

Welcome to



Sodium Savvy

No Phone Zone



A circular graphic with a gradient background transitioning from dark red at the top to bright yellow at the bottom. The circle has a thick, dark grey outer border and a lighter grey inner ring. In the center, there is a white speech bubble with a grey drop shadow and a tail pointing towards the bottom center. Inside the speech bubble, the text "Complete the Popular Salt Phrase" is written in a bold, blue, sans-serif font.

**Complete
the Popular
Salt Phrase**

Objectives

Sodium Savvy

By the end of this class, you will be able to:

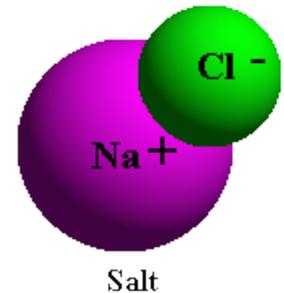
- Understand the role that sodium plays in health.
- Identify sources of sodium in the diet.
- Reduce sodium in your own food intake.
- Reduce sodium in school meals.

The Scoop on Sodium



What is Sodium?

- A mineral
- An electrolyte found in the body
- Part of salt (sodium + chloride)
- 40% of salt is sodium, 60% is chloride
 - 1 teaspoon salt = 2,360 mg sodium
 - $\frac{3}{4}$ teaspoon salt = 1,770 mg sodium
 - $\frac{1}{2}$ teaspoon salt = 1,180 mg sodium
 - $\frac{1}{4}$ teaspoon salt = 590 mg sodium



What Do We Need Sodium For?



- Regulate body fluids
- Regulate blood pressure
- Absorption of nutrients
- Nerve and muscle functions



How Much Is Enough Per Day?

- Dietary Guidelines
 - 2,300 mg/day
- Institute of Medicine
 - 1,200 mg/day for ages 4 to 8
 - 1,500 mg/day for ages 9 to 50
 - 1,300 mg/day for ages 51 to 70
- American Heart Association
 - 1,500 mg/day for special populations

Sodium Reduction Lunch

Sodium Reduction in Final Rule for Lunch Timeline & Amount

Grades	Current Average	Target 1 SY 2014-15	Target 2 SY 2017-18	Final Target SY 2022-23
K-5	1,377	<1,230	<935	<640
6-8	1,520	<1,360	<1,035	<710
9-12	1,588	<1,420	<1,080	<740

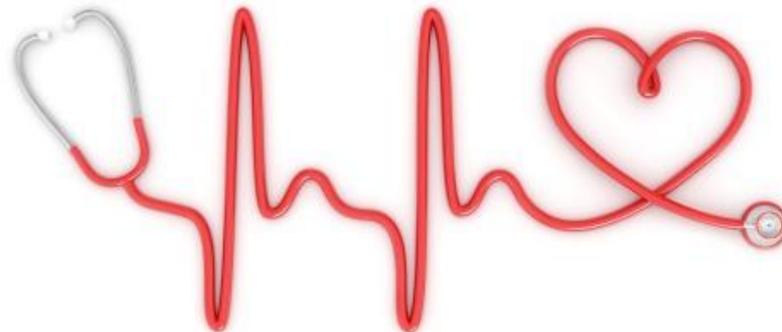
Sodium Reduction Breakfast

Sodium Reduction in Final Rule for Breakfast Timeline & Amount

Grades	Target 1 SY 2014-15	Target 2 SY 2017-18	Final Target SY 2022-23
K-5	<540	<485	<430
6-8	<600	<535	<470
9-12	<640	<570	<500

Why Reduce Sodium?

- The prevalence of high blood pressure in children is rising, increasing their adult risk of heart disease and stroke.
- The average American Adult consumes 2,900 mg to 4,300 mg per day (American Heart Association).



Sodium Sensitivity



Sodium attracts and holds water



Blood volume increases



Heart has to work harder



Increased blood pressure

The Link Between Sodium & Other Health Conditions

- Impaired bone health
- Kidney stones
- Heart Burn
- Increased Risk of Stomach Cancer

- Meniere's Disease
- Kidney Disease
- Liver Disease
- Congestive Heart Failure

Sodium Deficiency

- It is estimated that we need only 200 mg sodium/day to maintain proper function.
- Deficiency is not likely, but possible from: sweating, dehydration, vomiting and diarrhea.
- Could cause low blood pressure, nausea, dizziness or stroke.



Sodium & Athletic Performance



- Sodium helps to maintain the body's fluid balance.
- Prolonged activity and excessive sweating increase the risk of low blood sodium levels (hyponatremia).
- Replacing lost sodium and fluids during extended bouts of exercise is crucial.
- Sodium intake should not be restricted and should be replaced with sports drinks during prolonged exercise.

Where Can We Find Sodium?



