

Healthy Measures: “Shave Your Crave” for Salt

Do you crave salt? If you do, think about how much salt you eat each day. Salt is found in many processed foods; some are visible and some are hidden. Health Canada recommends Canadians eat no more than 2,300 mg of sodium each day, which is about one teaspoon of table salt. Research suggests Canadians eat an average of 3,600 mg a day. Remember, the more salt you eat, the more at risk you put yourself for high blood pressure and stroke.

Here are some tips to help you “shave your crave” for salt:

- Say goodbye to your salt shaker at the dining table – salt is naturally found in many foods and it is added to processed foods. The extra salt added at the table is not necessary.
- Be mindful of sauces and side dishes — many condiments such as soy sauce, ketchup, pickles and relish are concentrated with salt. If you are eating out, you can always request to opt out of these condiments, or have them served on the side.
- Prepare your meals at home. By eating more at home and eating out less, you control how much salt is added to your foods. You can also try using seasonings such as herbs, spices, lemon, fresh garlic and onions as flavour enhancers for your foods.
- Go for the unprocessed — unprocessed foods such as vegetables and fruit provide many beneficial nutrients
- Un-salt your snacks — choose snacks that are unsalted such as unsalted nuts, crackers, popcorn and pretzels
- Be a savvy consumer. Look at the Nutrition Facts table and the ingredient list on food packages. Choose a product with a lower Daily Value of sodium and with sodium not listed as one of the first few ingredients.

Taking responsibility for your heart health is the first step to longevity. Don't treat your health with a grain of salt.

For more information:

[Heart and Stroke Foundation of Canada](#)
[EatRight Ontario: Get the Scoop on Salt](#)
[Health Canada: Nutrition Labelling](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!