



**Detailed information on dietary sodium
for public**

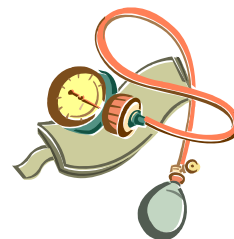
**Lower your sodium
intake and reduce your
blood pressure**



www.lowersodium.ca



Lower Your Sodium Intake and Reduce Your Blood Pressure



The chemical name for salt is sodium chloride, the major source of sodium in our diet. Most Canadian eat more than double the Adequate daily Intake of sodium. Limiting your intake of table salt and other sources of dietary sodium can benefit your health. People over age 45, of African descent or who have diabetes, hypertension, kidney or heart disease are at greater health risk from high dietary sodium.

Did you know that 9 in 10 Canadians will develop high blood pressure?

The chemical name for salt is sodium chloride, the major source of sodium in our diet. Most Canadian eat more than double the Adequate daily Intake of sodium. Limiting your intake of table salt and other sources of dietary sodium can benefit your health. People over age 45, of African descent or who have diabetes, hypertension, kidney or heart disease are at greater health risk from high dietary sodium.

Reducing your sodium intake may help lower your blood pressure. High blood pressure is a major risk factor for heart attack, heart failure, stroke, and kidney disease and is the leading risk in the world for death.

High blood pressure is also known as "hypertension". 1 in 5 Canadians adults have hypertension and more than 9 in 10 will develop hypertension if they live to an average life expectancy. High sodium intake is the cause of hypertension in one third of Canadians with high blood pressure.

Eating a lower sodium, well balanced diet can be as effective as taking a blood pressure medication

A healthy diet, rich in vegetables and fruit, lower fat milk products, and leaner meats and alternatives can lower blood pressure and reduce the risk of heart attack or stroke. Following a lower sodium diet could prevent up to 1 in 4 heart attacks and/or strokes.

If you have hypertension, reducing sodium in your diet can reduce your blood pressure by about half the amount as a blood pressure medication. Those who are 45 years of age or older, of African decent, overweight, diabetic or have chronic kidney disease are likely to have a larger decrease in blood pressure. If you do not have hypertension, lowering sodium in your diet will help prevent hypertension.

There are likely other health risks to eating a diet high in sodium

Diets high in sodium have been associated with stomach cancer, obesity, worsening of asthma and heart failure, kidney stone and osteoporosis.

Guidelines for Sodium Intake

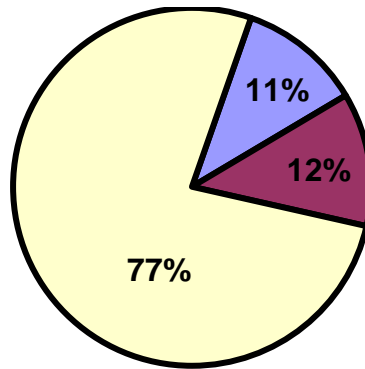
- ◇ Too much sodium is bad for your health.
- ◇ Recommendations on how much sodium you should eat depend on age

Age	Adequate Daily Sodium Intake (mg)	Upper Limit for Sodium Intake (mg)
1 – 3 years	1,000	1,500
4 – 8 years	1,200	1,900
9 - 13 years	1,500	2,200
14 – 50 years	1,500	2,300
51 – 70 years	1,300	2,300
> 70 years	1,200	2,300

Like adults, over 9 out of 10 Canadian children ages 4-8 years eat more sodium than the Upper Limit.

The average Canadian adults' intake of sodium is 3500 mg/day!

Sources of dietary sodium



- Occurs Naturally in Foods
- Added at the Table or in Cooking
- Restaurant/Processed Food

Over ¾ of the sodium in our diet is added to the food we eat before we buy it

The following 10 groupings of foods/beverages accounted for over half (55%) of all sodium that Canadians consumed

Processed food categories	% of all sodium intake
Pizzas, sandwiches, submarines Hamburgers and hot dogs	19.1
Soups	7.4
Pasta	5.7
Liquid milk and milk-based beverages	4
Poultry and poultry dishes	3.8
Potatoes	3.4
Cheese	3.2
Cereals	3.0
Beef	2.0
Sauces	2.9

Results from the 2004 CCHS



Table salt and sea salt have the same amount of sodium

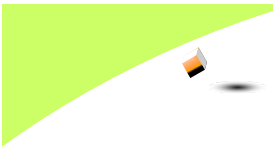


Processing Can Add Sodium To Food			
Food	Sodium (mg)	Food	Sodium (mg)
Plain pasta	5	Pasta & sauce	800
Cucumber	2	Dill Pickle	385
Fresh salmon	56	Canned salmon	272
Cheddar cheese	176	Processed cheese	407
Coffee – Cream & sugar	15	Cappuccino – from mix	250

Did you know that a typical fast food burger contains about 1,000 mg of sodium? Add a large fries and the total increases to about 1,500 mg.

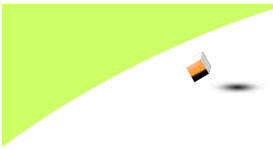
From these two foods alone, you will have met your entire Adequate daily Intake for sodium

Examples of Sodium Content of Restaurant Foods	
Menu Item	Sodium (mg)
Breakfast Egg Sandwich	840
Chicken Caesar Salad	570
12" Pepperoni Pizza	5960
Deluxe Cheeseburger & Medium Fries	1910
Fried Chicken Dinner	2280



Breakfast Menu Makeover			
High Sodium	Sodium (mg)	Low Sodium	Sodium (mg)
Commercial raisin bran muffin – large	800	Multigrain bread – 2 slices	300
Butter – 2 pats	75	Peanut butter 1 Tbsp	75
		Banana	1
Flavoured coffee – 16 oz.	300	Black coffee	0
Total	1175		376

Lunch Menu Makeover			
High Sodium	Sodium (mg)	Low Sodium	Sodium (mg)
Multigrain bread – 2 slices	300	Multigrain bread – 2 slices	300
Deli meat – 2 oz.	765	Leftover roast beef – 2 oz	37
Cheddar cheese – 1 oz.	176	Lettuce and cucumber	0
Mustard – 1 tsp.	56	Mustard – 1 tsp.	56
Dill pickle	385	Carrot sticks	60
Total	1682		453



Dinner Menu Makeover			
High Sodium	Sodium (mg)	Low Sodium	Sodium (mg)
Fast food chicken burger	990	Grilled chicken breast	64
Medium French fries	540	Baked potato Sour cream – 1 Tbsp.	33 6
Ketchup – 1 Tbsp.	110	Tomato slices – 6 Steamed broccoli 1 cup	11 25
Milkshake – 16 oz	350	Milk	122
Total	1990		261

Tips to Help Lower your Sodium Intake

There are many small changes you can make in your food choices that will help lower your sodium intake. **Aim for at least less than 2300 mg of sodium a day.**



- ◇ Eat fresh and unprocessed foods more often
- ◇ Choose fresh or frozen vegetables and fruits or dried fruit



- ◇ Choose fresh, frozen or low-sodium canned fish
- ◇ Limit processed, cured, smoked or breaded meats and poultry



- ◇ Use small amounts of oil, rather than butter or margarine for cooking
- ◇ Try making homemade salad dressing, or use commercial dressings sparingly
- ◇ Flavour food with lemon juice, fresh garlic, spices, herbs and flavoured vinegar



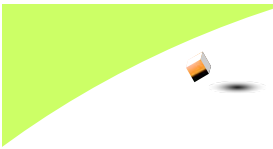
- ◇ Look for unsalted snack foods if buying chips, pretzels, nuts, seeds and crackers
- ◇ Use quick-cooking, rather than instant oatmeal



- ◇ Limit all cheese, especially processed cheese slices or spreads



- ◇ Be aware of higher sodium content of instant puddings, hot chocolate and flavoured coffee mixes



To Do

Cut down on salt at the table and in cooking. Instead use low-sodium seasoning or no sodium mixes.

Use only small amounts of condiments such as ketchup, mustard, soy sauce, pickles, olives, gravies and salad dressings that are high in sodium

Plan meals at least a day in advance. Find quick meal ideas in cookbooks and on-line.

Rinse canned foods in fresh cold water before cooking or eating.

Do more home cooking. Limit reliance on processed foods such as canned or dried soups, canned vegetables, frozen dinners, "instant" foods and flavored rice/pasta packages.

When shopping

Buy fresh or frozen, unprocessed foods most often

Look for low-sodium soups

Read food labels and buy brands with the lower mg of sodium per serving. Look for foods that have less than 10% (or 200 mg) of the daily value per serving and avoid foods with 20% (or 400 mg) of daily value per serving.

Choose breads, crackers, baked goods and "healthy choices" with the lower mg sodium per serving than competing brands

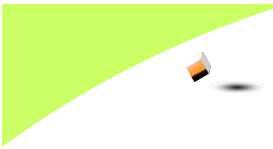
Look for foods labeled sodium-free, no added sodium, low in sodium, or reduced in sodium

When Eating Out

Ask for less salt to be added to your food when eating at restaurants

Eat less fast foods and take-out meals

Check out the sodium content of your take-out foods



Sodium information on the Nutrition Facts label

The Nutrition Facts panel gives the amount of sodium in milligrams (mg) and the % Daily Value based on the stated serving size. Be careful as the amount of sodium is per serving and many people eat more than one serving size.

What does the % Daily Value mean?

The % Daily Value tells you whether the mg of sodium is a little or a lot compared to the **upper limit** of sodium per day.

Guidelines to help you make lower sodium food choices



Lower in sodium

% Daily Value = 10 % or less
Less than 200 mg per serving



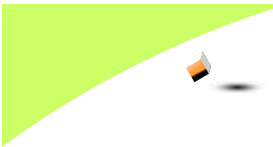
Higher in sodium

% Daily Value = 20 % or higher
400 mg per serving

Nutrition Facts	
Valeur nutritive	
Per 1 apple (130 g) / par 1 pomme (130 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 16 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	4 %

mg of sodium per serving
mg de sodium par portion

TOO MUCH TROP	400+
WATCH OUT ATTENTION	200-400
GO AHEAD ALLEZ-Y	0-200



Adjusting to a Lower Sodium Diet

You can adapt your taste buds to enjoy a less salty diet by gradually eating lower sodium food choices. Over time, you will develop a preference for foods with less sodium. In fact, you will find that some foods such as processed or restaurant foods taste too salty.

For More Information

www.lowersodium.ca

www.sodium101.ca

Blood Pressure Canada

www.hypertension.ca/

Dial-A-Dietitian – Nutrition for High Blood Pressure

<http://www.dialadietitian.org/>

Dietitians of Canada – Frequently Asked Questions and Fact Sheets <http://www.dietitians.ca>.

Select the “Resource Centre” link followed by the “Search for DC Resources” link. Enter “High Blood Pressure and Sodium” into the Keyword box

www.heartandstroke.ca/BP

To stay healthy, check your blood pressure regularly



The Public Recommendations for the management of hypertension are available at:
<http://hypertension.ca/bpc/resource-center/educational-tools-for-health-care-professionals/>

Sodium101.ca
Get the Facts!



Notes