■ 5% added while cooking

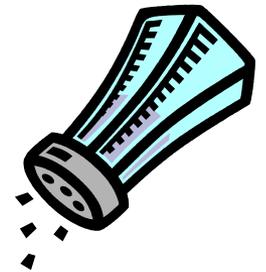
■ 6% added while eating

■ 12% from natural sources

■ 77% from processed and prepared foods

Why Is There So Much Sodium Added to Foods During Processing?

- Enhances natural flavors of food.
- Salty flavor is appealing.
- Acts as a preservative for many processed items.
- Aids in the control of the rate of yeast fermentation in bread making.
- Improves texture of baked goods.
- Disguises chemical and metallic aftertastes.



Why Is There So Much Sodium Added to Foods During Processing?

- Improves tenderness in cured meats.
- Produces an appealing color in processed meats and enhances the golden color of baked goods.
- Draws moisture out of pickled foods to create a crisp and firm texture.
- Increases the volume and stabilizes whipped egg whites and cream.



Food Labels

FDA defined phrases used in sodium labeling:

- ***Sodium Free:** <5 mg sodium/serving
- ***Very Low Sodium:** ≤ 35 mg sodium/serving
- ***Low Sodium:** ≤ 140 mg sodium/serving
- ***Low Sodium Meal:** ≤ 140 mg sodium per 3 1/2 oz.
- ***Reduced Sodium:** $\leq 25\%$ reduction from usual sodium content
- ***Unsalted or No Salt Added:** no salt added to the product during processing

Nutrition Facts			
Serving Size 1 serving (140g)			
Servings Per Container 1			
Amount Per Serving			
Calories	140	Calories from Fat	70
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	300mg		13%
Total Carbohydrate	9g		3%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	8g		
Vitamin A	10%	Vitamin C	20%
Calcium	4%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Tomatoes; Chicken; Mushrooms; White Wine; Celery; Onions; Green Bell Pepper; Flour; Butter; Olive Oil; Salt; Black Pepper.

Sodium on Labels

What to Look For:

- Salt/sodium chloride
- MSG
- Baking soda
- Disodium phosphate
- Sodium alginate
- Sodium nitrate/nitrite
- Sodium benzoate
- Sodium lactate
- Sodium caprate
- Sodium caseinate
- Sodium citrate
- Sodium erythorbate
- Sodium propionate
- Sodium sulfite
- Sodium saccharin



Sodium Savoir



The Good News!

An individual's preference for salt is not fixed. After consuming foods lower in salt for a period of time, taste for salt tends to decrease.



Lower Sodium In Your Diet

- Eat at home more often.
- Eat out less often.
- Incorporate more fresh and frozen vegetables.
- Eat more fruit.
- Rinse canned vegetables.
- Go easy on the salt shaker.

