



## Salt in the Diet



Why should you be concerned about salt in the diet? It has no calories, fat, or sugar. The main problem with too much salt in the diet is high blood pressure, which is a major risk factor for heart disease – the number one cause of death in the United States.

Salt increases blood pressure because of the sodium, one of two ingredients in salt. About 65 million people in the U.S. have high blood pressure. Even those with normal blood pressure at age 55 have a 90% chance of developing high blood pressure.

Sodium is needed by the body, but most people get more than necessary.

### How Much Sodium

The National High Blood Pressure Education Program recommends that adults consume no more than 2,400 milligrams of sodium per day, about the amount in a teaspoon of salt.

### Sources of Sodium

About 90% of the sodium consumed each day is “hidden”, that you don’t shake on at the stovetop or the dining table.

Approximately 77% of the sodium in the

average American diet comes from processed foods and restaurant foods. About 12% occurs naturally in foods. Only about 5% is added during cooking and just 6% gets added at the table.

Reduce Sodium - Make changes slowly.

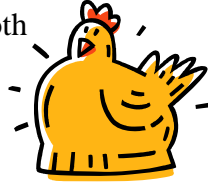
- Remove the salt shaker from the table
- Don’t use the salt packet that comes with fast food
- Draining canned vegetables can reduce the sodium content by about 40%
- Use more fresh or frozen vegetables (without added sauces)
- Select reduced-sodium canned vegetables, soups and broths
- Use less frozen dinners and pizza, these usually are high in sodium
- Read nutrition facts labels for the amount of sodium in a serving

### Other Changes

Limiting sodium in your diet is one step to reducing high blood pressure or your risk of high blood pressure. Also, helpful is controlling calories, maintaining a healthy weight, and including physical activity everyday.

## Chicken and Rice Dinner

- ½ pound boneless skinless chicken breast,  
cut into strips
- ¼ cup chopped onion
- 1 medium carrot, thinly sliced
- 1 garlic clove, minced
- 1 tablespoon butter
- 1 teaspoon cornstarch
- ¾ cup reduced sodium chicken broth
- 1 tablespoon lemon juice
- ¾ cup uncooked instant rice
- 1/3 cup frozen peas



In a skillet, cook the chicken, onion, carrot and garlic in the butter. Combine the cornstarch, broth, and lemon juice until smooth: add to skillet. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in rice and peas. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Serves 2.

Nutrition Facts	
Serving Size (321g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 350	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 4g	20%
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 39g	13%
Dietary Fiber 3g	12%
Sugars 5g	
<b>Protein</b> 31g	
Vitamin A 150%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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## Where the Salt Is – and Isn't

	Sodium (milligrams)
Cooked cereal, rice, pasta, unsalted, ½ cup.....	0-5
Ready-to-eat cereal, 1 cup .....	100-360
Bread, 1 slice .....	110-175
Fresh or frozen, cooked without salt, ½ cup ...	1-170
Canned or frozen with sauce, ½ cup .....	0-460
Tomato juice, canned ¾ cup .....	820
Fresh, frozen, canned fruit, ½ cup .....	0-5
Milk 1 cup .....	20
Yogurt, 8 ounce .....	160
Natural cheeses, 1 ½ ounces .....	110-450
Processed cheeses, 1 ½ ounce .....	600
Peanuts, unsalted 1/3 cup .....	0-5
Peanuts, salted 1/3 cup .....	120
Beans, cooked from dried, or frozen, without salt, ½ cup .....	0-5
Beans ,canned, ½ cup .....	400
Fresh meat, fish, poultry, 3 ounce .....	30-90
Tuna canned, water pack no added salt 3 ounce .....	35-45
Tuna canned, water pack, 3 ounces .....	250-350
Ham, lean, roasted, 3 ounces .....	1,020

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