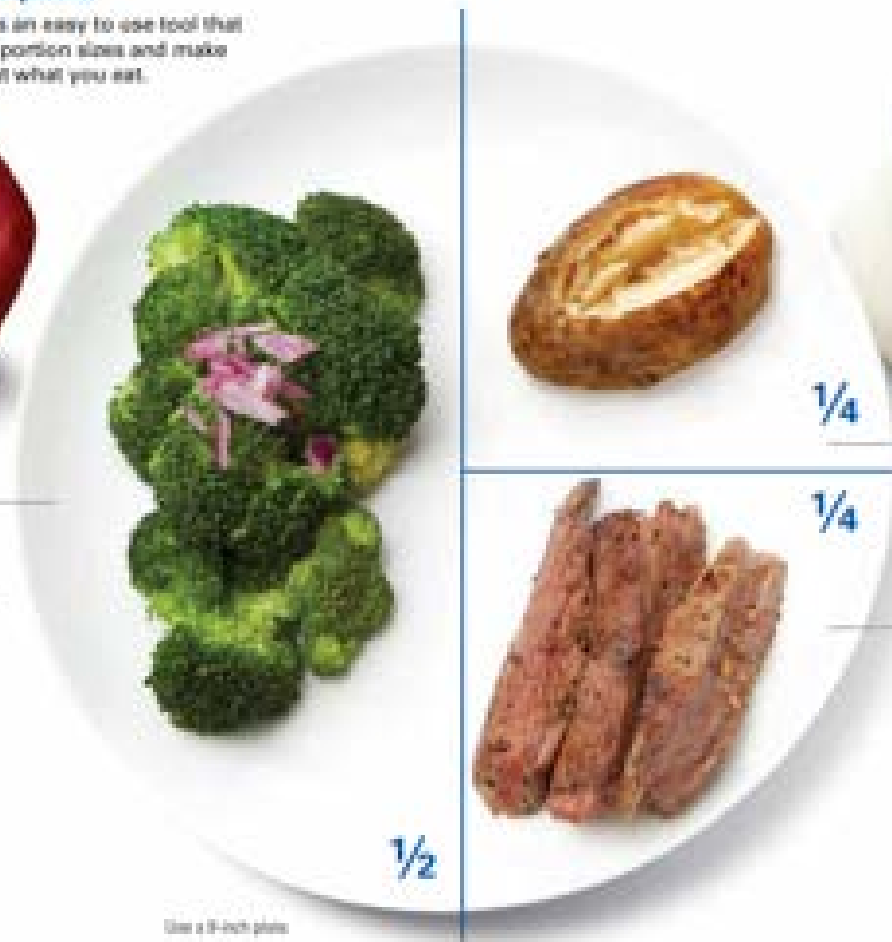
How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.



Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, green beans, peppers, zucchini, artichokes, and broccoli.



Use a 9-inch plate



1/4

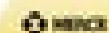
Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, and dried beans.

1/4

Protein

Fill 1/4 of your plate with proteins, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.



Provided as an educational resource by NIDDK

Eat More Low Carb (non starchy) Vegetables

- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Green Beans
- Greens
- Salad Greens
- Spinach





Salt = Sodium + Chloride

Benefits of Eating Less Sodium

- Decreases blood pressure
- “Salt sensitive”
- Helps manage fluid retention

Benefits of Eating Less Sodium

- Decreases risk for cardiovascular disease and stroke
- May decrease risk for dementia and cognitive decline

Even if Blood Pressure (BP) is normal*

- Too much sodium:
 - May harm your blood vessels, heart, kidneys, and brain

*Target BP with diabetes: <130/80 mm Hg

*Target BP, no diabetes: <120/80 mm Hg

Other Guidelines to Decrease Blood Pressure

- Eat high potassium foods: fruits and vegetables, starchy beans and peas (butter beans, navy beans, black and pinto beans), nuts
- Limit alcohol
- Manage stress
- Be physically active

Other Guidelines to Decrease Blood Pressure

- Work towards a healthy weight
- If you smoke, stop
- Heart healthy eating pattern like Mediterranean

Recommendations: Less than 2,300 mg a day

Your tastebuds can adjust to eating
less sodium!

