

Eat Less Salt and Sodium

Spice it up!

Discover “Doña Fela’s Secret Seasoning” recipe to break your family’s habit of using the saltshaker at the table. Look for other salt-free seasonings in the grocery store.

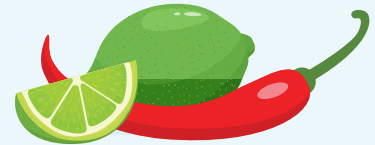
Doña Fela’s Secret Seasoning Mixture

- ½ cup chili powder
- 2 tablespoons paprika
- 2 teaspoons oregano
- ½ teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon red pepper

Fill the saltshaker with herbs and spices and use it instead of salt to flavor foods.

Look for other salt-free seasonings in the grocery store.

Lime and chiles are used by Latinos to add flavor and spice to dishes — soups, stews, fish, vegetables, chicken, beef, and salads



To make food taste good without salt, use cilantro, cumin, fresh garlic, parsley, onion, green pepper, oregano, and a dash of hot pepper. Everyone in my family now likes the taste of foods with less salt.



Eat Less Salt and Sodium (continued)

Take the Lead and Try These Simple Changes:

When Shopping

1. Buy fresh, frozen, or no salt added canned vegetables. Choose food packed in water instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt.
3. Choose foods labeled “low sodium,” “sodium free,” or “no salt added.”

When Cooking

1. Slowly cut back on the amount of salt added when cooking until you don’t use any.
2. Don’t add salt to the water when cooking beans, rice, pasta, or vegetables.
3. Cut back on meats high in sodium, such as bologna, ham, hotdogs, and sausage, such as chorizo.
4. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the saltshaker with a mixture of herbs and spices or Doña Fela’s secret recipe.
2. Slowly cut back on the amount of salt added at the table until you don’t use any.
3. Choose fruits and vegetables instead of salty snacks.



Mariano has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning, so he won’t forget to take them. He walks daily, has stopped smoking, and has found that food tastes good with less salt and sodium.

Make your personal promise to do what Mariano has done! Look at these examples:

Breakfast

Cook oatmeal with fat-free or low-fat (1%) milk, raisins, cinnamon, and no salt.

Lunch

Use leftover roasted chicken to make a sandwich, instead of using luncheon meats.

Dinner

Make your own soup with vegetables and half the usual amount of salt.

Snack

Eat an orange instead of salty chips.

Your health and your family’s health are priceless. Promise healthy food choices!

Write the changes you’ll try to make this week:
