

# SENIOR NUTRITION NOTES

Washtenaw County  
336 Harriet, Ypsilanti, Michigan 48197

## Salt & Sodium



### Tips to help you cut back

- 1). **Think Fresh:** Most of the sodium Americans eat is found in process foods. Eat highly process foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.
- 2). **Enjoy home-prepared foods:** Cook more often at home—where you are in control of what’s in your food. Preparing your own foods allows you to limit the amount of salt in them.
- 3). **Fill up on veggies and fruits—they are naturally low in sodium:** Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.
- 4). **Choose dairy and protein foods that are lower in sodium:** Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.
- 5). **Adjust your taste buds:** Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.
- 6). **Skip the salt:** Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt season mixes. Try black or red pepper, basil curry, ginger or rosemary.
- 7). **Read the label:** Read the Nutrition Facts label and ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled ‘low sodium,’ ‘reduced sodium,’ or ‘no salt added.’