



Dietary Sodium and Blood Pressure Public Education Task Force Slide Kit

Note to Presenters

To assist you in presenting the information on dietary sodium and blood pressure, a script has been developed that includes key messages, discussion questions, activity suggestions and background information. You may follow the script closely or modify it for the needs of your audience.

For maximum effectiveness, present this slide kit using an interactive and “hands-on” style. The script for some of the slides begins with a question. Pose the question and encourage your audience to offer some answers and suggestions before presenting the information on the slide. This is an excellent way to increase the participants’ sense of self-efficacy.

An important behaviour that you want to promote with the participants is food label reading. A great way to make the presentation more fun and meaningful, while increasing the participants’ label reading skills, is to have them look at labels and empty food packages, as well as restaurant nutrition information pamphlets. A list of suggested “props” is provided for each of the slides that discuss practical ways to reduce sodium intake. It is important to have a variety of high and low sodium food examples. Encourage the participants to focus on the milligrams of sodium per serving and share their observations with the rest of the group.

At times, the script will include some information enclosed in squared brackets. Do not include these details in your presentation. This is extra background information for the facilitator only.

Feel free to be flexible with this slide kit. Allow approximately two hours to review the entire slide kit with interactive discussion and activities. If you have less time, pick and choose the slides that meet your needs. You may not require as much of the background information at the beginning of the presentation. You could further reduce the length and depth of the presentation by omitting slides 8-10 and 12-17. The meal makeovers and summary quiz could also be deleted without taking away from the key messages of the slide kit.

Several websites are listed on the last two slides. The script directs you to downloadable public education resources found on these sites that you may print and distribute as handouts to your audience.

Slide 1 – Dietary Sodium and Blood Pressure

Did you know that one in four Canadian adults have high blood pressure? That puts many of us at risk as the World Health Organization estimates that high blood pressure is a leading risk factor for death in the world. The good news is that you can take steps to lower your blood pressure. Learning how to reduce the amount of sodium in your diet is one of the most important steps.

Slide 2 – Hypertension/Sodium

Hypertension is the medical term for high blood pressure. Hypertension is sometimes called “the silent killer” because you can have it but feel perfectly well. You can’t see it or feel it, yet high blood pressure can have a significant impact on your health.

You could say that similarly sodium is the “quiet food additive”. Much of our attention has been focused on reducing other food ingredients such as refined sugar and certain dietary fats. We haven’t heard much about sodium and yet it is one of the most common additives in the food we eat.

Slide 3 - Outline

Here’s your chance to learn more about sodium. Today we are going to discuss the following questions about sodium.

Where do we get it? What does it do? How is it a health risk?

How does sodium affect our blood pressure?

You will also learn about the recommendation for restricting your sodium intake and how to reduce how much sodium you eat. We will discuss many practical tips for buying and preparing lower sodium foods, including some simple suggestions for meal makeovers.

Slide 4 – Where do we get sodium?

Let’s start with the basics. Where do we get sodium in our diet?

The answer most people give when asked this question is salt.

Table salt is made up of two minerals – sodium and chloride, therefore if we use the salt shaker at the table or when we’re cooking we are getting some sodium.

Sea salt or gourmet salts contain the same amount of sodium as table salt.

The main ingredient in garlic salt, celery salt and other seasoning salt blends is salt and therefore they also contain sodium.

What most people don’t realize is that we get most of our dietary sodium from the salt and sodium additives that are used in processed foods that we buy. For example, monosodium glutamate is a common additive. If you look at the ingredient list of packaged foods, even those that don’t taste salty, you will often see several sodium additives on the list. We will be discussing processed foods in more detail later in this presentation.

Slide 5 – What does sodium do?

Why is salt or sodium added to our food? What does it do?

Originally, salt was very important in the preservation of food as it inhibits the growth of bacteria, yeasts, and moulds to prevent spoilage. However, our current storage facilities decrease the need to use salt as a preservative.

Salt and sodium additives perform a long list of other functions in processed food. Sodium is a very inexpensive additive making it popular with the food industry.

And of course, the most common function of salt or sodium additives is to enhance the flavour of the food.

Slide 6 – What does sodium do?

Do we need to eat sodium? Does our body need sodium to be healthy?

A small amount of sodium is needed to help regulate our body's fluid balance.

But, if we eat too much sodium our body tissues may hold too much water. This is called fluid retention. Excess fluid puts extra pressure on your blood vessels causing damage.

[Every day we lose some sodium in our urine, stool, and sweat that needs to be replaced.

