

Healthy Eats for a Healthy Beat

Sodium and Healthy Hearts

Sodium is a mineral required by the body for normal functions, such as moving fluids between cells, signaling nerves and regulating blood pressure.

Daily Sodium Goal

Healthy Adult : **2,300mg** or less per day

Health Conditions : **1,500mg** daily or less for those with health conditions

**SALT SUBSTITUTES MAY INTERACT WITH CERTAIN MEDICATIONS.
CHECK WITH YOUR HEALTHCARE PROVIDER!**



Salt is Salt is Salt

All salts, except sodium-free salt substitutes, have similar amounts of sodium. No salt is "healthier" than another.

Dietary Approach to Stop Hypertension



Blood Pressure Guidelines

Normal: 120mm Hg/<80mm Hg

Elevated: 120-129mm Hg/<80mm Hg

Hypertension

Stage 1: 130-139mm Hg/80-89mm Hg

Stage 2: 140mm Hg/90mm Hg



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



READ THE LABEL

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHERE'S THE SODIUM?

- Processed foods
- Prepared foods
- Breads, rolls, buns
- Soup
- Lunchmeat and cured meats
- Pizza
- Poultry
- Pasta sauces
- Restaurant foods

Understanding the Label

Nutrient Content Claims	Definition (Per Serving)
Sodium-free or Salt-free	Less than 5 milligrams sodium
Very Low Sodium	35 milligrams or less sodium
Low Sodium	140 milligrams or less sodium
Reduced or Less Sodium	At least 25% less sodium*
Light in Sodium	50% less sodium*
Unsalted or No Added Salt	No salt added during processing; does not necessarily mean sodium-free

* As compared with a standard serving size of the traditional food

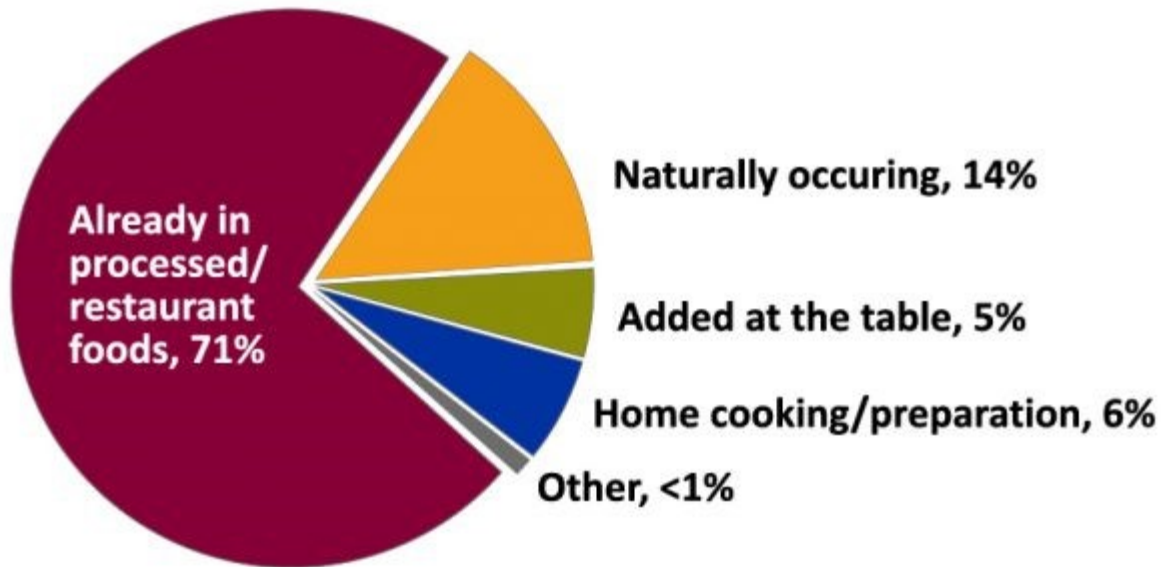
SHOPPING TIPS

- Buy no/low sodium canned vegetables, sauces, and soups
- Select frozen entrees with less than 600 mg. sodium per serving
- Choose lightly salted snacks and nuts
- Fresh unprocessed foods have very little sodium

**RINSE CANNED
VEGETABLES OR
BEANS TO
REDUCE SODIUM
BY 40%!**



Most Sodium Consumed Comes from Processed and Restaurant Foods



Harnack LI, Cogswell ME, Shikany JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*. 2017;135:1775-1783.



Additional Resources:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium>
<https://dashdiet.org/>
https://www.cdc.gov/salt/pdfs/sodium_dietary_guidelines.pdf

References:

American Heart Association. High Blood Pressure.
Dietary Guidelines for Americans 2015-2020, USD
USDA Food Composition Databases

Mary Liz Wright, University of Illinois Extension, Nutrition & Wellness
Serving counties Clark, Crawford & Edgar

Lisa Peterson, University of Illinois Extension, Nutrition & Wellness
Serving counties Christian, Jersey, Macoupin & Montgomery

Susan Glassman, University of Illinois Extension, Nutrition & Wellness
Serving counties Bureau, LaSalle, Marshall & Putnam

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Rainbow "Rice"

INGREDIENTS

- 12 oz. cauliflower rice
- 8 oz. sliced mushrooms, washed
- ½ red onion, washed & chopped
- 1 small zucchini, washed & diced
- 1 red pepper, washed & diced
- ½ cup carrot, washed & chopped
- 1 cup green onion, washed & chopped
- 2 Tablespoons olive oil
- 1 teaspoon garlic powder
- 1 Tablespoon Italian seasoning
- ½ teaspoon ground black pepper
- 1-2 limes, washed, zested, and juiced



DIRECTIONS

1. Wash hands with soap and water. Add olive oil to a hot skillet
2. Sauté, caramelize onions
3. Add carrots, mushrooms, red pepper and Sauté till browned
4. Stir in zucchini, lightly sautéed (still crispy)
5. Layer cauliflower rice, cook and toss together
6. Season with garlic, Italian seasoning, black pepper
7. Toss in chopped green onion
8. Zest lime and squeeze over stir-fry. **Makes 4 servings.**

Nutrition Facts

servings per container

Serving size Per 1 of 4 servings (263g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 16g 6%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 1mg 6%

Potassium 401mg 8%

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8. Zest lime and squeeze over stir-fry. **Makes 4 servings.**

Nutrition Facts

servings per container
Serving size Per 1 of 4 servings (225g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 47mg **4%**

Iron 1mg **6%**

Potassium 499mg **10%**

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