HEALTHY EATING WORKSHOP

Cut the Salt
Agenda

• Salt versus sodium – what’s the difference?
• Sodium and its impact on health
• Sources of sodium
• Ways to reduce sodium
• Put it into practice
• Wrap up
Objectives

After today’s workshop, you will:

1. Understand how sodium affects health
2. Identify the top sources of sodium in the diet
3. Know at least two new strategies to help you reduce sodium in your diet
What foods do you eat that you think have a lot of sodium in them?
What is Sodium?

• Sodium is an essential mineral that helps control blood pressure and other functions in our body.
• Salt is a source of sodium.
• Salt is often used as a preservative and to flavor food.
• Most people eat too much sodium but may not know it.

1 teaspoon of salt = 2,300 milligrams of sodium
What’s the big deal?

Too much sodium is bad for your health.

• It can increase blood pressure in adults and children.
  o One in four New Yorkers has high blood pressure.

• High blood pressure increases the risk of heart disease and stroke.
  o Heart disease is the leading cause of death in New York City.
Sodium Limits

If you are...  Eat no more than...

• 14 years or older  • 2,300 milligrams per day
• 9 to 13 years old  • 1,800 milligrams per day
• 4 to 8 years old  • 1,500 milligrams per day
• 1 to 3 years old  • 1,200 milligrams per day

Sources of Sodium in the Diet

True or False?

The best way to eat less sodium is to stop using the saltshaker.
Sources of Sodium in the Diet

True or False?
The best way to eat less sodium is to stop using the saltshaker.

False
Most of the sodium we eat comes from packaged and restaurant foods.
Sources of Sodium in the Diet

Restaurant and processed foods, 71%

Inherent to food, 14%
Home food prep, 6%
Other sources, 1%
Added at the table, 5%

Sources of Sodium in the Diet

True or False?

Foods high in sodium always taste very salty.
Sources of Sodium in the Diet

True or False?

Foods high in sodium always taste very salty.

False

Foods high in sodium don’t always taste salty.
Strategies to Cut the Salt

1. **Eat and shop** for low-sodium food.
   - Choose whole foods over processed foods.
   - Check the label.

2. **Prepare food** with less salt.

3. **Choose** food with less sodium when eating out.
   - Use the sodium warning icon.
   - Choose wisely off menus.
   - Eat healthy on the go.
1. Eat and Shop for Low-Sodium Foods

Choose whole foods over processed foods.

• Whole foods are foods with nothing added and nothing taken away:
  • No unhealthy fats, sugar or salt added
  • No vitamins, minerals or fiber taken away

• Examples:
  • Fresh fruits/vegetables
  • Whole grains
  • Nuts, legumes, eggs
1. Eat and Shop for Low-Sodium Foods
Choose whole foods over processed foods

Whole Foods *Healthiest*

Processed Foods *Least Healthy*
1. Eat and Shop for Low-Sodium Foods

Check the label
1. Eat and Shop for Low-Sodium Foods

Check the label: Nutrition Facts

**Nutrition Facts**

16 servings per container
**Serving size 1 slice**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>%</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
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</tr>
<tr>
<td>Sodium</td>
<td>180mg</td>
<td>8%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
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<tr>
<td>Dietary Fiber</td>
<td>&lt;1g</td>
<td>&lt;3%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin D 0mcg 0%
Calcium 50mg 4%
Iron 1.2mg 6%
Potassium 40mcg 0%

*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.*
1. Eat and Shop for Low-Sodium Foods

Check the label: Nutrition Facts

**Nutrition Facts**

16 servings per container

**Serving size 1 slice**

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<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<td>Dietary Fiber</td>
<td>&lt;1g</td>
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<tr>
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<td>0g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>50mg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.2mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>40mcg</td>
</tr>
</tbody>
</table>

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**Keep this LOW < 5%**
1. Eat and Shop for Low-Sodium Foods

Check the label: Nutrition Facts - Which would you choose?

