

Monthly Nutrition Education

Topic: Cut Down on Salt and Sodium Time: 10-15 minutes Date: _____

Nutrition Provider/Site: _____

Homebound: ___ OR # of Attendees: ___ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> • List 2 ways to cut down on salt and sodium 	<p>Eat less salt and sodium. An ounce of prevention is worth a pound of cure</p>	<p>Use lesson plan: "<i>Cut Down on Salt and Sodium</i>"</p> <ul style="list-style-type: none"> • Introduction • Handout Discussion • Handout Distribution • Summary Statement 	<p>Provide participants or home delivered meal client with:</p> <ul style="list-style-type: none"> • Handout: <ul style="list-style-type: none"> ○ "<i>Cut Down on Salt and Sodium</i>" (English or Spanish) • Large Food Package (ex: cereal box, or large canned item that contains salt)
<p>For more information, go to: National Heart, Lung and Blood Institute (NHLBI) http://www.nhlbi.nih.gov/health/public/heart/</p>		<p style="text-align: right;">Prepared By: Gayle Dietz, RD, LD Information obtained from NHLBI</p>	

Nutrition Lesson Plan

Topic: Cut Down on Salt and Sodium

Main Message: Eat less salt and sodium ! An ounce of prevention is worth a pound of cure.

Introduction with Audience (2 minutes): To help keep blood pressure under control, many doctors and dietitians suggest cutting back on salt and sodium in our diets. Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods. We can all make a few simple changes to help us eat less salt and sodium. Let's talk about how to help you eat less salt and sodium when you shop and when you cook.

Discussion of Handout (10 minutes): (*Ask for audience participation, starting with the following question...*) **What are some of the things you can do while food shopping?** (*Begin reviewing the handout. When you get to food labels, show a large food package to show food labels. Point out the Nutrition Facts Label and the Ingredient List found on all food packages to help clients identify where to find sodium information. Continue with the section "When you cook").*

Distribute Handout: *"Cut Down on Salt and Sodium" and point out the last area "Choose two or three things". Tell the audience which action YOU are going to choose to cut back salt and challenge the audience to choose one of the five actions to help cut down on salt and sodium in their diets.*

Summary Statement: When it comes to salt and sodium, remember, an ounce of prevention is worth a pound of cure.

Suggested Materials:

Handout "Cut Down on Salt and Sodium"

Large Food Package with Nutrition Facts Label and Ingredient List

Cut Down on Salt and Sodium!

Eating less salt and sodium helps you prevent or lower high blood pressure.

“I want to keep my blood pressure under control, so I cut back on salt and sodium. I took my salt shaker off the table and use less salt in my cooking. My doctor said to eat fewer regular canned soups and lunch meats because they have too much sodium and salt. After making my own homemade soups again, my family won’t even eat canned soups. Too salty—and not as good as mine!”

—Cristina López

Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods. You can make a few simple changes to help you and your family eat less salt and sodium.

When you shop:

* Buy fruits and vegetables for snacks instead of salty chips and salty crackers.

* Read food labels. Buy foods that say “reduced sodium,” “low in sodium,” “sodium free,” or “no salt added.”

* Choose fewer regular canned and processed foods like sausage, bologna, pepperoni, salami, ham, canned or dried soups, pickles, and olives.

When you cook:

* Each day cut back a little on the amount of salt you add to foods. You will soon get used to eating less salt.

* Use spices instead of salt. Season your food with herbs and spices such as pepper, cumin, mint, or cilantro.

* Use garlic powder and onion powder instead of garlic salt and onion salt.

* Use less bouillon cubes, soy sauce, and ketchup.

When you are at the table: Take the salt shaker off the table.

Choose two or three things you will do to eat less salt and sodium.

* Make homemade soups with less salt.

* Check food labels when you shop. Buy foods marked “low sodium,” “reduced sodium,” “sodium free,” or “no salt added.”

* Season your foods with spices instead of seasoned salt and bouillon cubes.

* Take the salt shaker off your table.

* Eat fruits like mango and orange without adding any salt.

Eat less salt and sodium! An ounce of prevention is worth a pound of cure.

¡Coma menos sal y sodio!

Comer menos sal y sodio le ayuda a prevenir o bajar la presión alta.

“Yo quiero tener la presión bajo control por eso uso menos sal y sodio. Quité el salero de la mesa y ahora uso menos sal cuando cocino. Mi médico me dijo que comiera menos sopas enlatadas y carnes procesadas porque tienen mucha sal y sodio. Desde que comencé a hacer mis sopitas caseras, a mi familia ya no le gustó las sopas enlatadas. ¡Muy saladas y no tan sabrosas como las que yo hago!” —*Cristina López*

El sodio es parte de la sal. También es parte de otras mezclas usadas para dar sabor y preservar los alimentos. Usted puede hacer algunos cambios sencillos que le ayuden a usted y a su familia a comer menos sal y sodio.

Cuando compre:

* Escoja frutas y vegetales para comer como bocadillos en vez de papas fritas saladas y galletas saladas.

* Lea las etiquetas de los alimentos. Compre los que tienen marcado “reducido en sodio,” “bajo en sodio” o “sin sodio”.

* Reduzca el consumo de alimentos enlatados y procesados, como chorizo, mortadela, pepperoni, salami, jamón, sopas enlatadas o de sobre, pepino encurtido y aceitunas.

Cuando cocine:

* Cada día disminuya un poco la cantidad de sal que usa. Con el tiempo se acostumbrará a comer menos sal. © Use especias en vez de sal. Déle sabor a sus comidas con hierbas y especias tales como pimienta, comino, menta o cilantro.

* Use ajo en polvo y cebolla en polvo en vez de sal de ajo o sal de cebolla.

* Disminuya el uso de cubitos de caldo, salsa de soya y salsa de tomate (ketchup).

* En la mesa: Quite el salero de la mesa.

Escoja dos o tres cosas que hará para comer menos sal y sodio.

* Preparar las sopas caseras con menos sal.

* Leer las etiquetas de los alimentos al hacer las compras. Comprar los que están marcados como “bajo en sodio”, “reducido en sodio” o “sin sodio”.

* Sazonar las comidas con especias en vez de condimentos con sal y cubos de caldo.

* Quitar el salero de la mesa.

* Comer las frutas como el mango y la naranja sin sal.

Coma menos sal y sodio! Más vale prevenir que lamentar.

