



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.
 - One in four New Yorkers has high blood pressure.
- High blood pressure increases the risk of heart disease and stroke.
 - 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 |

Source: National Academies of Sciences, Engineering, and Medicine. Dietary Reference Intakes for Sodium and Potassium; 2019. doi: <https://doi.org/10.17226/25353>.

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?

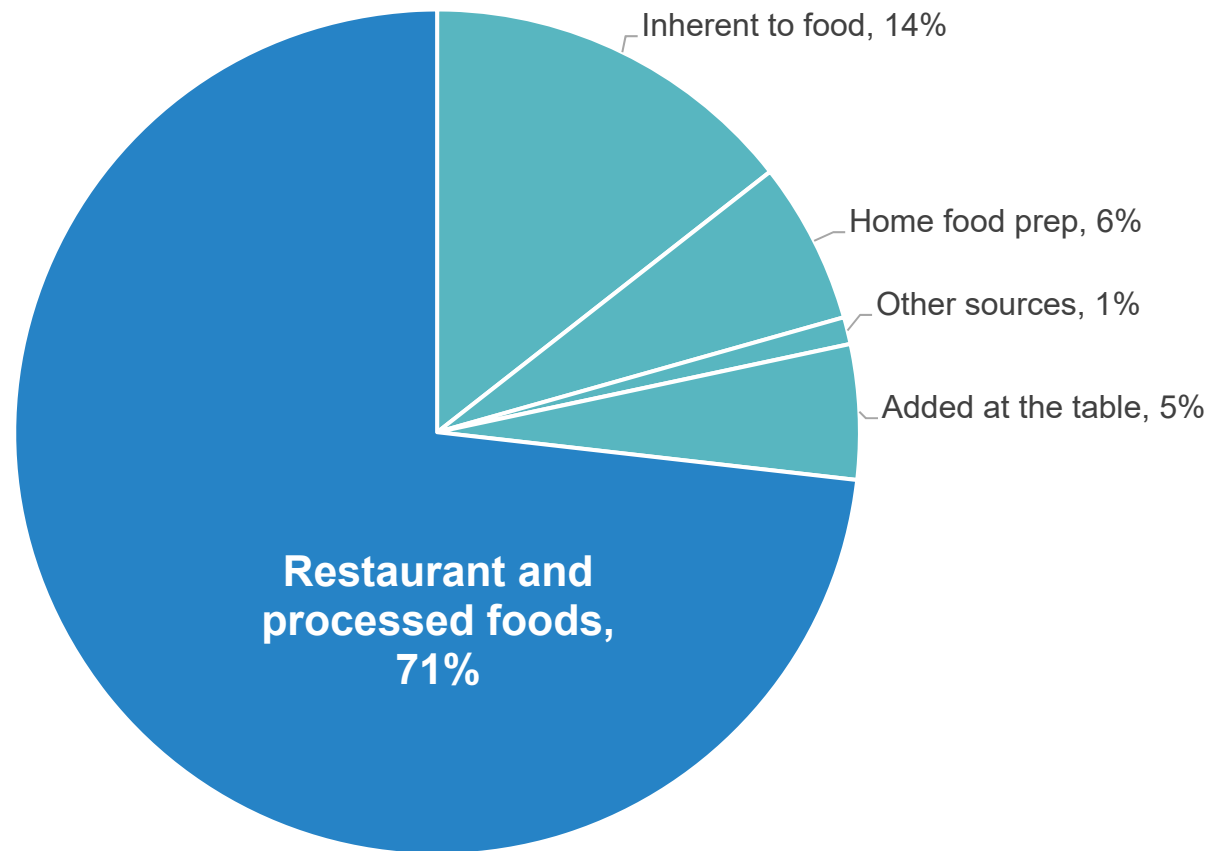
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False

Most of the sodium we eat comes from packaged and restaurant foods.



Sources of Sodium in the Diet



Source: Harnack, LJ, Cogswell, ME, Shikany, JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*, 2017; 135: 1775-1783.



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

Amount per serving

Calories 110

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 21g 8%

Dietary Fiber <1g <3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

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



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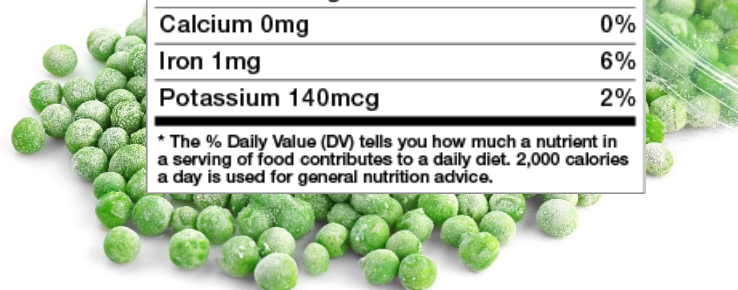
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Keep this
LOW < 5%

1. Eat and Shop for Low-Sodium Foods

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



Nutrition Facts	
5 servings per container Serving size 2/3 Cup (91g) frozen; 1/2 cup prepared	
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	17%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 140mcg	2%
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Nutrition Facts	
3 1/2 servings per container Serving size 1/2 Cup (122g)	
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 129mcg	2%
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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

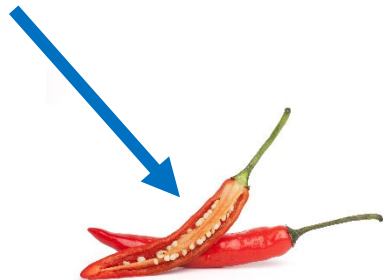
Acid

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

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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

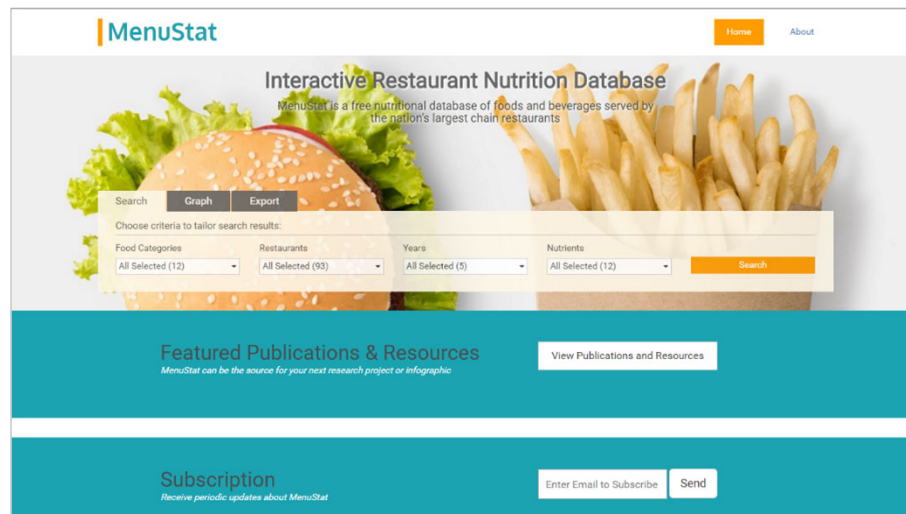
Steak and Cheddar, 8 inches



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 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.
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 - Use the sodium warning icon.
 - Choose wisely off menus.
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Let's Practice

Spices:

Black/White Pepper
Chili
Cinnamon
Coriander
Cumin
Paprika
Turmeric

Herbs:

Basil
Mint
Oregano
Rosemary
Sage
Thyme

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.





Plan for the Future

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 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.

Thanks for Attending!