Think About What you CAN Eat

- Fresh, canned or frozen (no sugar added) fruit
- Fresh, frozen or no-salt-added canned vegetables – limit if have added sauces and seasonings
- Fresh, frozen meats: pork chops, lean beef (loin or round cuts like sirloin, round steak), lean ground beef,, chicken, turkey, fish
- Meat: prepare yourself to control seasonings

Say Yes To:

- Quick-cooking non-flavored hot cereals – don't add salt to water. Add fresh berries, small amounts dried fruit, unsalted nuts
- Pasta, rice, potatoes –add your own seasoning

How to Season Food (that tastes good!) with less sodium

- Minced garlic and ginger
- Cinnamon, thyme, oregano, basil, sodium-free Italian seasoning, cumin, cayenne, turmeric, dill weed, sodium-free poultry seasoning (McCormick), Cajun seasoning (~ 80 mg sodium in ¼ teaspoon)
- Garlic and onion powder

Tricks of the Trade

- Add hot sauce to enhance flavor so can use less salt (hot sauce contains some sodium, but only small amounts are needed to add flavor)
- Lemon juice: enhances flavor, don't need to use as much salt

Foods to Limit (Not Avoid!)

- Pizza
- Processed cheese
- Salty snack foods
- Soy, teriyaki sauce
- Lunch meat & processed meats like hot dogs, sausage, bologna



Foods to Limit (Not Avoid!)

- Anchovies
- Processed foods like canned soup, frozen dinners
- Table salt (gradually reduce amounts)**
- Garlic & onion salt, seasoned salt
- Packaged seasoning mixes

Write Down What You Ate for Supper Last
Night

- What's one thing you could do differently to eat less sodium?

Hot Dogs (not often!) for Supper

- Have with fruit and vegetables instead of chips or French Fries
- Eat lower sodium foods for breakfast and lunch
- Eat one hotdog instead of two

Eat Less Than 2,300 mg Sodium Daily:

- Read food labels
- Eat out less!!!
- Canned foods - rinse with water to remove some sodium
- High sodium meal: choose low sodium foods for other meals

Which Food Has the Most Sodium?



1 Cup Vegetable Beef Soup



3 Ounces Ham

Label Reading

- Ingredients are listed from the most to the least
- Sodium-containing ingredients: monosodium glutamate (MSG), sodium bicarbonate (baking soda), sodium nitrite, sodium benzoate
- Look at the serving size!!

Label Reading

- Look at mg sodium per serving – compare to 2,300 mg/day recommendations
- Compare similar foods for the lower sodium option
- Look for “low-sodium,” “reduced sodium,” or “no salt added” foods

Food Labels - Another Option

Look at % DV (Daily Value)

1. Low = 5% or less
2. High = 20% or more



Ingredients

Tomato Puree (Water, Tomato Paste), Water, Wheat Flour, Sugar, Contains Less Than 2% Of: Salt, Potassium Salt, Natural Flavoring, Citric Acid, Ascorbic Acid (Vitamin C), Celery Extract, Garlic Oil. Contains: Wheat.

About 2.5 Servings Per Container		
Serving size		1/2 Cup (120mL) Condensed Soup
Amount per serving		
Calories		90
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	480mg	21%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	7%
Total Sugars	12g	
Includes 8g Added Sugars		16%
Protein	2g	

Nutrition Facts				
Serving: ½ cup				
Calories: 60				
Fat: 0 grams				
Cholesterol: 0 grams				
Sodium: 0 mg				
Total carbohydrate: 16 grams				



Nutrition Facts

About 4 servings per container
Serving size 1 Enchilada, Rice,
Sauce & Topping (207g)