However, we only need to consume as little as 500 mg of sodium a day to meet our body's needs.]

Slide 7 – How is sodium a health risk?

How is eating too much sodium a health risk?

The greatest health risk of excess dietary sodium is high blood pressure or hypertension.

Hypertension is a risk factor for other serious health problems, such as:

- stroke, heart attack, kidney disease, and dementia.

*[Other medical conditions associated with excess dietary sodium are stomach cancer, osteoporosis and kidney stones.]

Slide 8 – Dietary Changes Can Lower Blood Pressure and Risk

Studies have shown that reducing your intake of dietary sodium can prevent the development of high blood pressure or hypertension.

For some people, a healthy, well-balanced diet according to Canada's Food Guide combined with a low sodium intake can be as effective for treating hypertension as taking a blood pressure medication. In other words, if you change your diet you may not require medication to lower your blood pressure, or you may be able to control your blood pressure with less medication. In fact, 1 in 3 Canadians with high blood pressure could have normal blood pressure if they lowered the amount of sodium in their diet.

A recent study showed that people who began following low-sodium diets reduced their risk of having a heart attack or stroke by 25-30% over the following 10 to 15 years.

Slide 9 – Sodium restriction is especially important . . .

Not everyone's blood pressure responds to a decrease in sodium intake in the same way.

Those who are the most "salt sensitive" are those of African descent.

Also, with age, our kidneys don't filter sodium as well, and therefore we may become more sensitive to the effects of sodium on our blood pressure.

The older we get, the more our blood pressure will respond to a decrease in dietary sodium.

It has also been shown that those with diagnosed hypertension are more salt sensitive.

Slide 10 – Adequate Sodium Intake for Adults

Therefore, we know that excess dietary sodium is a health risk.

Let's talk about some numbers regarding sodium.

As mentioned earlier, our bodies do require a small amount of sodium but it's rare for anyone to be lacking in sodium. The amount of sodium we need depends on our age. Children need less dietary sodium than adults. Adults require less sodium as they get older.

Experts agree that an adequate sodium intake for most adults is 1500 mg per day.*

This table of recommendations shows how our need for sodium decreases with age.

1500 mg per day for those 9 to 50 years of age.

1300 mg per day for those 50 to 70 years of age.

1200 mg per day for those over 70 years of age.

Again, research shows that hypertension among Canadians could be decreased by 30% if we could reduce our sodium intake to these adequate levels.**

*[When referring to quantities of sodium throughout the presentation, it is suggested that you use milligrams instead of millimoles. Food labels list sodium content in milligrams therefore this unit will be more familiar to the general public. To convert mg to mmol divide by 23.]

**[Despite the fact that Canadians obtain much of their dietary iodine from iodized table salt, a low salt diet should not pose a concern for iodine deficiency.]

Slide 11 - Recommended Sodium Restriction

The maximum amount of sodium we should consume a day is 2300 mg.* This is not a goal, but rather a limit. We should eat no more than 2300 mg of sodium a day, and in fact, the lower our intake the better.

To help visualize how much this is, consider that one teaspoon of salt contains approximately 2300 mg of sodium. This might seem like a lot, but remember that most of our sodium intake is hidden in processed food, therefore we need to eat much less than a teaspoon of added table salt a day.

*[You may find references that suggest that the daily sodium intake should be limited to less than 2300 (100 mmol) a day for prevention of hypertension, but to 1500-2300 mg (65-100 mmol) a day for management of established hypertension. The 2007 Canadian Sodium Policy has recommended, "Achieve the goal of reducing Canadians' sodium intake to between 1200 and 2300 mg per day by January 1, 2020." For the purpose of this public education program, it is suggested that the message is simple. Therefore, present the recommendation of 2300 mg only, for both prevention and management of hypertension.]

Slide 12 – Sodium Intake of Canadian Adults

What would you guess is the average daily sodium intake for a Canadian adult?

In 2004, a survey showed that on average, men consumed almost 3600 mg of sodium per day and women consumed about 2700 mg per day.*

These values only reflect the “hidden” salt in foods. An additional 10-20% would need to be added for the salt added in cooking and at the table.

Therefore, the survey revealed that the average Canadian diet contains about 3500 mg of sodium per day.

This amount of sodium is more than double the amount that is adequate for our health and much higher than the recommended limit of 2300 mg a day.

*[Results from the Canadian Community Health Survey which included a Nutrition Study]

Slide 13 – Why is our sodium intake so high?

Why is our diet so high in sodium?

We are very busy people. We want quick meal solutions. Food manufacturers recognize our desire for convenience and have responded with an overwhelming variety of fast, instant, ready-to-eat choices for us.

A growing trend among Canadians is to eat fewer home-cooked meals. We are buying more take-out and restaurant meals. These meals generally contain much more sodium than meals prepared at home with fresh foods where we can control the amount of salt added to the meal.

Slide 14 – no title

Dr. Timothy Jones, an anthropologist at the University of Arizona, has studied the garbage of Americans. What his studies revealed is that many of us know what to eat and often purchase healthy foods such as fresh fruit and vegetables. But as our trash of discarded rotting vegetables and fruit and empty food containers reveals, our busy lifestyle influences what we actually eat.

Slide 15 – Bigger Portions

Our total sodium intake has also increased because our food portions have increased.

Take a look at how portions have changed for our popcorn treat at the movies.

In the 1950's, most people would have enjoyed a box of popcorn that contained 3 cups.

We can now buy jumbo buckets of popcorn that may hold as much as 21 cups. And in some cases, if we order the largest portion we also get free refills!

In general, the more we eat the more sodium we consume.

Slide 16 – Increased Use of Condiments

And what seems to be filling up our fridges these days? Bottles of different condiments and sauces that we're adding to food. We may not be using the salt shaker, but condiments such as ketchup, mustard, soy sauce, salad dressing, relish, pickles, olives, salsa, chutney and other sauces are high in sodium.

Slide 17 – More Processed Food

And of course, there is the effect of processing on the sodium content of food.

Take the example of the tomato. As the tomato is processed into different foods the amount of sodium per serving increases.

Each bar on the graph represents a standard-sized portion of the different tomato products.

A fresh tomato naturally contains a small amount of sodium.

Tomato paste is a more concentrated version of this natural sodium. (50 ml/1/4 cup)

Salt is added to the tomatoes when they are canned. (125 ml/1/2 cup)

As tomato sauce is often used on its own to add flavour to foods such as pasta, manufacturers increase the salt. (125 ml/1/2 cup)

A bowl or cup of tomato soup has up to 900 mg of sodium. (250 ml/1 cup)

Remember, we should only eat 2300 mg of sodium a day. One bowl of soup provides almost half of our daily limit for sodium.

With our intake of processed foods increasing, our sodium intake is up and so is our blood pressure.

Slide 18 – Sources of Sodium

When we look at this graph, it helps us understand where we need to focus our attention when we want to reduce our sodium intake.

Eleven percent of the sodium we consume is that found naturally in the fresh foods we eat and the water we drink.

Only twelve percent is salt that we add at the table or in cooking.

More than three-quarters of our sodium intake is from restaurant or processed foods.

Simply getting rid of the salt shaker is not enough. We need to also decrease our intake of the “hidden” sources of sodium.

Slide 19 – Processing Adds Sodium to Food

Let’s take a closer look at the sodium in processed and restaurant foods.

Here are some other examples of the effect of processing on the sodium content of the food we eat.

These are standard portions that are equivalent for the unprocessed and processed foods.

250 ml (1 cup) cooked pasta – Dry or fresh pasta contains very little sodium; pasta products that come with a package of powdered sauce or seasonings can be much higher in sodium.

Pickling is a method of preserving food and uses salt to do so. A fresh cucumber naturally contains a small amount of sodium; once it is pickled its sodium content multiplies.

75 grams (2 ½ oz.) salmon – When foods are canned, salt is often added. When freezing a food to preserve it, salt is seldom used. Fresh or frozen salmon is much lower in sodium than canned salmon.

30 grams (1 oz.) cheese – Salt is used in making cheese. Processed cheese slices have a higher sodium content than hard, block cheese.

500 ml (16 oz) coffee – The sodium in this cup of coffee is from the sodium naturally occurring in the cream. Cappuccino made from scratch would also be low in sodium however coffee shops often use a mix which can have a higher sodium content.

Slide 20 – Sodium Content of Restaurant Foods

Here are some examples of the sodium content in fast food meals.

Portion size and actual ingredients obviously make a difference. If you ate two pieces of pizza, you would consume slightly less than 1000 mg of sodium compared to almost 6000 mg for the whole pizza. If you ordered a double cheeseburger with bacon and a large fries you would be ordering close to 3000 mg of sodium.

Many fast food entrees contain more than 1000 mg of sodium.

Slide 21 – Reduce Your Sodium Intake

There are many positive changes you can make to reduce your sodium intake. Let's review some suggestions.

