

Cutting Back on SALT and SODIUM

8 Tips for Cutting Back

Remember that most of the Sodium and Salt we eat comes from the foods we buy in the store or at a restaurant.

1. Read Nutrition Facts labels on your foods and choose foods with LESS THAN 500 mg of Sodium per serving.
2. Look on the front of the food package for the words "Healthy" or "Low-sodium" or "Sodium-Free"
3. Buy naturally low salt foods like fresh or frozen fruits and vegetables and fresh meat, poultry, or fish.
4. Add your own salt to the foods listed in #3 if you think the flavor is off. You will add much less salt than the food company adds when it makes the food



5. Start your recipe with low sodium foods.
6. Use herbs and spices to give flavor to your recipes.
7. Use only 1/2 of the salt your recipes call for.
8. Try recipes without any salt added and see how they taste.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber 10g	41%
Sugars 7g	
Protein 10g	
Vitamin A 110%	• Vitamin C 90%
Calcium 25%	• Iron 20%
*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	



Connecticut / Rhode Island
Family Nutrition Program



Salt Substitutes

Instead of cooking with salt or soy sauce try these herbs and spices. Using salt substitutes like Mrs. Dash and Salt Sense in place of your regular salt can help you cut back even more.

Herbs and Spices	Recipe Ideas
Basil, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Garlic and Onion	<ul style="list-style-type: none"> • Use each alone or mix them together. • These taste great in tomato sauces (use low sodium tomatoes or tomato sauce). Serve the sauce with pasta or rice and your favorite beans. • Try any of these herbs in your steamed vegetables, or in soups. <p>(Try garlic and onion in both the fresh or powder form)</p>
Chives, Dill, Parsley, Tarragon	<ul style="list-style-type: none"> • Steam any one of these with your vegetables or with FISH. • Tarragon is great in soup. • Dill is great in rice with vegetables and kidney beans, or in dips with yogurt and low fat sour cream. • Chives and parsley are great on top of salad, soup, or baked potato. It is also good in dips with yogurt and sour cream.
Allspice, Garlic, Marjoram, Parsley, Thyme	<ul style="list-style-type: none"> • Mix these herbs and spices together for a terrific meatloaf, pot roast or other red meat dish.
Marjoram, Rosemary, Tarragon	<ul style="list-style-type: none"> • Mix these together, rub on your chicken or turkey (with the skin taken off) and steam it.
Curry powder, Turmeric, Garlic, Onion	<ul style="list-style-type: none"> • Mix these together with tomatoes (tomato sauce), rice, black beans, and corn for a delicious Spanish flavor. • If you don't like curry try the same recipe without the curry powder.

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