

## Sodium and Your Health

Too much sodium increases your risk of high blood pressure, a leading cause of heart disease and stroke. Most sodium comes from restaurant meals and highly processed foods. Aim for no more than 2000 mg of sodium per day.



### Are You Salt Savvy?

- Salt brings out the flavour in foods. Cut back slowly so you develop a taste for less salt.
- Cook at home more often to control the amount of salt in your meals.
- Taste your food before adding salt. Use only the amount you need to make healthy foods enjoyable.

### Label Reading

Use labels to compare products and choose lower sodium options.

- Look for the words “low sodium” or “no salt added” on labels.
- Check the Nutrition Facts table to find products with a lower % Daily Value (% DV) for sodium. 5% DV is a little, 15% is a lot.

### Eat Better

- Try no salt added or reduced sodium canned vegetables, tomatoes or tomato sauce.
- Drain and rinse canned beans and lentils before using to reduce sodium by about half.
- Choose unseasoned meats and fish without breading.
- Cook pasta, rice, potatoes and vegetables without adding salt.
- Make sandwiches with leftover cooked meat, egg, tuna or nut butter instead of deli meats.
- Limit salty snacks.
- Watch portions of condiments such as ketchup, salsa, soy sauce and pickles.

## Food of the Month

### Citrus Fruit



Oranges, grapefruit, lemons and limes can all add a punch of flavour to your food without adding sodium. Citrus fruits are well known for having vitamin C, a powerful antioxidant. They are generally available year-round.

Serving Ideas:

- Peel and enjoy a variety of oranges. Try navel, clementine, tangerine and mandarin oranges.
- Peel oranges or grapefruit into segments and toss on a salad.
- Add lemon or lime juice to marinades and salad dressings.
- Use orange or lemon zest for a pop of flavour in baking.
- Eat whole fruit rather than drinking juice to get the benefit of fibre.

## Salmon Cakes



Serves 6

### Ingredients:

320g		Salmon, canned, no salt added
2 slices		Bread, whole wheat, finely chopped
½ cup	125 ml	Onion, minced finely
2 tbsp	30 ml	Flour, all purpose
3 cloves		Garlic, chopped
2 tbsp	30 ml	Dill, fresh
2 large		Eggs
¼ tsp	1 ml	Pepper
1 tbsp	15 ml	Canola oil
½ cup	125 ml	Sour cream, light
1 tbsp	15 ml	Dill, fresh
½ tsp	2 ml	Lemon zest

### Directions:

1. Mix salmon, bread, onion, flour, garlic, 2 tbsp dill, eggs and pepper together in a medium bowl.
2. Shape mixture into 6 patties.
3. Heat canola oil in a large frying pan on medium-high heat. Cook patties until lightly browned, about 3-4 minutes on each side.
4. Prepare sauce by combining sour cream, remaining dill and lemon zest.
5. Serve each patty with a drizzle of sauce.

### Nutrition Information per Serving (1 patty):

Calories	213
Fat	12 grams
Carbohydrate	10 grams
Fibre	1 gram
Protein	16 grams
Sodium	130 milligrams

## Did you know?

One teaspoon of salt has 2300 mg of sodium. That's more than a day's worth!

## In Your Kitchen

### Cooking with Herbs and Spices

Herbs and spices boost the flavour of food without adding salt.

- Start small. Add ¼ tsp to your dish. Taste and gradually add more until you get the flavour you want.
- Add dried herbs or spices at the start of cooking. Add fresh herbs at the end of cooking.
- Sprinkle fresh herbs on top of foods before serving.
- One tablespoon of fresh herbs equals one teaspoon of dried herbs.



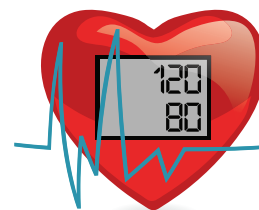
### Savoury Additions

- Add oregano, basil and marjoram to spaghetti sauce.
- Add bay leaves and grated fresh turmeric root to chicken soup.
- Top homemade pizza with fresh basil or arugula leaves just before serving.
- Cook fish with dill or tarragon and a squeeze of lemon juice.
- Rub smoked paprika or Italian seasoning on pork or chicken before roasting.
- Toss potatoes with olive oil, rosemary and garlic before roasting.
- Sauté greens such as spinach or kale with a pinch of nutmeg.

## Pharmacy Corner

High or low, you need to know! Blood pressure fluctuates, so check yours regularly at our in-store blood pressure machine. We have FREE cards to record your readings so you can review them with your health care professional. Talk to our pharmacy team if you have questions!

## Check your Blood Pressure!



### Hungry for more?

Like us on Facebook and follow @SobeysDietitian on Twitter for more nutrition tips and recipes.

To receive Sobeys Dietitians' store schedules and this quarterly newsletter, sign-up at: [www.sobeyspharmacy.com/newsletter](http://www.sobeyspharmacy.com/newsletter)