First, watch what you buy in the grocery store. Choose fresh, unprocessed foods. Make meals using fresh ingredients such as unprocessed meats or poultry, and fresh or frozen fish and shellfish.

Gradually decrease the amount of salt you use in cooking and at the table. This includes sea salt and other seasonings that contain salt.* You will become accustomed to the taste of less salt.

Use only small portions of condiments such as ketchup, mustard, relish, pickles, olives, chutneys, salsa, mayonnaise, salad dressings, soy sauce and other sauces.

Props:

Containers from salt, sea salt, various condiments or sauces.

*[Potassium is used as a substitute for sodium in salt-replacement products such as No Salt and Half Salt. Many people find that these products taste bitter so they are not very popular. Also, people with kidney conditions who need to limit their potassium intake are not advised to use these products.]

Slide 22 – Reduce Your Sodium Intake

Be creative and try other methods for flavouring your food. Use lemon or lime juice, fresh or powdered garlic, spices, fresh or dried herbs, and flavoured vinegars.

Either make your own, or buy, seasoning mixes that do not contain salt.*

Use vegetable oils, which are sodium free, instead of margarine or salted butter.

*[Websites listed at the end of the slide presentation have recipes and more flavouring suggestions.]

Suggested Props:

Containers from vegetable oil, margarine, dried herbs, and low-sodium seasonings.

Slide 23 – Reduce Your Sodium Intake

Instant, canned and pre-packaged foods often have a much higher sodium content than similar foods that are not as processed. Grocery stores now have many more "convenience" or pre-prepared foods that are not as highly processed. Examples would be frozen vegetables, pre-cut vegetables, salads and coleslaw. You can also buy pre-portioned frozen fresh fish, meat or poultry.

Making home-cooked meals is easier if you have planned what you will prepare ahead of time. There are many quick, easy recipes in a variety of cookbooks, magazines and on-line.

Suggested Props:

Here is an opportunity for you to share some of your favourite resources for healthy, easy-to-prepare meals.

Slide 24 – Reduce Your Sodium Intake

It is important to read food labels. Look at the ingredient list. Make sure that salt, or ingredients with sodium in their name, are not near the beginning of the list.

Manufacturers are starting to produce more foods that are lower in sodium. Check for foods with the labels salt-free, no added salt, low in sodium, or reduced in sodium

Suggested Props:

Packaging from low-sodium packaged or canned foods.

Slide 25 – Reduce Your Sodium Intake

Look at the Nutrition Facts Table on the food label. Find the milligrams (mg) and % Daily Value for sodium.

Remember that the milligrams of sodium is amount of sodium in one serving of the food. We often eat two to four times the serving amount and therefore would have to multiply the milligrams of sodium as well.

Keep in mind that you want to eat less than 2300 mg of sodium a day. If you ate three of these burgers you would be over that amount ($800 \text{ mg} \times 3 = 2400 \text{ mg}$).

The % Daily Value refers to the amount of sodium in a serving of the food compared to the maximum amount of sodium we should eat a day. In this example, one burger provides you with 33% of the maximum amount of sodium to be consumed a day.

Look for foods with the lowest % daily value. The Canadian Heart and Stroke Foundation recommends choosing foods with no more than 10% for sodium per serving.

For both the mg of sodium and % Daily Value, compare similar products and choose those with the lowest numbers.

Slide 26 – Reduce Your Sodium Intake

Salt makes food taste good and we're looking for flavour when we eat out. Food prepared in restaurants, especially fast food and take-out varieties, is generally higher in salt and sodium than food you would prepare at home. Many restaurants will give you a nutrition information pamphlet upon request that will include the amount of sodium in milligrams that is in each menu item. Some restaurants have this information on their website.

Many of us now eat about one-third of our daily calories as snacks. Look for unsalted varieties of chips, crackers, nuts and seeds if these are your favourites.

Suggested Props:

Packages from a variety of snack foods.

Nutrition information pamphlets or website print-outs for fast food restaurants.

Slide 27 – Reduce Your Sodium Intake

In addition to limiting your sodium intake, you can help control your blood pressure by eating a well-balanced diet according to Canada's Food Guide. There are many low sodium choices from each of the four food groups.*

Most vegetables and fruit are low in sodium.

The exceptions are canned vegetables, or frozen vegetables packaged with a sauce. Rinse and drain canned vegetables to lower the sodium content. Low sodium canned vegetables are available in some cases.

Make fresh potatoes rather than buying potato products in packages, such as instant mashed or scalloped potatoes.

