

Right Bite: Cutting Back on Sodium

► Learn how to cut fat, cholesterol, and sodium from your diet as part of the Right Bite: Setting the Table for Healthy Eating series. Adults and teens will discover fun ways to make tasty changes to their diet and easy changes to their physical activity.

Most sodium is hidden in processed and restaurant food. Eat more fresh food at home.

Your taste for salt, another name for sodium, is learned. You can unlearn the salty taste by cutting back on salt for **2 weeks**. Even without added salt during cooking or at the table, foods might be too salty.

Balance high sodium foods with lower sodium foods. To do this, use the **% Daily Value** on the Nutrition Facts food label to select lower sodium foods.

- High is a **% Daily Value** of **20%** or more. This means the food is high in sodium.
- Good is a **% Daily Value** of **10%** or less.
- Best is a **% Daily Value** of **5%** or less. This is your best choice because it has less sodium than other foods.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 2mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



In Place of Salt, Use Herbs and Spices on Foods

General Rule of Thumb: Add ¼ teaspoon dried herb or spice to each recipe serving four or use ¾ teaspoon of a fresh herb.



Cayenne: beef, poultry, seafood, soups, stews, sauces, most vegetables

Tarragon: eggs, poultry, fish, salad dressing, cream soups and sauces, potatoes

Ginger: pork, poultry, Chinese dishes, fruit salads

Thyme: meat, fish, poultry, soups or stews, vegetables, salads, salad dressings

Nutmeg: poultry, stews, creamed dishes, fruit, all vegetables except the cabbage family

Basil: poultry, fish, meat, tomato dishes, vegetables, pasta, soups, salads

Oregano: poultry, fish, meat-tomato dishes, vegetables, pasta, soups, salads

Dill: fish, cream sauces, potatoes, green beans, cabbage, carrots

Rosemary: meat, poultry, fish, soups and stews, broccoli, cabbage, cauliflower

Marjoram: meat, fish, poultry, tomato dishes, salad dressing, broccoli, green beans, peas, eggplant

To Cut Back on Sodium

- Remove the saltshaker from the table.
- Cook pasta, noodles, rice, vegetables, and hot cereals in unsalted water.
- Season with lemon juice or a small amount of table wine. Do not use cooking wine—it contains salt.
- Rinse canned vegetables for 1 minute in a colander, and then cook in fresh water.
- Leave the salt out of quick breads.
- Use frozen vegetables without salt instead of canned vegetables.

Other Salty Tips

- Cut the salt in recipes by one-third to one-half.
- Prepare soups, stews, salads, and sauces a day ahead and without salt. Let the natural flavors blend.
- Use fresh or frozen without added salt. In foods, sodium is shown in milligrams (mg). Do not worry about understanding what a milligram looks like. It is very, very tiny. Use foods with fewer milligrams of sodium in them.
- Choose foods that have “Low Sodium” or “Sodium Free” on the label. “Reduced Sodium” may NOT be low in sodium.



$\frac{1}{2}$ cup **canned green beans**
178 mg sodium



1 small **fast-food hamburger**
500 mg sodium



$\frac{1}{2}$ cup **fresh green beans**
2 mg sodium



1 **homemade hamburger**
350 mg sodium



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