Amount per serving
Calories 300

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	41%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	28%
Vitamin D 0.4mcg	2%
Calcium 170mg	15%
Iron 1.8mg	10%
Potassium 640mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN ENCHILADA (CHICKEN FILLING (SHREDDED CHICKEN MEAT, COOKED PINTO BEANS, WATER, PINTO BEANS, ONION, GREEN CHILES (GREEN CHILE, WATER, SALT, CITRIC ACID), TOMATO PASTE, CONTAINS 2% OR LESS: WATER, WHITE VINEGAR, CHILE PEPPER, GARLIC POWDER, DRIED CHICKEN STOCK, ONION POWDER, SALT, CORN STARCH, PARRIQUA, BLACK PEPPER, CUMIN), CORN TORTILLA (WATER, YELLOW CORN MASSA FLOUR, GUAR GUM, CELLULOSE GUM, MONO AND DIGLYCERIDES, METHYLCELLULOSE, CORN STARCH, CITRIC ACID), COOKED BROWN RICE (WATER, BROWN RICE), SKIM MILK, WATER, CHEESE SAUCE (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, WHOLE MILK FAT, SODIUM CITRATE, LESS THAN 2% OF: MODIFIED FOOD STARCH, SALT, LACTIC ACID, SODIUM ALGINATE, ENZYMES), CORN, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ANNATTO COLOR, DRIED BELL PEPPERS, 2% OR LESS OF: POBLANO CHILES, ONION POWDER, GARLIC PUREE, MODIFIED FOOD STARCH, SALT, JALAPENO PUREE, JALAPENO PEPPERS, SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), POTASSIUM SALT, SPICES, AUTOXYDIZED YEAST EXTRACT, CONTAINS MILK.

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Nutrition Facts

About 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 4g 13%

Soluble Fiber 2g

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0% • Calcium 20mg 0%

Iron 1.5mg 8% • Potassium 150mg 2%

Thiamin 0.2mg 15% • Phosphorus 130mg 10%

Magnesium 40mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole grain rolled oats.

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WHEN IT COMES TO
IT'S HARD TO

100% whole grain oats support a diet low in saturated fat and cholesterol as part of a diet low in saturated fat and cholesterol. Not just any oats make the cut. Some are better than others.

THAT'S A WHOLE LOT OF



13 grams of soluble fiber in oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

**Not a low calorie food. See label for more information.
**Oats are inherently free of trans fats.

QUICK 1-MINUTE

The traditional oatmeal cut and rolled oats.



Eat 48g or more of whole grains per day for fiber and overall health.

100% OF THE GRAIN IS WHOLE GRAIN

Diets rich in whole grain foods and other plant-based foods and low in saturated fat and cholesterol may help reduce the risk of heart disease. Heart-Check certification applies only when prepared with water and does not apply to other uses.

Nutrition Facts

6 servings per container
Serving size 1 packet (60g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 4%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 5mg 2%

Sodium 290mg 12%

Total Carbohydrate 40g 15%

Dietary Fiber 4g 14%

Soluble Fiber 2g

Total Sugars 12g

Includes 11g Added Sugars 22%

Protein 10g 17%

Vitamin D 0.1mcg 0%

Calcium 40mg 2%

Iron 1.6mg 8%

Potassium 180mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole grain oats, sugar, whey protein concentrate, whey protein isolate, salt, natural flavor, soy lecithin.

QUAKER SUSTAINABILITY PLEDGE

We value our communities and are continually on the lookout for ways to reduce our environmental impact – especially in areas of oat farming, packaging, and shipping. We've made progress, but there's more work to be done. Join us in our journey to take better care of the Earth. After all, that's where oats come from.



100% OF THE GRAIN IS WHOLE GRAIN

Eat at least three one ounce equivalent (3 servings) of WHOLE GRAINS per day for fiber and overall health. Each oatmeal packet contains a one ounce equivalent (1 serving) of whole grains.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

Share Food Labels

- Serving size
- Amount of sodium per serving or % DV

Which Food Has the Most Sodium?

Chili's

Lighter Choice Magarita Grilled Chicken

OR

6 oz. Sirloin Steak

Which Food Has the Most Sodium?