Make homemade dressings for your salads or coleslaw, or use only a small amount of commercial dressings.

Enjoy fresh, frozen, canned or dried fruit.

Suggested Props:

Packaging from fresh foods and vegetables (baby carrots, apples, bagged salad), frozen and canned vegetables, instant potatoes and salad dressing. Regular vs. low-sodium vegetable or tomato juice.

*[Refer to Eating Well with Canada's Food Guide – A resource for educators and communicators published by Health Canada for many more suggestions of lower sodium choices from the food groups.]

Slide 28 – Reduce Your Sodium Intake

Grain products are a staple in our diet. Some foods in this food group are very low in sodium and some are surprisingly high in sodium.

Plain pasta, rice, cooked cereals and grains are low in sodium. However, varieties with extra flavour powders and seasonings, or "instant" products can be very high in sodium.

Although flours are low in sodium, commercial breads, buns and other baked products do contain a significant amount of sodium.

Soups usually contain ingredients from the Grain Products group. Soups can be very high in sodium, especially the instant noodle soups. Look for low-sodium soups or compare the mg of sodium per serving and buy those with the lowest amount. Making your own soup means you're in charge of the amount of salt that is added.

Pancakes, waffles, biscuits, cakes, cookies and muffins can be very high in sodium due to the added salt, baking soda and/or baking powder that is used. Reduce the amount of salt you use when baking at home.

Suggested Props:

Packaging from bread, crackers, baked goods, pancake mix, frozen waffles and pie crust.

Compare packages of:

Pasta – plain – dried or fresh, canned, with powdered seasoning or cheese sauce

Rice – plain vs. packaged with seasoning pouch

Oatmeal – plain vs. instant vs. dry oat-based packaged cereal

Crackers – salted vs. unsalted

Soups – canned, dried, instant, low-sodium

Slide 29 – Reduce Your Sodium Intake

There is a considerable amount of naturally occurring sodium in milk, and therefore in foods made with milk. Milk and yogurt are the lowest sodium choices from the Milk and Alternatives group. Powdered milk products such as instant puddings, milk flavouring powder, hot chocolate mix or flavoured coffee mixes have added sodium.

Salt is used in making cheese and therefore cheese can be quite high in sodium. Processed cheese slices and spreads are higher in sodium than hard, block cheeses such as Swiss, mozzarella or cheddar.

Suggested Props

Milk, yogurt and cottage cheese containers, cheese spread, processed cheese slices or hard cheese packaging.

Slide 30 – Reduce Your Sodium Intake

Choose fresh meat, poultry and fish. Use leftover, cooked fresh meats for sandwiches rather than processed meats.

Look for low-sodium canned fish, or use fresh or frozen, unbattered and unseasoned fillets.

Limit your intake of cured, smoked or processed meats such as, wieners, sausages, salami, ham, pepperoni, corned beef, pastrami and bacon. Eggs are low in sodium.

Cook dried legumes when possible. If using canned legumes such as, chick peas, beans or lentils, rinse the salty liquid off them before using.

Nuts and seeds are an alternative to meat. Choose the natural or unsalted varieties.

Suggested Props

Fish – packaging from fresh, frozen (plain, breaded, with sauce), canned (regular and low-sodium)

Packages from deli meat, wieners, bacon, sausages, canned meat, frozen ready-to-heat burgers, chicken strips, entrees.

Packaging from fresh meats and poultry and eggs.

Plain tofu vs. processed soy-based products such as wieners, ground beef tofu.

Canned legumes vs. dried legumes.

Salted vs. unsalted nuts and seeds.

Slide 31 – Breakfast Menu Makeover

Now let's see how to put some of these suggestions into practice with some meal makeovers.

The next few slides will list examples of a full day's intake of food comparing a menu of high sodium foods with a menu of lower sodium foods.

Compare the sodium content of the different breakfast food items.

Again, remember that the sodium is higher in a baked good because of the added baking soda and baking powder. Also, commercial muffins are often very large.

Natural or unsalted peanut butter would be lower in sodium.

Slide 32 – Lunch Menu Makeover

Here is an example of two very similar lunch menus.

The processed meat and pickle really increase the sodium content of the high sodium menu. Substituting leftover home-cooked meat with vegetables instead of cheese, and carrot sticks, makes a real difference.

Notice the surprisingly high amount of sodium in two slices of bread. The sodium content for the sandwich would be about 75 mg higher if it was made with butter or margarine.

Slide 33 – Snack Menu Makeover

Snacks can also contribute to our overall sodium intake for the day.

Fresh fruit and vegetables and unsalted nuts and seeds are lower sodium snacks compared to baked goods and many other snack foods. Check food labels for sodium when buying your snacks.

Slide 34 – Dinner Menu Makeover

This is a menu that compares a fast food meal to an easily prepared home-made meal.

Both meals include chicken and potatoes.

Not only would the sodium content be lower in the second, home-cooked meal but the saturated fat and calorie level would be lower, while the fibre content would be higher. These are also important considerations for blood pressure management.

Slide 35 – Sodium Comparison

If we compare the sodium content of the menus for the full day we can see that there is a dramatic difference.

The High Sodium Menu had 5157 mg of sodium.

The Low Sodium Menu had 1110 mg of sodium.

The makeover meals were similar in volume to the high sodium meals and were also easy to prepare. Small changes to your food choices can significantly lower your sodium intake. It is very helpful to become more aware of the amount of sodium in the foods you eat.

Slide 36 – The Sodium Challenge

Representatives from Health Canada and the food industry are working together to find ways to decrease the sodium content of our Canadian food supply.

One of the challenges for food manufacturers is that there is no real sodium substitute.

Potassium can be substituted for sodium as potassium chloride but the result is a bitter product. Basically there needs to be a gradual reduction of the sodium in our food supply. Some companies have started to do this. For example, watch for lower sodium soups, bread, canned vegetables and fish, and crackers.

Slide 37 – Dietary Advice for Lowering Your Blood Pressure

To summarize, the dietary guidelines for lowering your blood pressure are to aim for a sodium intake less than 2300 mg a day. Eating a well-balanced, healthy diet similar to Canada's Food Guide will also help lower blood pressure.

Slide 38 – Dietary Sodium Questions

Let's review the information that we have discussed today about dietary sodium and blood pressure by answering some true or false questions.

Reducing your intake of salt or sodium may help you prevent high blood pressure. - True
A high sodium diet is estimated to be the cause of 17% of the diagnoses of high blood pressure.
Reducing dietary sodium has been shown to lower blood pressure for those with hypertension, as well as for people normal blood pressure.

Slide 39 – Dietary Sodium Questions

Your blood pressure may be more sensitive to the effects of sodium if you are over 45 years old.- True

With age, your kidneys don't filter sodium as well, and therefore your blood pressure may be more sensitive to the effects of sodium. The recommended daily intake for sodium decreases as you age.

Slide 40 – Dietary Sodium Questions

Most of the sodium consumed by Canadians is from salt added at the table. - False

At least 77% of the dietary sodium of Canadians is from manufactured and processed foods, and restaurant meals.

Twelve percent is from sodium naturally occurring in food, and only 11% is from salt we add at the table or in home cooking.

Slide 41 – Dietary Sodium Questions

You should aim to eat less than 2300 mg of sodium a day. - True

The 2007 Canadian Sodium Policy recommends that all adults should try and eat less than 2300 milligrams of sodium a day.

Slide 42 – Dietary Sodium Questions

The Nutrition Facts table tells you the number of milligrams (mg) of sodium in the whole package of food. - False

All the nutrient information on the Nutrition Facts table of a food package is for a specific serving of the food. The serving size is written at the top left of the table. Most packages contain more than one serving of the food.

Slide 43 – Dietary Sodium Questions

"Instant" packaged foods and fast food restaurant meals generally have a very high sodium content. - True

The sodium content of instant packaged foods and fast food meal items is often over 1000 mg per serving.

Some examples include instant noodle soups, fast food breakfast sandwiches and salads, pizza and burger meals.

Slide 44 – For More Information

For more information about blood pressure or about sodium and dietary recommendations, visit www.hypertension.ca

Click on “Public” and then “Lifestyle Choices” for many more helpful resources.

Slide 45 – For Low-Sodium Cooking Suggestions and Recipes

For printable handouts on Low Sodium Eating for High Blood Pressure, visit the BC Ministry of Health Dial-a-Dietitian site at www.dialadietitian.org

Click on Nutrition Information, then Heart Health, then Nutrition for High Blood Pressure.

For a printable handout that includes low-sodium recipes and cooking suggestions, visit the Calgary Health Region site at www.calgaryhealthregion.ca

Click on e-Health Information, then Health Information Library, then Nutrition, then “Low Sodium Foods Can Taste Great”.

This slide kit has been endorsed by Blood Pressure Canada and the Dietitians of Canada

www.hypertension.ca

www.dietitians.ca