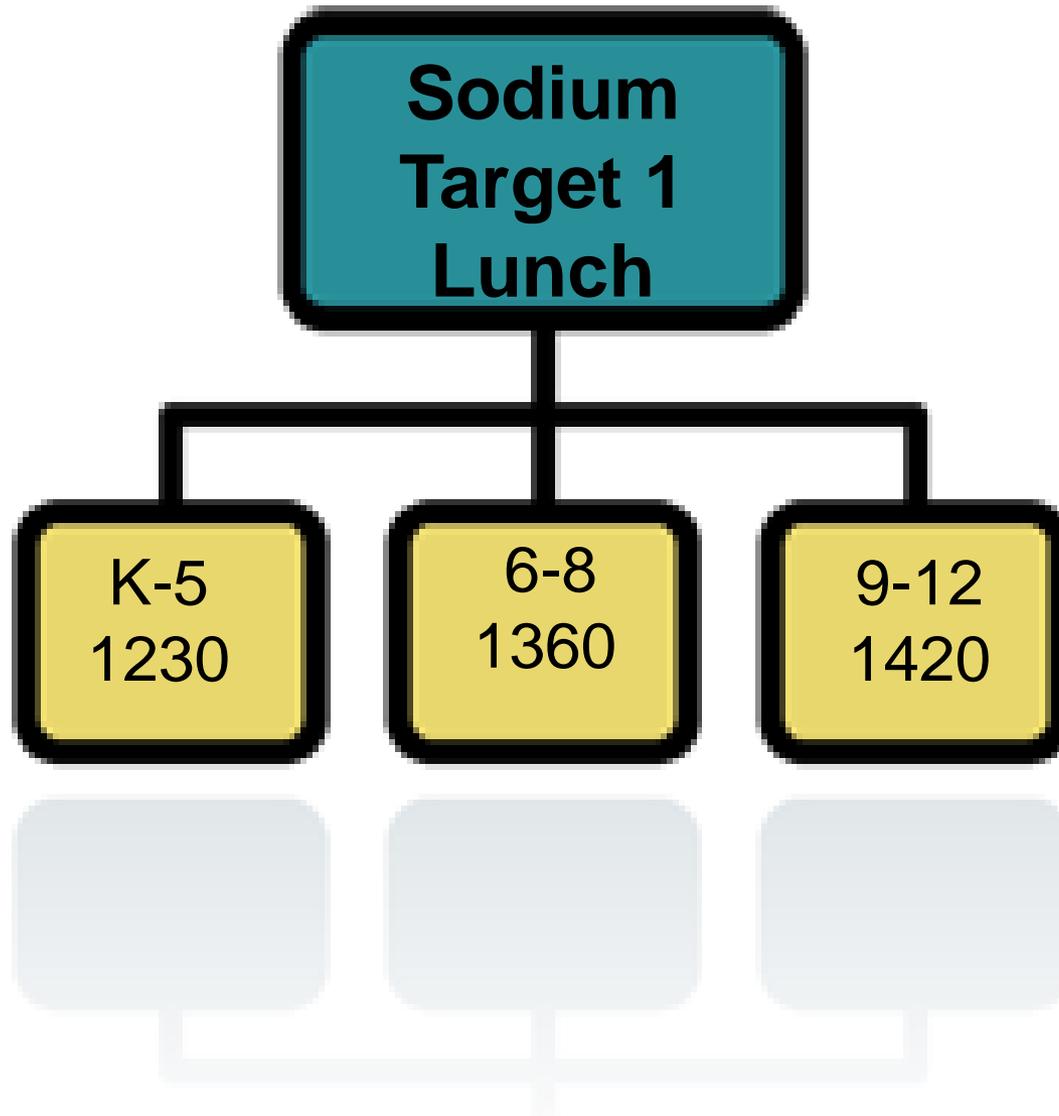


Lower Sodium in Your Diet, cont.

- Substitute lower sodium convenience foods.
- Choose snacks with less than 140 mg sodium.
- Serve condiments less often.
- Use condiments sparingly.
- Ask for oil and vinegar on salads
- Experiment with seasoning blends & herbs.
- Choose lower sodium breads.
- Purchase corn tortillas.



The Sodium Connection



More Than Just Table Salt

- Table salt
- Kosher salt
- Sea salt
- Pickling salt
- Seasoned salt
- Salt substitutes/light salt



Spices and Seasonings

Strong

Bay
Cardamom
Curry
Ginger
Mustard
Pepper
Rosemary
Sage

Medium

Basil
Celery seed
Cumin
Dill
Fennel
Tarragon
Garlic
Marjoram
Mint
Oregano
Savory
Thyme
Turmeric

Delicate

Chervil
Chives
Parsley
Burnet

*1 tsp. per 6 servings

*1-2 tsp. per 6 servings

*May be used in large amounts

Make It & Shake It



Gradually Reduce Sodium In School Meals

- Recondition taste buds.
- Prepare more school-made items.
- Make soups and sauces from scratch.
- Modify recipes to remove or reduce salt.
- Ask for input from staff
- Use low sodium versions of ingredients.



Gradually Reduce Sodium In School Meals, *cont.*

- Use herbs, spices, zests, or juices to flavor.
- Offer salt-free seasonings.
- Try dry mustard or Tabasco on egg dishes.
- Serve condiments and dressings less often.
- Pre-portion condiments.
- Avoid serving pickles.



Gradually Reduce Sodium In School Meals, *cont.*

- Cook vegetables w/o adding salt.
- Rinse canned vegetables.
- Cook vegetables to preserve quality.
- Serve more fresh vegetables.
- Limit high sodium items on food/salad bars.



Gradually Reduce Sodium In School Meals, *cont.*

- Serve grilled chicken breast in meals.
- Offer fresh fruits.
- Use fruits to flavor foods.
- Add lemon to water that is used to boil pasta, rice, beans, and cereals.
- Use corn tortillas in recipes.



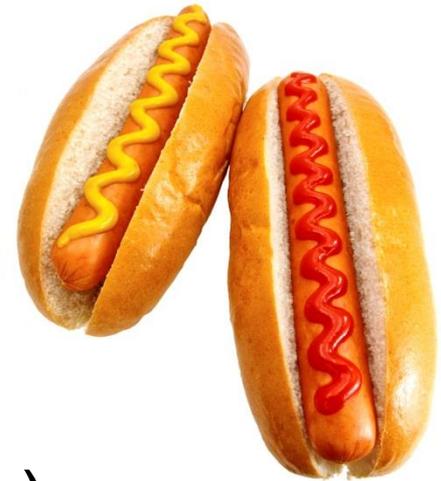
Gradually Reduce Sodium In School Meals, *cont.*

- Avoid serving cheese daily.
- Pre-portion cheese servings.
- Work with vendors to find lower sodium versions of popular foods.
- Offer high sodium menu items less often.
- Balance out the week!



