Healthy eating with less salt

How much salt (sodium) should you have each day?

- Most people should aim to have no more than 1500 mg

Learn to cook using less salt

You can lower the amount of salt you eat if you:

- Compare food labels and choose the one with the least amount of salt (sodium)
- Choose low-salt or no-salt options for sauces and seasonings
- Eat fewer processed meats that are high in salt, such as hot dogs and many lunch meats
- Do not cook using salt, bouillon cubes, or meat tenderizers
- Season food with lemon juice, vinegar, and herbs
- Rinse and drain canned foods before use
- Use fresh fruits and vegetables whenever possible
- Taste your food before adding salt

Try this low-salt meat loaf recipe

Makes six $1^1/_4$"-thick slices

Ingredients:

Extra-lean ground beef – 1 pound
4 ounces of tomato paste – $^1/_2$ cup
Chopped onions – $^1/_2$ cup
Green peppers – $^1/_2$ cup
Fresh, blanched, chopped tomatoes – 1 cup
Low-salt mustard – $^1/_2$ teaspoon (tsp)
Ground black pepper – $^1/_2$ tsp
Chopped garlic – 2 cloves
Chopped scallion – 2 stalks
Ground ginger – $^1/_2$ tsp
Ground nutmeg – $^1/_8$ tsp
Grated orange rind – 1 tsp
Crushed thyme – $^1/_2$ tsp
Finely grated bread crumbs – $^1/_2$ cup

Instructions:

- Mix everything together
- Put in 1-pound loaf pan (drip rack is preferred)
- Bake covered for 50 minutes at 350°F
- Uncover and bake for 12 more minutes

Nutritional information per serving:

193 calories
9 grams total fat
3 grams saturated fat
45 mg cholesterol
91 mg sodium
2 grams total fiber
17 grams protein
11 grams carbohydrates
513 mg potassium

Find more heart-healthy recipes in special cookbooks or Web sites like:

- ✓ American Heart Association at www.americanheart.org
- ✓ American Diabetes Association at www.diabetes.org
- ✓ National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov