

IT'S HAMILTON'S TIME TO GET HEALTHY

It's time to HALT THE SALT

and lower your blood pressure and risk
of heart attack and stroke



Beware of Salt...too much salt is dangerous.



- It can increase your blood pressure, and increase your risk of heart attack and stroke.
- 25% of Canadians are suffering from high blood pressure.*
- Just 1 extra tsp of salt per day can increase risk of heart attack and stroke by 23%.*

How much is too much?

Healthy adults should have a maximum of 2300 mg of sodium each day according to current nutrition recommendations*. That's about the amount of sodium you would get from just one teaspoon of table salt! ... but the average Canadian has 3500 mg of sodium per day!

Your salt shaker is not the biggest culprit, in fact most of the salt we eat – 80% - comes from packaged, processed and store-bought food, and from restaurant meals, particularly fast food.

How do I know how much is in foods?

Shopping - Look for the word "Sodium" on the Nutrition Facts panel on food label.

Eating Out - Ask your server or check the restaurant website for nutrition information.

Serves 1		5%
Total Fat	2g	20%
Saturated Fat	0.5g	6%
Trans Fat	0g	4%
Cholesterol	15mg	
Sodium	700mg	
Total Carbohydrate	19g	
Dietary Fiber	1g	
	0g	
Vitamins		

Salt Surprises:

Food	Amount	Sodium (mg)	Sodium (tsp)
Pizza	2 slices	1770	3/4 tsp
Subway Club Sandwich	6"	1060	1/2 tsp
McDonald's Big Mac	1 sandwich	1020	1/2 tsp
Turkey, luncheon meat	75 g	900	1/2 tsp
Baked beans	3/4 cup	800	1/3 tsp
Raisin bran muffin	1 muffin	790	1/3 tsp
Spaghetti sauce	1/2 cup	635	1/4 tsp
100% whole wheat bagel	1 bagel	540	1/4 tsp
Vegetable drink	1 cup	529	1/4 tsp
Cottage cheese	1/2 cup	485	1/4 tsp
Beef hot dog	1 hot dog	412	1/4 tsp
Instant oatmeal	3/4 cup	314	1/8 tsp
Cheddar cheese	50 g	310	1/8 tsp
Cheerios	1 cup	250	1/8 tsp
Italian dressing	1 tbsp	240	1/8 tsp

How much sodium should you have?

Adequate Daily Sodium Intakes (for healthy individuals)
People with health problems may actually need to aim for even lower sodium intakes and should follow the advice of their physician.

Age Group	Sodium (mg)
1 - 3	1000
4 - 8	1200
9 - 18	1500
19 - 49	1500
50 - 70	1300
71 +	1200

Tips to reduce your salt intake:

- Read the Nutrition Facts panel on nutrition labels
- Use the "Stoplight" to choose foods with the right amount of sodium in a food serving
- Eat more vegetables and fruit
- Decrease the amount of processed foods including soups, processed meats, convenience and prepared foods
- Limit fast food, take-out and restaurant meals
- Limit condiments including ketchup, mustard, soya sauce, salad dressings and prepared sauces

One step I can take to lower the sodium in my diet would be:

**Ask your doctor, pharmacist or dietician
how you can HALT THE SALT.**

**400
or more**

**200-
400**

0-200

For more information, visit the following websites: www.Heartandstroke.ca, www.Sodium101.ca
*Health Canada and the Heart and Stroke Foundation.

It's Hamilton's Time to Get Healthy...sponsored by: Hamilton Academy of Medicine,
Hamilton Pharmacists Association, Hamilton Family Health Team, Hamilton Public Health.