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
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</tr>
<tr>
<td><strong>% Daily Value</strong></td>
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<tr>
<td><strong>Total Fat</strong></td>
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</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
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<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td><strong>Dietary Fiber</strong></td>
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<tr>
<td><strong>Total Sugars</strong></td>
<td>4g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>0mcg</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>1mg</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>140mcg</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>50</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
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</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>300mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td><strong>Dietary Fiber</strong></td>
<td>4g</td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>5g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>0mcg</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>1mg</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>129mcg</td>
</tr>
</tbody>
</table>

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1. Eat and Shop for Low-Sodium Foods

Check the label: Nutrition Facts - Which would you choose?

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 servings per container</td>
<td>3 1/2 servings per container</td>
</tr>
<tr>
<td>Serving size 2/3 Cup (91g) frozen; 1/2 cup prepared</td>
<td>Serving size 1/2 Cup (122g)</td>
</tr>
<tr>
<td>Amount per serving</td>
<td>Amount per serving</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>60</td>
<td>50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat 0g</td>
<td>Total Fat 0g</td>
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<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>Saturated Fat 0g</td>
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<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Cholesterol 0mg</td>
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<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>Sodium 300mg</td>
</tr>
<tr>
<td>0%</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate 12g</td>
<td>Total Carbohydrate 11g</td>
</tr>
<tr>
<td>4%</td>
<td>4%</td>
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<tr>
<td>Dietary Fiber 4g</td>
<td>Dietary Fiber 4g</td>
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<tr>
<td>17%</td>
<td>14%</td>
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<tr>
<td>Total Sugars 4g</td>
<td>Total Sugars 5g</td>
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<tr>
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<td>Includes 1g Added Sugars</td>
</tr>
<tr>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Protein 5g</td>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin D 0mcg</td>
<td>Vitamin D 0mcg</td>
</tr>
<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium 0mg</td>
<td>Calcium 0mg</td>
</tr>
<tr>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Iron 1mg</td>
<td>Iron 1mg</td>
</tr>
<tr>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium 140mcg</td>
<td>Potassium 129mcg</td>
</tr>
<tr>
<td>2%</td>
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</tr>
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1. Eat and Shop for Low-Sodium Foods

Check the label: Front of the Package

• Helps quickly find low-sodium options

• Examples:
  ✓ low sodium
  ✓ reduced sodium
  ✓ lightly salted
  ✓ no salt added
2. Prepare Food with Less Salt

**Spices**

- Cumin
- Coriander
- Cinnamon
- Cloves
- Turmeric
- Chili

- Add a small pinch at a time
- Stir-fry with a little oil for 30 seconds to release aromas

**Herbs**

- Basil
- Cilantro
- Parsley
- Rosemary
- Oregano
- Thyme

- Add fresh herbs towards the end
- Add dried herbs at the beginning
2. Prepare Food with Less Salt

| Savory Vegetables | Aromatic Vegetables |
2. Prepare Food with Less Salt

**Savory Vegetables**

- Potatoes
- Tomatoes
- Mushrooms

✔️ Give food a hearty or meaty flavor

**Aromatic Vegetables**

- Onions
- Garlic
- Ginger
- Celery
- Carrots
- Peppers

✔️ Release flavors by caramelizing:
  ➢ Sauté in a little oil and don’t move around the pan too much
  ➢ Roast in the oven
2. Prepare Food with Less Salt

| Heat | Acid |
2. Prepare Food with Less Salt

Heat

• Hot peppers (fresh or dried)

✓ To reduce the heat, remove the seeds and inner part of the pepper.

Acid

✓ Acids bring out other flavors in food.

Add these at the start of cooking.
• Vinegar
• Tomatoes
• Wine

Add citrus at the end of cooking.
• Lemons
• Limes
• Oranges
2. Prepare Food with Less Salt

Black-Eyed Peas and Collard Greens

Directions:
1. Heat oil in a large pot over medium heat.
2. Add chopped onion and minced garlic and cook until brown at the edges (about 5 minutes).
3. Add chopped collard greens, chopped tomato, chopped dill and 2 cups water. Cook until greens are soft (20 to 25 minutes).
4. Rinse a can of black-eyed peas and add. Taste and add black pepper or a splash of citrus, if needed. Stir.
5. Serve immediately and enjoy.

