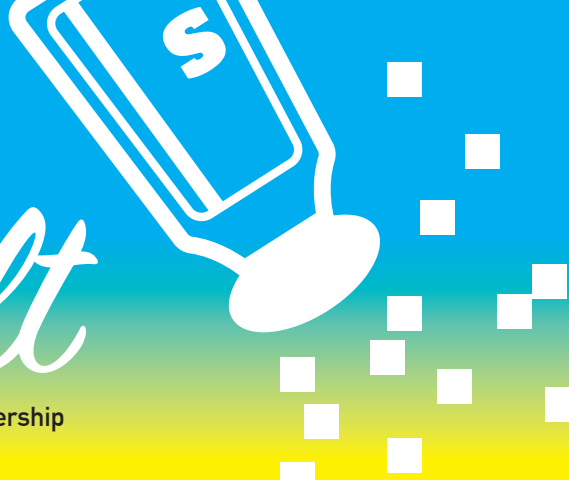


Hold the Salt

Healthy Eating, Healthy Life
Workplace Challenge



An initiative of Human Resources in partnership with the Workplace Wellness Committee

Week 1: Hold the Salt

Although your body needs a small amount of sodium to function properly, consuming too much sodium can negatively affect your health. Diets that are high in sodium are associated with an increased risk of developing high blood pressure, which may lead to a stroke and heart disease. This week's challenge is to reduce your sodium (salt) intake.

WHAT CAN YOU DO TO REDUCE YOUR SODIUM INTAKE?

The recommended daily intake of sodium for adults between the ages of 51 to 70 is 1300 mg and the maximum is 2300 mg (Health Canada). One of the simplest ways to reduce your sodium intake is by reading the nutrition facts table and the nutrient content claims found in products and purchasing healthier options.

Nutrition Facts Table

The nutrition facts table includes information on the serving size, calories and nutrients including the percent daily value (%DV) of core nutrients.

Read the nutrition facts table to determine the amount of sodium found in products. Use the % DV as a guide to make healthier choices. For instance, products with 5% DV or less of sodium per serving have little sodium and 15% DV or more per serving have a lot of sodium. Health Canada recommends selecting products with no more than 15% DV per serving.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
Fat / Lipides 0 g 0 %	
Saturated / saturés 0 g 0 %	
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g 0 %	
Sugars / Sucres 22 g 22 %	
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg 0 %	
Potassium 450 mg 10 %	
Calcium 30 mg 2 %	
Iron / Fer 0 mg 0 %	

Image source:
Canada Food Inspection Agency

Do not forget to check the serving size when comparing products. The serving size represents the quantity of the product that was used to calculate the numbers found on the nutrition facts table.

Nutrient Content Claims

Many food products include nutrient content claims. This information can also help you identify healthier choices. Health Canada sets the rules that must be met before a nutrition claim can be made on a product label or advertisement.

What it says	What it means
Salt/Sodium Free	Less than 5 mg of sodium per serving.
Low sodium	140 mg of sodium or less per serving.
Reduced sodium	At least 25% less sodium than the product which it is being compared to.
Lightly salted	At least 50% less sodium than the product which it is being compared to.
No added sodium or without added sodium	Product contains no added salt, other sodium salts or ingredients that contain sodium that are used as a substitute for added salt.

DID YOU KNOW...?

According to Health Canada

- Almost 80% of our sodium intake comes from eating packaged and prepared foods.
- On average, Canadians eat about 2760 mg of sodium per day (almost 2 times the amount needed).
- About 1 in 4 Canadians over the age of 20 lives with diagnosed high blood pressure. Approximately 30% of these cases are due to high sodium intake.



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ADDITIONAL TIPS FOR REDUCING YOUR SODIUM INTAKE

Seventy-seven percent of the sodium we consume comes from processed foods like pizza, deli meats, sauces and soups. In addition to reading the nutrition facts table and checking the nutrition claims of products, you can lower your sodium intake by:

1. Using fresh meats, fruits and vegetables when preparing meals and snacks.
2. Limiting the use of canned, processed and frozen foods as well as packaged sauces, mixes and “instant” products. For example, a 1/2 cup of a store bought pasta sauce contains 480 mg of sodium (21% DV).
3. Limiting the amount of salt you add to foods when cooking, baking, or at the dinner table. Use no-salt seasoning blends, herbs and spices to add flavor to your food. For example, choose garlic powder over garlic salt.
4. Rinsing canned foods such as beans, peas, lentils to wash away some of the sodium.
5. Choosing light or reduced sodium condiments, adding oil and vinegar to salads rather than bottled dressings, and using only a small amount of seasoning from flavouring packets (e.g. Taco Mix).
6. Checking the nutritional information of restaurant menus and selecting dishes that are lower in sodium.
7. Asking for sauce, salad dressing and gravy on the side when eating out, as well as requesting for your meal to be cooked without salt.

By making healthier choices at the grocery store, at home or when eating out, you can lower the amount of sodium you consume and therefore lower your risk of developing high blood pressure and other chronic diseases linked to high sodium intake.

HEALTHY RECIPE

The link below provides a healthy recipe for a low sodium dinner:

<https://www.foodnetwork.ca/recipe/grilled-chicken-with-roasted-kale/18027/>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week’s Healthy Eating, Healthy Life Workplace Challenge is “Paint your Plate with Fruits and Vegetables”.

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating