

Control your sodium

How much sodium do we need each day?

The American Heart Association recommends no more than 2,300 milligrams (mg) a day with an ideal limit of **no more than 1,500 mg per day for most adults**, especially those who have high blood pressure.

We get much of our sodium from processed foods.

The saltshaker is only part of the problem. More than 70 percent of the sodium we eat comes from processed, prepackaged and restaurant foods that is already added before we even buy it. Making more meals at home and eating less processed foods are great ways to help control our sodium intake.



Control your sodium intake to keep your blood pressure under control.

680mg sodium:
 Caesar salad (with dressing, no meat)



80mg sodium:
 2 fun-sized candy bars

400mg sodium:
 Pretzels (1 oz.)

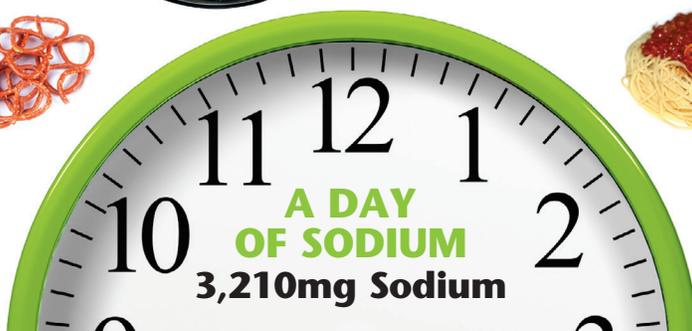


1000mg sodium:
 2 cups spaghetti with meat sauce

800mg sodium: Bacon, egg, cheese English muffin



250mg sodium:
 1 cup popcorn



500mg sodium:
 Homemade salad (feta, olive oil, balsamic dressing)



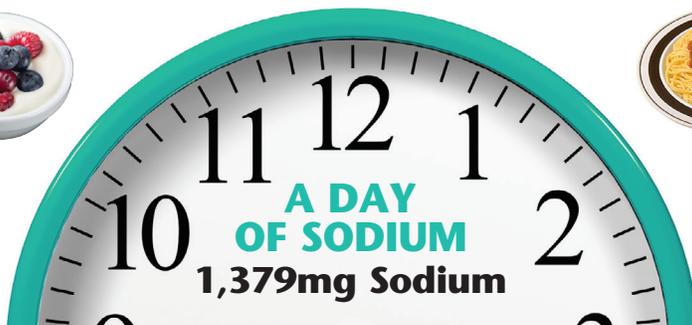
270mg sodium:
 Vegetables and ranch dressing

125mg sodium:
 Yogurt (8 oz.)



484mg sodium:
 1 cup spaghetti with meat sauce

0mg sodium:
 Oatmeal with raisins



0mg sodium:
 Fresh fruit salad

Be a label reader to make the best choice



Canned Spaghetti and Meatballs **1 cup: 925mg**



Frozen Spaghetti and Meatballs **1 cup: 568 mg**



Spaghetti and Meat Sauce made from canned meat sauce **1 cup: 484 mg**

Nutrition Facts	
2 servings per container	
Serving size 1 cup (228g)	
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 200mg	20%

Look for **sodium** on the food label to make the best choice.



To keep your sodium intake low:

- Prepare YOUR meals.
- Enjoy MORE fruits and vegetables.
- Limit processed foods.

Beef Stir Fry

Serves 6

NUTRITION FACTS

Made with sirloin

Calories 413

Total Fat 8g

Saturated Fat 2g

Protein 19g

Carbohydrates 38g

Fiber 6g

Sugars 17g

Sodium 235mg

Ingredients

- 1 Tbsp vegetable oil
- 2 garlic cloves, chopped
- 1 small onion, chopped
- 1 pound lean beef, cut into thin strips (or other meats such as pork or chicken)
- 2 cups fresh or frozen vegetables (carrots, broccoli, cauliflower, peppers, snap peas, etc.)
- 2 cups cooked rice, hot (optional)
- 1/4 teaspoon red pepper flakes (optional)

Directions

1. Place stir-fry pan, wok or skillet over medium-high heat. Add 1 tablespoon vegetable oil.
2. When oil and pan are hot, add the garlic and onion; cook until the onions are browned.
3. Add the meat and cook until it begins to brown.
4. Add vegetables and stir until vegetables are tender.
5. Combine sauce mixture (see recipe below).
6. Pour into skillet with stir-fry. Cook until sauce bubbles.
7. Spoon stir-fry mixture over cooked rice. (optional)
8. Add red pepper flakes (optional).



Stir-Fry Sauce

- 2 Tbsp cornstarch
- 1½ cups cool water
- 3 Tbsp low-sodium soy sauce
- 1/2 tsp black pepper

Directions

1. Combine cornstarch and cool water. Mix well with a whisk or fork.
2. Stir in remaining ingredients.
3. The cornstarch will settle to the bottom, so stir again before adding sauce to stir fry.