

Thyme For A Salt Substitute

The Salt Facts

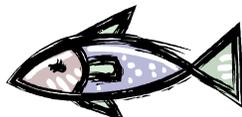


One teaspoon of table salt has 2,325 milligrams (mg) of sodium. Many processed and prepared foods already contain lots of sodium. Most people are getting far more sodium than is recommended, which could lead to serious health problems. Your body needs some sodium to function properly because it:

- Helps maintain the right balance of body fluids
- Helps transmit nerve impulses
- Influences muscle contraction and relaxation

The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day **or 1,500 mg if you're age 51 or older**, African American, or have high blood pressure, diabetes or chronic kidney disease.

Smart Salt Choices



Remember portion sizes when reading labels: does the package make 1 serving or 2.5?

Use foods that are fresh, plain frozen or with “no salt added”

Use fresh poultry, fish and lean meats

Select “convenience” foods that are lower in sodium or better yet, make your own convenience foods by freezing your home-prepared leftovers

Avoid frozen dinners and pizzas, packaged mixes, canned soups, broths and salad dressings (vinegar and oil is very low in sodium)

Rinse canned foods with water to remove sodium

When dining out, remove salt from the table and request your food prepared without salt (order steamed vegetables vs. sautéed)

“Thyme” For A Substitute



Try *Allspice to Thyme* for flavor without the sodium:

- Allspice - ground meats, stews, tomatoes, peaches
- Almond extract - puddings, fruits
- Basil - eggs, fish, beef, stews, salads, soups, sauces
- Bay leaves - meats, stews, poultry, soups, tomatoes
- Curry Powder - meats, chicken, fish, tomatoes
- Dill Weed - fish, soups, potatoes
- Nutmeg - fruits, potatoes
- Paprika - meats, fish, stews, sauces, soups, veggies
- Rosemary - chicken, meats, potatoes, bread, pasta
- Tarragon - poultry, meats
- Thyme - eggs, meats, sauces, soups, vegetables

Salt Quiz



Which food item contains less sodium?

1. Whole bagel or English muffin?
2. 6 oz. plain yogurt or 1/2 c. cottage cheese?
3. 20 pretzels or 15 potato chips?
4. 2 Tbsps. catsup or 1 Tbsp. mustard?
5. 28 cheese crackers or 28 dry roasted peanuts?
6. 1 c. buttered popcorn or three 2 1/2” graham squares?
7. 1/2 c. fresh veggies or canned veggies?
8. 1 c. canned soup or 2 slices bacon?
9. 1 slice meat pizza or 1 fast food burger?
10. 2 oz. cheddar cheese or 2 oz. deli turkey?

ANSWERS:

- | | |
|--|---|
| 1. English muffin, 216mg vs. 475mg | 2. yogurt, 90mg vs. 450mg |
| 2. potato chips, 170 mg vs. 385 | 3. fresh veggies, 10 mg vs. 230 mg |
| 3. mustard, 175 mg vs. 334 | 4. popcorn, 116 mg vs. 135 |
| 4. peanut, 192 mg vs. 274 | 5. cheese, 348 mg vs. 582 mg |
| 5. pizza, 860 mg vs. 994 mg | 6. graham squares, 116 mg vs. 135 |
| 6. fresh veggies, 10 mg vs. 230 mg | 7. whole bagel or English muffin, 216 mg vs. 475 mg |
| 7. 28 cheese crackers or 28 dry roasted peanuts? | 8. 2 Tbsps. catsup or 1 Tbsp. mustard? |
| 8. 1 c. buttered popcorn or three 2 1/2” graham squares? | 9. 1 slice meat pizza or 1 fast food burger? |
| 9. 1 slice meat pizza or 1 fast food burger? | 10. 2 oz. cheddar cheese or 2 oz. deli turkey? |



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