



Nutrition Fact Sheet

RESOURCE FROM THE **Dietitian Center**®

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FLAVOR: A MATTER OF TASTE

Salt is one of the four basic taste qualities - sweet, sour, bitter, and salty. So, it is no wonder that historically salt has been the most valued flavor enhancer in our society.

Despite its marked place in our kitchens, many health authorities have recommended that individuals limit their salt intake to more than 2400 mg per day. The average American consumes 4000 mg per day. It is estimated that nearly one in four Americans have hypertension and middle-aged Americans have a 90% chance of developing high blood pressure at some time during their lifetime.

Sources of Salt and Sodium in your diet.

While some foods naturally contain some sodium, most of the sodium in the typical American diet comes from salt added to foods during processing or preparation. Food processors add salt or other sodium derivatives during production as a preservative and for flavor. Popular foods with high sodium contents include pickled foods, canned vegetables and soups, snack foods, cured meats, packaged mixes and frozen dinners. To moderate your sodium intake from processed food, read the Nutrition Label on food packages. Look for no added salt or low sodium versions of your favorite foods.

Know the label lingo, look for:

Sodium Free — *a product that contains 5 milligrams or less of sodium per serving*

Very Low Sodium — *a product that contains 35 milligrams or less of sodium per serving*

Low Sodium — *a product that contains 140 milligrams or less of sodium per serving*

Reduced Sodium — *a product that the usual sodium level was reduced by at least 25%*

No Added Salt, Unsalted — *a product that no salt was added during processing; however this does not mean that the product does not contain sodium.*

Salt, whether added during food preparation or at the table, is the most common source of sodium. One teaspoon of salt contains about 2,400 milligrams of sodium. So think before you reach for that salt shaker. Instead, jazz up food with herbs and spices. Salt-free seasoning blends provide an easy way to give great flavor without the guesswork or added salt.

Salt-Free Seasoning Guide:

VEGETABLES:

Asparagus — *lemon pepper, onion herb salt-free seasoning*

Broccoli — *Italian or multi-purpose salt-free seasoning*

Carrots — *garlic and herb salt-free seasoning*

Corn — *extra spicy or tomato, basil garlic salt-free seasoning*

Greens — *onion & herb, lemon pepper salt-free seasoning*

Potatoes — *garlic & herb, onion & herb, tomato, basil, garlic salt-free seasoning*

Tomatoes — *Italian, extra spicy, lemon pepper salt free seasoning*

*You weren't born
with a love for salt.
The good news is
that you can retrain
your taste buds.
If you gradually
decrease the sodium
and salt in your diet,
you will find that
your taste for salt
declines. The less
you consume, the less
you want.*

*By using spice and
herb blends instead
of salt you can add
satisfying flavor to
just about any recipe.*

Note

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MEAT, FISH AND POULTRY:

Beef — *steak grilling blend or garlic & Herb salt-free seasoning*

Fish — *mesquite grilling blend or lemon pepper*

Lamb — *garlic & herb or Italian saltfree seasoning*

Pork — *onion herb, garlic & herb or mesquite grilling blend*

Poultry — *Garlic & herb, lemon pepper, or chicken grilling blend*

When experts recommend that your diet should be lower in salt and sodium, this does not mean that you have to restrict your food choices or compromise the flavor of food. Simply by altering an existing recipe using herbs, spices and salt-free seasoning blends provides satisfying, flavorful and healthier dishes. Try the easy, low-sodium recipe for Roasted Red Potatoes shown on this page.

ROASTED RED POTATOES



Ingredients:

- 1T Olive oil (30mL)
- 1T Unsalted butter (30mL)
- 12 Small red potatoes, cut into wedges
- 1 1/2T Salt-free seasoning blend, split (22.5mL)

Instructions:

Preheat oven to 400°F (200°C). Add olive oil and melted butter to a large bowl, add potatoes, 1 tablespoon salt-free seasoning blend and toss. Place on a cookie sheet, and roast for 30 minutes. Increase heat to 450°F (220°C). Sprinkle with remaining salt-free seasoning blend and continue to roast for 5-10 minutes or until tender and browned.

Preparation Time: 10 MINS
Cooking Time: 40 MINS

Nutrition Information:
per serving

<i>Calories:</i> 273	<i>Sodium:</i> 17 mg	<i>Fiber:</i> 4 g
<i>Fat:</i> 7 g	<i>Carbohydrates:</i> 50 g	<i>Potassium:</i> 1500 mg
<i>Cholesterol:</i> 8 mg	<i>Protein:</i> 6 g	



For more great tips and recipes: visit www.mrsdash.com.

The American Dietetic Association Knowledge Center

For food and nutrition information or for a referral to a dietetics professional in your area call: 800-366-1655 or visit: www.eatright.org

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