

Season Your Foods Without Salt



U.S. Department of Agriculture

According to the 2005 Dietary Guidelines, most Americans eat more salt than their bodies need. The Dietary Guidelines recommend having less than 1 teaspoon of salt per day.

Eating too much salt can increase your risk of having high blood pressure. High blood pressure can lead to stroke, coronary heart disease, and kidney disease.

One way to reduce your risk of having high blood pressure is to reduce the amount of salt you add to your foods. Try using seasonings other than salt to prepare your food.

Tips for Using Herbs and Seasonings to Spice up Your Food

- Herbs: A little goes a long way. Use a small amount and mix the food, and then taste. You might not need as much as you think. When using dried herbs in a recipe that calls for fresh ones, use about $\frac{1}{3}$ dried for the fresh herb amount.
- Herbs and other seasonings may seem to cost a lot at first. Since you are using a small amount at a time, you won't have to buy them often.
- Look for "no-name" brand herbs and spices. They cost less and are just as good. You may find them in supermarkets or large discount stores that sell food items.

Common Seasonings		
Seasoning	Foods to use it on	Tips
Basil	Pork, veal, potatoes, vegetables, rice, bread	*Basil has a sweet aroma and flavor. *Basil is a great seasoning to use with tomato products.
Garlic, fresh or powder	Any meat, fish, vegetables soups, bread, rice	Use garlic <u>powder</u> , not garlic salt.
Lemon, fresh or bottled lemon juice	Chicken, fish, vegetables	*Fresh lemon juice adds flavor that tastes like salt. *Sprinkle lemon juice on fish. *Add lemon juice to vegetables as they cook.
Onion, fresh or powder	Any meat, fish, vegetables, soups, rice	Use onion <u>powder</u> , not onion salt.
Oregano	Pork, potatoes, rice, veal, vegetables	*Oregano is often used in sauces made with tomatoes and on pizza.
Sage	Beef, chicken, turkey, pork, rice, vegetables	Sage can be used when cooking vegetables and other foods instead of pork fat.
Thyme	Beef, chicken, turkey, pork, rice, vegetables	Thyme can be used when cooking vegetables and other foods instead of pork fat.

Turn the page over for more information on salt and sodium

USDA Foods now offer low sodium canned tomato products and canned dry beans.
USDA will offer more low sodium vegetables in the future.

Questions and Answers about Table Salt and Sodium

What is table salt made of?

- Table Salt is made of **sodium** and chloride. Both are minerals, a chemical substance.
- **Sodium** is the part of table salt but too much may cause health problems for some people.
- Small amounts of **sodium** are found naturally in some foods like meat, poultry, dairy products and vegetables.

What will food labels tell you about sodium?

Nutrition Facts Label

- When reading a Nutrition Facts label on a food product, look for the **sodium** content. Foods that are low in **sodium** contain less than 140 mg per serving.

Ingredient Labels

- Labels list the ingredient that weighs the most first and the ingredient that weighs the least is listed last. So look for foods where **sodium** or salt is near the end of the list.

What are some foods that contain sodium?

Foods don't have to taste salty to contain **sodium**. Most packaged or ready-to-eat foods contain some amount of **sodium**. This is important to remember when you think about your daily eating.

Sodium can be found in foods like:

- Processed Foods: canned vegetables, soups, luncheon meats, and frozen foods
- Natural Sources: meat, poultry, dairy products, and vegetables
- Snack Foods: juices, chips, granola bars, and popcorn
- Ketchup, mayonnaise, barbecue, soy, and tarter sauce

For more information on diet and related topics, visit these links to Federal government websites:

U. S. Department of Health & Human Services, Dietary Guidelines for Americans: <http://www.health.gov/dietaryguidelines/dga2005/document/>

USDA's *MyPyramid* food guidance system website: <http://www.mypyramid.gov>

Or write to: National Agriculture Library Food and Nutrition Information Center, Nutrition.gov Staff, 10301 Baltimore Avenue Beltsville, MD 20705-2351

Nutrition Facts	
Serving Size 1/2 cup (123g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 1g	
Vitamin A 10%	Vitamin C 25%
Calcium 2%	Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	