



Salt.... Shake the Habit!

Blood Pressure & Salt

Blood pressure is the force of blood against the blood vessels as the heart pumps it around the body. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout the body. High blood pressure (also known as hypertension) means there is too much pressure in the blood vessels and can cause health problems.

Dietary sodium is an important contributor to high blood pressure. More than 75% of the sodium we eat is added by the food industry. Adults should limit their sodium intake to no more than 2000mg daily. Follow the tips below to reduce your sodium intake.

Tips for Reducing Sodium Intake

- ♥ A pinch of salt may be used in cooking
- ♥ Take the salt shaker off the table – it doesn't matter if it's sea salt, kosher salt, iodized salt, fleur de sel, Himalayan salt, etc.
- ♥ Try a blend of herbs and spices or use a salt-free product such as Mrs. Dash®
- ♥ Replace garlic salt, onion salt, and celery salt with the fresh product or powder
- ♥ If Kosher meats are used, soak them in water and do not use salt in meal preparation
- ♥ Rinse any canned products (e.g. beans, vegetables, etc.)
- ♥ Use fresh and home-prepared foods whenever possible

Limit:

- ♥ Any foods that have been pickled, processed, cured, smoked, or salted, e.g. Pickles, olives, smoked meats
- ♥ Canned soups, vegetables, sauces, gravies, dressing, marinades

Avoid:

- ♥ MSG, and brine
- ♥ Salt substitutes, such as "No Salt®", "Nu-Salt®", "Half Salt®", unless approved by your physician or dietitian
- ♥ Foods that have visible salt, e.g. Potato chips, salted nuts, salted pretzels, salted crackers

Check your food labels:

- ♥ If any of the following terms appear in the top 5 of the list of ingredients, avoid the product: *sodium, brine, baking soda/powder, kelp, or soy sauce*
- ♥ Choose products with no more than 200mg sodium per serving

Sodium Content of Some Foods*

	Food	Serving Size	Sodium (mg)
Grain Products	All Bran Buds, Kellogg's®	1/3 cup	170
	Corn Flakes, Kellogg's®	1¼ cup	220
	Saltines (salted)	10 crackers	335
	Saltines (unsalted)	10 crackers	230
	English Muffin, Dempster's® plain	1 muffin	170
	Whole Wheat Bread, Dempster's® 100% whole wheat	1 slice	175
Vegetables & Fruit	Mushrooms, fresh	½ cup	3
	Mushrooms, canned	½ cup	350
	Cucumber, fresh, sliced	½ cup	1
	Dill pickle, Bick's® garlic	1 pickle	480
	V8® Original vegetable cocktail	1 cup	480
	V8® Low Sodium vegetable cocktail	1 cup	135
	Lemon juice, fresh	½ cup	1
	Lemon juice, canned or bottled	½ cup	27
Milk & Alternatives	Milk, 1% Sealtest®	1 cup	115
	Soy Milk, So Good® Original	1 cup	100
	Cheddar cheese, Black Diamond® Medium	30 g	200
	Cheddar cheese, processed	1 thick slice	462
	Feta cheese	50 g	558
	Greek Yogurt, Vanilla 0%, PC®	100 g	35
Meat & Alternatives	Salmon, Atlantic, farmed, baked or broiled	75 g	46
	Salmon, Chinook (spring), smoked (lox)	75 g	1500
	Pork loin, tenderloin, lean, roasted	75 g	44
	Cooked ham, Maple Leaf®	2 slices	770
	Baked beans, Heinz® Original in Tomato Sauce	¾ cup	585
	Kidney beans, boiled	¾ cup	1
	Peanut butter, natural	2 tbsp	2
	Peanut butter, smooth	2 tbsp	149
	Almonds, dry roasted, salted	¼ cup	119
	Almonds, dry roasted, unsalted	¼ cup	0
Other	Ketchup, Heinz®	1 tbsp	140
	Ketchup, Heinz, Low Sodium	1 tbsp	60
	Yellow Mustard, French's®	1 tbsp	165
	Salt	1 tsp	2373
	Soy sauce, VH® Regular	1 tbsp	1160
	Soy sauce, VH® Reduced Sodium	1 tbsp	770
	Mrs. Dash® seasoning blends, all blends	¼ tsp	0
	Diet Coke®	250 mL	36
	Chicken noodle soup, Campbell's Ready to Enjoy®	1 cup	650

*Source: Canadian Nutrient File, version 2010

For more information, please contact your Registered Dietitian: