



February

Sodium Challenge
Consume less than 2,300 mg of sodium each day.

Interpreting the food labels...

Sodium free ~ Contains less than 5 mg of sodium per serving

Very low sodium ~ 35 mg or less per serving

Low Sodium ~ 140 mg or less per serving

Reduced Sodium ~ Contains at least 25% less sodium than the original product

Without added salt ~ No salt is added during processing to a product which would normally have salt added

No salt added ~ Unsalted

February 2012

S M T W T F S

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Indicate on the calendar, the days you at less than 2,300 mg of sodium

At the end of the month, turn in your challenge results at the front desk or email to gonsteaddocs@aol.com

Name: _____

days I met February's challenge: _____

“On average, Americans consume over 4,000 mg of sodium a day.”

A certain amount of salt in your diet is a biological imperative. Sodium, which along with chloride makes up a salt molecule, is a key player in dozens of different biological processes, from muscle contractions (e.g., the heart pumping) to nerve impulses (e.g., the brain firing) to balancing the movement of water in and out of cells. It also interacts closely with a variety of other chemicals and minerals in the body. Precisely how much salt is enough, and how much is too much — particularly in a specific individual — is not entirely clear. It depends on other dietary factors (like potassium and water intake), as well as activity levels and genetic predispositions.

Salt Aliases

Always read the food label and beware of these salt's aliases: Sodium chloride, sodium bicarbonate, sodium benzoate, monosodium glutamate (MSG), sodium nitrate and disodium.

Tips for Shaking the Salt Habit

Rather than reaching for the salt shaker, try these fresh ideas to add flavor to your meal (you may want to remove the salt shaker from the table):

- Fresh squeezed citrus juice or zest
- Use fresh or dried herbs and spices. This is also a great way to get additional healthy plant compounds found in spices like ground turmeric, ginger, cumin, cinnamon, curry powder, oregano and paprika
- Experiment with a little aged balsamic, fig or other vinegar for a nice tang
- Try a drizzle of flavored basting, lemon, pumpkin seed or truffle oil
- Fresh garlic is a delicious way to add lots of flavor with health benefits
- Rinse canned vegetables 2 minutes under running water to reduce sodium by up to 40%
- Add a few drops of hot pepper sauce or red pepper flakes
- Choose lower sodium versions

Make the Salt Swap

Ditch your highly processed table salt for a high quality sea salt. You'll add vital trace minerals to your diet, as well as taste and texture. Try Celtic salt which should be gray in color. There are lots of others out there too, so experiment.