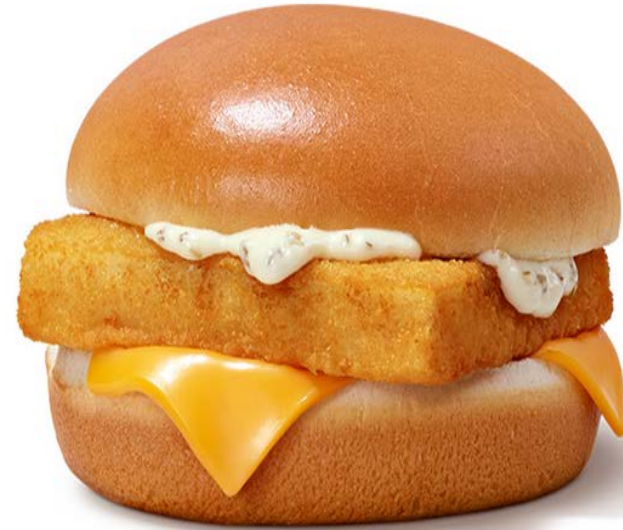
Chili's

Lighter Choice Magarita Grilled Chicken: 2,450 mg

OR

6 oz. Sirloin Steak: 1,010

Which food has the most sodium?



Which Food Has the Most Sodium?



Zaxby's Grilled House Salad



Zaxby's Large Crinkle Fries

Eating Out

- Check Nutrition Information before you order
- Google “Nutrition Facts” or “Nutrition Information” for your specific food
- Calorie King
- Bring something from home: fruit, raw vegetable (if eating fast food)

Eating Out

- If available, order fresh fruit
- Salad: ask for dressing on the side - dip fork in salad dressing
- Get condiments on the side
- Get fries out of the basket before they're salted

Meal Ideas When Eating Out

- Egg McMuffin or egg wrap without meat, plums or grapes from home
- Eggs, oatmeal or toast, fresh fruit
- Grilled chicken, no butter on the bun, condiments on the side with fruit cup, carrot sticks from home
- Small steak (ask for no butter melted on top), baked or grilled fish, baked potato with condiments on side (if too large, take the rest home), steamed broccoli, one dinner roll, split order of ice cream

Meals at Home - Breakfast

- 2 eggs, 1 cup whole berries, 1 cup cooked oatmeal with unsalted almonds, 1 slice whole grain toast with almond or peanut butter
- 1 cup Plain Greek yogurt with fruit and nuts, 1-2 peanut butter toast on whole grain bread
- Scrambled egg wrap with whole grain tortilla, onions, bell peppers, kale; 1/2 -1 small banana, 1 cup low-fat milk
- Scrambled eggs with mashed avocado and/or frozen broccoli, 1 cup whole berries, 2 slices whole grain toast with peanut butter or tub margarine/low sugar jelly

Meals at Home- Lunch

- Sandwich with whole wheat bread, leftover grilled chicken, lettuce, tomato, bell pepper slices, sliced avocado; 1 small apple, carrot and celery sticks, ½ - 1 cup sugar-free pudding
- 1 cup black beans and tomatoes*, steamed -in -package broccoli, one pear
- Dice and Sautee onions, add spices

Sample Meals-Supper

- 1 cup chick pea pasta with marinara sauce, tossed salad, ½ cup canned peaches in juice or one fresh peach, ½ cup ice cream
- Burger on whole grain bun, sweet potato fries (check food label), carrot, celery, bell pepper strips with yogurt ranch dressing

Name 3 Low Sodium Foods

Name 3 High Sodium Foods

Ground Turkey Sausage

- 1 tsp. poultry seasoning
- 4-5 dry crushed rosemary leaves
- 1 tsp. ground sage
- ½ tsp salt
- 2 dashes black pepper
- ½ tsp. ginger powder
- dash ground cayenne pepper
- ½ TBSP. ground parsley leaves
- 1 lb. fresh ground turkey
- ½ onion, diced
- Combine dry ingredients and set aside. Cook ground turkey until browned. Add dry ingredients to turkey. Cook 1-2 minutes. Add onions and cook until onions are tender. Option: make into patties
- Varieties
- Add cooked kale to above mixture (use fresh, bagged cut kale to save time)
- Put in taco shells or pita bread. Add lettuce, diced fresh tomatoes, small amount grated cheese
- Add on top of lettuce salad
- Double recipe and freeze for later
-

Homework:

What Food Swaps Could
You Make to Decrease
Sodium in Your Diet?