



# How Salt Savvy are You?



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In our fast paced world, convenience foods have become a quick and easy alternative to home cooking. However, you may pay a price for the convenience because these foods are usually higher in sodium. For example: frozen dinners on average range between 580-1250 mg. sodium per meal. Microwave popcorn ranges between 105-195 mg. sodium per cup (1 bag is equal to 6 cups). Processed lunchmeats can range anywhere from 305-1215 mg. per serving. Processed American cheese has 405 mg. sodium per ounce compared to Swiss that has 75 mg. sodium per ounce. Fast foods are also extremely high in sodium. Burgers and specialty sandwiches pack a whopping 1100-1740 mg. of sodium per sandwich.

According to the dietary guidelines for Americans it is recommend that we monitor the amount of sodium in our diets. 2400 mg. of sodium a day is optimal. Excessive consumption of sodium can lead to edema and increases in blood pressure in those individuals who are salt sensitive. Here are a few suggestions to decrease the sodium intake in your diet:

- ✓ **Double the marinating time for poultry and meat with low sodium marinades**
- ✓ **Increase the amount of spices and herbs in recipes by 25%**
- ✓ **With long cooking dishes, reserve about 25% of the seasonings to add during the last 10 minutes of cooking, herbs should be finely crushed.**
- ✓ **Buy fresh meats from the deli rather than cured or processed meats**
- ✓ **Choose fresh or plain frozen foods. Avoid breading, sauces, marinades that contain sodium**
- ✓ **Look for low sodium milk and cheese. Use natural cheeses instead of processed cheese**
- ✓ **Look for canned vegetables marked "no added salt" or drain the canned vegetables in a strainer with running water over the top**
- ✓ **Keep plenty of fruit and vegetables on hand for snacks and desserts**

Here's recipe to try:

## **Sesame & Herb Seasoning Blend**

- 2 TB. Sesame seeds, toasted
- 2 TB. Basil leaves
- 2 ½ tsp. onion powder
- 2 tsp. tarragon leaves, crushed
- 1 ½ tsp. ground black pepper
- 1 tsp. garlic powder
- ¼ tsp. celery seeds

In a small jar, combine the sesame, basil, onion, tarragon, black pepper, garlic, and celery seeds. Use to season fish, chicken, vegetables, and in salad dressings. Yield: 6 TB. Serving: ½ tsp. 0 mg. sodium, 0 mg. cholesterol, 5 calories.

Taken from American Spice Trade Association