



SHOP SMART EAT WELL

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..a quarterly bulletin from CalFresh Healthy Living, UCCE Placer and Nevada

Make Every Bite Count with Less Sodium

Did you know about 90% of Americans exceed the sodium limit?

The *2020-2025 Dietary Guidelines for Americans* recommend making every bite count by limiting daily sodium intake to 2,300mg, or about one teaspoon. However, Americans eat about 1.5 times this amount of sodium each day, which significantly increases the risk for high blood pressure (hypertension), heart attack, and stroke.

More than 70% of the sodium (or salt) that is consumed comes from pre-packaged, processed, and restaurant foods. To reduce your overall sodium intake, limit processed foods such as ham, pre-packaged meals, and restaurant-prepared foods. When you are in a grocery store, opt for “low sodium” or “no salt added” products.



- Check for sodium on the Nutrition Facts labels on packaged foods such as lunch meat, canned soup, and frozen meals.
- Drain and rinse canned beans and canned vegetables.
- Add more vegetables and fruits to your meals and snacks.



Sandwiches — More flavor, less salt

Sandwiches are a top source of sodium in the American diet. Sandwiches can be very healthful, but watch your ingredients so you do not overload them with sodium, fat, and extra calories. Choose whole-grain bread, a variety of vegetables, lean protein, and even fruit to pack your sandwich full of nutrients. You can make your sandwich cold, toast the bread, cook just the meat, or grill the whole thing.

7 Steps to a More Healthful Sandwich

1. Choose a base for your sandwich.

Place one slice (or leaf) on a plate.

- 2 slices whole grain bread or sandwich thins
- English muffin; pita pocket
- Flatbread
- Lettuce leaves

2. Pick a spread.

Using a butter knife, apply to one slice of your bread. You also can leave your bread dry and move on to the next step.

- 1/2 small avocado
- 1 to 2 teaspoons guacamole, mustard, light mayo, margarine, basil pesto, etc.

3. Choose one or two protein foods.

Place on top of your spread or base of your sandwich.

- 2 tablespoons hummus
- 2 tablespoons peanut butter
- 2 ounces cooked fish
- 2 to 3 cooked meatballs
- 2 ounces cooked chicken, pork, or beef
- 1 scrambled, fried, or chopped hard-boiled egg
- 2 ounces sliced turkey, roast beef, or chicken
- 2 ounces canned chicken, tuna or salmon

4. Add low-fat cheese (optional).

- 1 ounce (or less) sliced cheese
- 2 tablespoons shredded/crumbled cheese

5. Pile on fruits and veggies!

Choose one or more.

- 1/2 small avocado
- 1 lettuce leaf
- 2 to 4 thin tomato slices
- 3 to 4 thin cucumber slices
- 2 to 3 slices onion (white, yellow or red)
- 3 to 4 strips of bell pepper (red, orange, green, and/or yellow)
- 1 tablespoon chopped celery
- 1 teaspoon chopped banana peppers or jalapeños
- 1 tablespoon chopped grapes
- 6 banana slices
- 1 to 2 tablespoons pineapple chunks
- 1 tablespoon dried cranberries or raisins

6. Place the remaining slice of bread or lettuce leaf on top and enjoy!

7. Or grill your sandwich.

If the sandwich isn't overflowing, you can lightly brush olive or canola oil on the outsides of both slices of bread and grill in a skillet on the stovetop.



Source: NDSU Extension

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