

MORE HERBS, LESS SALT:

Sodium is an essential nutrient that is responsible for muscle contraction, nerve function, and fluid balance. However, too much can be potentially bad for your health. High-sodium diets are associated with an increased risk of developing high blood pressure which, if left uncontrolled, can be harmful to heart and/or kidney function. Remember - A normal blood pressure is below 120/80 mmHg!

Current Dietary Guidelines for Americans recommend that healthy adults limit sodium intake to less than 2,300 mg per day (recommendations will vary depending on health conditions). Although, reports suggest that the typical American diet contains more than 3,400 mg of sodium per day. Most of which comes from a combination of fast foods and heavily processed convenience foods. Adding more salt at the table can also contribute to a high-sodium diet - one single teaspoon of table salt contains 2,300 mg of sodium!

Top sources of sodium from an American diet include...



- Sandwiches, burgers, pizza, tacos
- Chips, crackers, and other savory snacks
- Condiments, sauces, and gravies
- Breads, desserts, and other sweet snacks

Have you ever seen packaged foods and drinks with the claim, “reduced sodium” or “no added salt”? While these claims suggest a healthy choice is being made, this is not always the case. Here’s what they actually mean...

CLAIM	WHAT IT ACTUALLY MEANS
Salt/Sodium-Free	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	At least 25% less sodium than the regular product
Lightly Salted	At least 50% less sodium than the regular product
No Added Salt	No salt is added during processing, but may not be salt/sodium-free (unless stated)

HERBS VS. SPICES

Healthy meals can be tasty meals, too! Herbs and spices add natural flavors and colors to foods and drinks, but did you know that the two terms are actually quite different?

HERBS	SPICES
	
The green, leafy part of a plant	The root, stem, seed, fruit, or bark of a plant
Can be enjoyed in fresh or dried form	Often enjoyed in dried form
Examples: Basil, Oregano, Parsley, Rosemary	Examples: Cinnamon, Cumin, Pepper, Turmeric

Did you know that dried herbs are stronger than fresh herbs? In fact, 1 tablespoon of finely cut fresh herbs is equivalent to 1 teaspoon of crumbled dried herbs or ¼-½ teaspoon of ground dried herbs.