







Make healthy choices when eating out

CHOOSE THIS...	INSTEAD OF ...
<p>North American food</p> <ul style="list-style-type: none"> Lettuce, onions or tomatoes on burgers and sandwiches Salad with dressing on the side or a baked potato 	<p>North American food</p> <ul style="list-style-type: none"> Cheese, ketchup, mustard, or pickles on burgers and sandwiches French fries or fried onion rings 
<p>Chinese food</p> <ul style="list-style-type: none"> Steamed rice, steamed buns, or dim sum rice noodle rolls with sodium-reduced soy sauce on the side Stir-fried vegetables with garlic Wonton noodles or rice noodles 	<p>Chinese food</p> <ul style="list-style-type: none"> Fried rice or dim sum appetizers in soy, hoisin, fish, or black bean sauces Stir-fried vegetables in oyster sauce Chow mein or fried rice noodles 
<p>Italian food</p> <ul style="list-style-type: none"> Grilled fish, meat, or poultry Pasta in garlic and olive oil Pizza with vegetable toppings 	<p>Italian food</p> <ul style="list-style-type: none"> Lasagna or parmigiana dishes Pasta in tomato or marinara sauces Pizza with bacon, extra cheese or pepperoni 

Halt the Salt

WE EAT TOO MUCH SODIUM.

We all need some sodium but most of us eat more than the recommended amount.

Healthy adults need only 1500 mg of sodium per day, which equals less than a teaspoon of salt.

Healthy children need only 1000-1500 mg of sodium per day.



EATING TOO MUCH SODIUM CAN BE HARMFUL TO OUR HEALTH.

Eating too much sodium can cause high blood pressure, stroke, heart disease, and kidney disease. Eating less sodium can help you and your family stay healthy and feel your best.

SODIUM IS FOUND IN SALT.

All types of salt are high in sodium. Kosher salt, sea salt, gourmet salt, and smoked salt all have about the same amount of sodium as table salt. They are not healthier choices.



Take steps to reduce the amount of sodium you eat. Small changes can make a big difference and help to keep you healthy.

Cut the Sodium, Keep your Health

- You can easily use less sodium at home by preparing your own meals often using little or no salt! Choose the lower sodium way most often.
- Choose fresh fruit and vegetables, unsalted popcorn or unsalted nuts instead of chips, salted pretzels or other salty snacks.
- Eat fewer packaged, ready-to-eat and take-out foods.
- Cook pasta, rice or hot cereal without adding salt.
- Taste your food before adding salt.
- Make sandwiches with roasted meat or poultry, eggs or peanut butter instead of canned or deli meat.
- Make your own soups, sauces and salad dressings.
- Use less ketchup, soy sauce and other condiments, or try the lower sodium option.
- Use oil, unsalted margarine or unsalted butter instead of salted margarine or salted butter.
- Rinse canned vegetables and canned beans, peas and lentils to wash away some of the sodium.



ADD FLAVOUR WITH HERBS AND SPICES!

Basil - tastes great with tomatoes and pasta

Cumin - adds flavour to soups, stews and sauces

Curry- good with meat, poultry and stews

Dill - wonderful with fish, potatoes and eggs

Oregano - perfect in pasta, soups and salads

Paprika - good with seafood, vegetables, potato salad and eggs

Rosemary - delicious with chicken, lamb and pork

Thyme - tasty with chicken, veal, salads and vegetables



Looking for Hidden Sodium?

Look for unsalted and low sodium foods whenever possible. Look for words such as "sodium free", "low sodium", "reduced sodium" or "no added salt" on the package. Use the % Daily Value (% DV) to see if a food has a **little** or a **lot** of sodium.



5% DV or less is a little
 15% DV or more is a lot
 Limit foods with 15% DV or more for sodium.

TRY THIS HELPFUL TIP:

- Look for foods with less than 200mg per serving most of the time.
- Watch out for those with 200-400mg per serving.
- Consider 400mg per serving too much and limit these foods.

Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	440		
Fat / Lipides	19 g	29 %	
Saturated / Saturés	4 g	21 %	
+ Trans / Trans	0.2 g		
Cholesterol / Cholestérol	35 mg		
Sodium / Sodium	860 mg	36 %	
Carbohydrate / Glucides	53 g	18 %	
Fibre / Fibres	4 g	16 %	
Sugars / Sucres	6 g		
Protein / Protéines	15 g		
Vitamin A / Vitamine A		45 %	
Vitamin C / Vitamine C		4 %	
Calcium / Calcium		20 %	
Iron / Fer		20 %	

This example of a Nutrition Facts table shows a product that has a lot of sodium (36% DV).

For more information on reading labels, visit www.healthycanadians.gc.ca

FOOD FOR THOUGHT
 As much as nutrition labels help you to identify foods with lower sodium, keep in mind that it is the products with no labels that are the best, like vegetables and fruits.