Use High Sodium Foods in Moderation and Balance Through-Out the Week

- Entrées: (>1000 mg/serving)
 - Pizza
 - Hot Dog/Corn Dogs
 - Ham & Deli Meats
 - Sausage
 - Soups
- Salad dressings: (>300 mg/oz)
- Pickles: 3 slices (250 mg)
- Salt: 1 tsp (2360 mg)
- Catsup: 1 oz (350 mg)



Menu Makeover



STEP UP

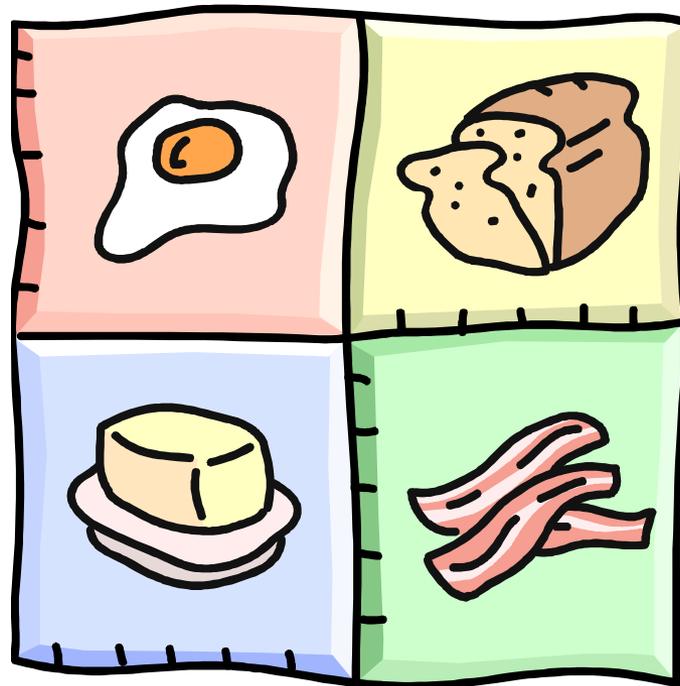
Illinois Team Nutrition Resource



Step Up Menu Plan

Focus on Fruits and Vary Your Veggies	Step Up Goals – Level 1	Step Up Goals – Level 2*	Step Up Goals – Level 3**	Ideas
	<ol style="list-style-type: none"> 1. Add <u>two</u> new types of fruit to your cycle menu. 2. Add <u>two</u> new types of vegetables to your cycle menu. 3. Offer a dark green or orange vegetable or fruit <u>two or more times a week</u>. (linked to HUSSC list) 	<ol style="list-style-type: none"> 1. Offer a different vegetable each day of the week and count 100% vegetable juice only once per week. 2. Offer a dark green or orange vegetable+ <u>three or more times a week using at least two different vegetables</u>. 3. Offer <u>one or more servings</u> of dried beans or peas <u>a week</u>. 4. Offer <u>a</u> different fruit each day of the week and count 100% fruit juice only once per week. 5. Use fruit packed in juice or light syrup and dried fruit with no added sugar. 6. Offer fresh fruits <u>one or more times a week</u>. <p>Note: A fruit or vegetable can count toward more than one goal.</p> <p>+See the Guidance for Dark Green and Orange Vegetables and Dry Beans and Peas for examples of dark green or orange fruits and vegetables and dry beans and peas.</p>	<ol style="list-style-type: none"> 1. Continue to follow action steps from Level 2 2. Offer fresh fruits two or more days a week. 	<ol style="list-style-type: none"> 1. Add navy beans, black beans or garbanzo beans to soups. 2. Cut a kiwi fruit in half and serve with a spoon. 3. Serve fresh fruits kabobs or chunks with nonfat honey yogurt dip. 4. Use a lettuce mix with Romaine lettuce, spinach and/or carrots. 5. Serve ratatouille – a vegetable ragout - made famous by the popular animated movie. 6. Serve oven-roasted sweet potato wedges. 7. Serve steamed broccoli with lemon/garlic seasoning and butter flavored seasoning. 8. Vary your salad bar by adding garbanzo beans or kidney beans; fresh cauliflower, broccoli, spinach, peppers, radishes, cucumbers, tomatoes and frozen peas. <p>Add dried fruits to salads and breads.</p>

Test Your Knowledge: Which Foods Have More Sodium?



Sodium Summary

- Important element in both food and health.
- Adequate amounts are easy to obtain.
- Most American's consume more sodium than is recommended.
- Most health experts agree that excess consumption contributes to the development of high blood pressure in salt sensitive individuals.
- Child Nutrition Professionals can help students learn to enjoy diets with less sodium.