

My Goal:

I will lower my sodium intake

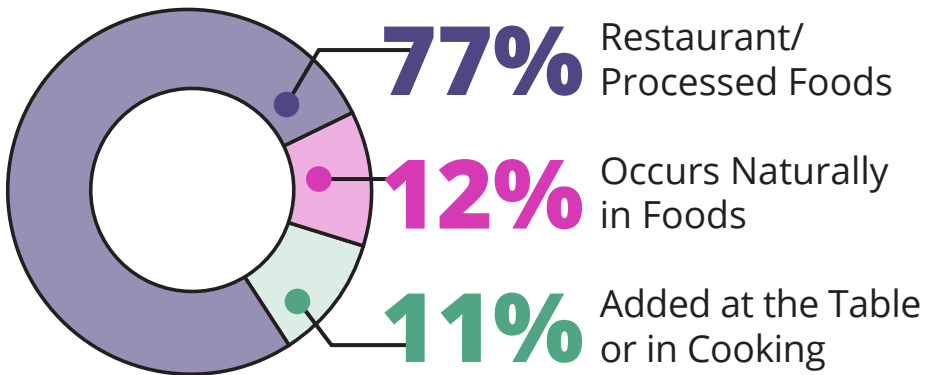
If you already have high blood pressure (BP), you can lower your BP significantly by reducing the amount of sodium (salt) in your diet.

If you do not have high BP, lowering sodium in your diet can still help prevent high BP, heart attacks and/or strokes.

Impact on BP:

↓ 4.1-5.4/2.8 mmHg

Sources of sodium in the average Canadian diet



Checking the sodium content for all foods prepared outside the home will help you identify sodium sources in your diet.

How much sodium do you need?

Canadian adults only need 1,200 – 1,500 mg/day of sodium, depending on their age. **Canadians should not consume more than 2,300 mg/day of sodium.**

Check food labels, choose foods with sodium amounts less than 200mg per serving, or with a % Daily Value of less than 10%.

Nutrition Facts	
Valeur nutritive	
Serving Size 1 Bagel (125 g)	
Portion 1 Bagel (125 g)	
Servings per Container: 6	
Portions par contenant environ: 6	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 290	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 330 mg	14 %
Carbohydrate / Glucides 54 g 18 %	
Fibre / Fibres 7 g	28 %
Sugars / Sucres 4 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	30 %

mg of sodium per serving

TOO MUCH

400+

WATCH OUT

200 - 400+

GO AHEAD

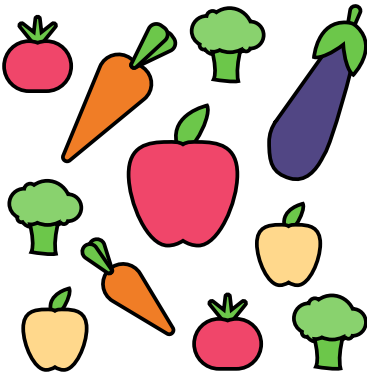
0 - 200

Getting Started:

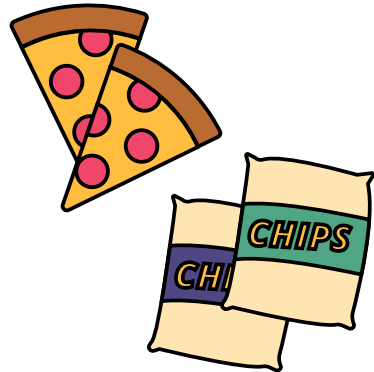
- Cut down on salt usage at the table and in cooking. Use herbs & spices, low-sodium or sodium-free seasoning. If a recipe calls for salt, cut the amount in half.
- Eat fewer fast foods, processed foods and take-out meals. Cook more at home, limiting reliance on processed foods.
- Rinse canned foods in fresh cold water before cooking or eating.
- Use only small amounts of condiments that can be high in sodium like ketchup, mustard, soy sauce, pickles, olives, gravy and salad dressings.



Recommended



Caution





Other resources that can help you to follow the DASH eating plan, and lower sodium intake:

Speak to a dietitian for free: 1-866-797-0000

Visit www.eaTracker.ca, www.UnlockFood.ca, and www.Sodium101.ca