*What ways are used to increase flavor in this recipe?*
2. Prepare Food with Less Salt

Black-Eyed Peas and Collard Greens

Directions:
1. Heat oil in a large pot over medium heat.
2. Add chopped onion and minced garlic and cook until brown at the edges, about 5 minutes.
3. Add chopped collard greens, chopped tomato, chopped dill and 2 cups water. Cook until greens are soft, 20 to 25 minutes.
4. Rinse a can of black-eyed peas and add. Taste and add black pepper or a splash of citrus if needed. Stir.
5. Serve immediately and enjoy.

What ways are used to increase flavor in this recipe?
- Aromatic vegetables: caramelized onions and garlic
- Acid: tomato added at the beginning of cooking
- Herbs: dill
- Taste at the end and add black pepper or citrus, if needed
3. Choose Foods with Less Sodium When Eating Out

Sodium warning icon displayed on chain menu items with 2,300 milligrams sodium or more
3. Choose Foods with Less Sodium
When Eating Out: Which has more salt?

Turkey Club, 8 inches

Steak and Cheddar, 8 inches
3. Choose Foods with Less Sodium When Eating Out: Which has more salt?

- Turkey Club, 8 inches: 2,440 milligrams of sodium, 770 calories
- Steak and Cheddar, 8 inches: 1,970 milligrams of sodium, 840 calories
3. Choose Foods with Less Sodium When Eating Out

- Plan ahead by looking up nutrition information online.
- Visit the restaurant’s website for nutrition information.
- Visit [Menustat.org](http://Menustat.org) for nutrition information about foods and drinks served in chain restaurants.
3. Choose Foods with Less Sodium When Eating Out

- Choose whole foods when possible.
- Ask for dressings and sauces on the side.
- Get a side salad or vegetables instead of high-sodium sides like fries or onion rings.
- Ask for low-sodium soy sauce.
- Eat smaller portions by:
  - Ordering a small dish;
  - Sharing with a friend;
  - Taking some home for later.
- Skip the bread basket.
- Avoid items with lots of cheese or that have bacon, ham or salami.
- Avoid foods that are pickled or smoked.
3. Choose Foods with Less Sodium When Eating Out

• Bring healthy snacks with you on the go.
  ➢ Examples: fruit, vegetables, whole grain crackers and nuts

• Bring a packed lunch to work.
  ➢ Choose whole foods over processed foods.
  ➢ Flavor your food without salt.

• Explore healthy eating policies for your workplace.
  ➢ Meetings and events
  ➢ Vending machines
  ➢ Cafes and cafeterias

Visit nyc.gov/health and search for “Food Standards.”
Summary of Strategies to Cut the Salt

1. **Eat and shop** for low-sodium foods.
   - Choose whole foods over processed foods.
   - Check the label.

2. **Prepare** food with less salt.

3. **Choose** foods with less sodium when eating out.
   - Use the sodium warning icon.
   - Choose wisely off menus.
   - Eat healthy on the go.
Let’s Practice

Create Your Own Salt-Free Seasoning Mix!

1. Think of a dish that you love to make.
2. Create a no-salt seasoning mix that will increase the flavors of this dish.
3. Share what you’ve created with a partner.

Spices:
Black/White Pepper
Chili
Cinnamon
Coriander
Cumin
Paprika
Turmeric

Herbs:
Basil
Mint
Oregano
Rosemary
Sage
Thyme
Find a partner and introduce yourself.
Take turns and share:

What strategy will you use to reduce sodium and why?
Resources

Visit [nyc.gov/Health](http://nyc.gov/Health) and

1. Search for “Cut the Salt.”
   - Cut the Salt Health Bulletin
   - Heart Disease Choose Less Sodium

2. Search for “healthy eating.”
   - Healthy Eating and Active Living Guide

3. Search for “farmers markets” to find local produce.
   - Text “SoGood” to 877877 to find your nearest farmers market
   - Onsite education is available at select markets.

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).
Thanks for Attending!