



## Seasoning without Salt

**DID YOU KNOW?** The COA uses the USDA target value of 500-750 milligrams (mgs) of sodium per meal. One teaspoon of salt contains about 2,300 mgs of sodium, and the *Dietary Guidelines for Americans* recommend consuming less than that per day. At-risk populations— including people with hypertension, diabetes or chronic kidney disease, and anyone 51 and older — should consume no more than 1,500 milligrams of sodium per day. Like any change, it can take time for your taste buds to adapt to less salt. Foods lower in sodium may taste differently at first, but within a few weeks it's possible to acquire a taste for foods with less salt.

### Some Tips to Reduce Your Sodium Intake

- ✓ **Focus on fresh foods** - Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt and grains like rice are naturally low in sodium. Include these foods more often in meals and snacks.
- ✓ **Try new flavors** - Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice. Make your own salt-free seasonings by combining herbs and spices.
- ✓ **Use caution with condiments** - Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium. Try low-sodium soy sauce and ketchup. Sprinkle only a small amount from a seasoning packet, not the entire amount.
- ✓ **Read food labels** - Read the Nutrition Facts label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Try this salt free seasoning blend:  
Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.  
**Mixed herb blend:** Mix together ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

