

# HELPFUL INFORMATION

## What's the difference between sodium and salt?

Salt and sodium are often used interchangeably, but they're not exactly the same thing. Sodium is a mineral that occurs naturally in foods or is added during manufacturing or both. Table salt is a combination of sodium and chloride. By weight, it is about 40 percent sodium and 60 percent chloride.

## What are common sodium sources?

Sodium occurs naturally in some foods and is often added during manufacturing. Of course, we also add it during cooking and at the table, too. Naturally occurring sodium is in foods such as celery, beets and milk. Packaged and prepared foods, like canned soups, lunch meats and frozen dinners, often have sodium added during manufacturing. This sodium might be in the form of salt or other forms of sodium (like baking soda) that show up in our food.

Overall, more than 75 percent of the sodium we eat comes from processed, prepackaged, and restaurant foods. This makes it hard to choose foods with less sodium and to limit sodium because it's already added to food before we buy it. The rest of the sodium in our diets occurs naturally in food (about 12 percent) or is added by us when we're cooking food or sitting down to eat. The latter makes up only about 10 percent of our total sodium intake, so even if you never use the salt shaker, you're probably getting too much sodium.

## Watch your ingredients.

Sodium comes in many forms – and it is seen on the ingredients label as “salt”, “soda” and “sodium.” And sometimes, sodium is hidden in multiple words on the label. Here are some examples of ingredients that contain sodium:

1. Disodium guanylate (GMP)
2. Disodium inosinate (IMP)
3. Fleur de sel
4. Himalayan pink salt
5. Kosher salt
6. Monosodium glutamate (MSG)
7. Rock salt
8. Salt
9. Sea salt
10. Sodium bicarbonate
11. Sodium nitrate
12. Sodium citrate
13. Sodium chloride
14. Sodium diacetate
15. Sodium erythorbate
16. Sodium glutamate
17. Sodium lactate
18. Sodium lauryl Sulfate
19. Sodium metabisulfite
20. Sodium phosphate
21. Trisodium phosphate

Source: [https://sodiumbreakup.heart.org/sources\\_of\\_sodium](https://sodiumbreakup.heart.org/sources_of_sodium)

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Measure everything you eat and keep a record of the sodium you eat each day to keep within the limit that your doctor has given you.

Use measuring devices such as cups, spoons, and even a scale that measures ounces and grams to help you keep track of your sodium intake.

Read every label on the boxed, canned and frozen foods you eat. Be sure to carefully read the serving size- some amounts will surprise you with the small amount that is considered a serving.

Be aware that there is sodium in nearly everything you eat.

Veggies often contain sodium as does chicken, pork, beef, fish, and turkey. Etc.

Cheese has a surprising amount of sodium per ounce. Swiss seems to be the lowest in sodium and the choice for people having to eat low sodium.

Avoid canned vegetables, they tend to have lots of sodium, however, you can find many of the same canned items in frozen form and they will have little or no sodium.

Read labels and measure everything. Keep track of everything.

Going out to eat can be a real issue. Call ahead and ask if they offer a low sodium menu. Many restaurants have a special menu for people with gluten, nuts and sodium restrictions. However, you have to ask for it.

Also, try to eat at local places that are family owned. They tend to actually prepare the food as opposed to those nation chain restaurants that simply heat up the prepared food sent to them from some warehouse. At the family owned restaurants you can ask for a meal to be prepared to your specific requirements.

The hardest meal to do is probably Asian or Chinese. Soy sauce is horribly high in sodium. However, you can ask if they can prepare you steamed rice and plain cooked meat.

There are many no salt spices or you can even make your own, and numerous sauces with no added sodium are available.

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## **Homemade Low Sodium Items**

Here are some items that you can make at home to help live this low sodium lifestyle a bit easier. Never use salt in any recipes. Takes some getting used to, but it is really worth it.

White bread, flour tortillas, hamburger buns, chili powder, Italian dressing, BBQ sauce,  
Buttermilk baking mix, salsa, ketchup, dill pickles, bread and butter pickles, soy sauce substitute,  
Italian seasoning mix, homemade rye bread, homemade focaccia, spaghetti sauce, enchilada sauce,  
Granola, pizza crust, ranch dressing, Dakota bread, Onion Soup mix, Montreal seasoning mix,  
Emeril's seasoning mix, Old Bay seasoning mix.

All of these can be found on the our website: [www.skipthesalt.com](http://www.skipthesalt.com)

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## TRADER JOE'S LIST

Items that have been found at nationwide Trader Joe's Stores. Not all stores carry everything. These items are either no salt or low sodium.

Savory broth  
Multi-grain slims (bread)  
White corn tortillas  
Strawberry raspberry oatmeal  
Vanilla eclairs  
Shredded Swiss and gruyere cheese  
Cocktail sauce  
Garlic basil linguini noodles  
Fire roasted salsa  
Rice cakes  
Peanut butter  
21 seasoning salute  
Pineapple salsa  
Instant oatmeal  
Chili pepper hot sauce  
Marinara sauce  
Fruit bars  
Low sodium bacon  
Frozen stir fry vegetables  
Flour tortilla Spiced apple cider  
Hot Chipotle Salsa  
Fried Onion Rings  
No Salt Frozen Fire Roasted Corn  
Very low sodium fresh mozzarella cheese  
Puffed corn  
French green beans, frozen  
Ghee  
Garlic/onion jam (savory)

Cilantro dressing  
Canned salmon  
Roasted garlic hummus  
Parmesan cheese  
Chili pepper hot sauce  
Coconut almonds covered in chocolate  
Loso Beet chips  
Tomato soup no salt added fire roasted  
Instant oatmeal w/flax/chia/quinoa and amaranth  
Milk chocolate/w almonds  
Spicy Italian Vino and Formaggio Chicken Sausage  
Black bean & cheese taquitos  
Baby Back Pork Ribs  
French Cut Green Beans  
Pork Chops loin  
Vanilla Merengue  
Unsalted organic white corn tortilla chips  
Cocoa baton cookies  
Soft bite biscotti  
Unsalted tomatoes in sauce  
Organic marinara sauce  
Balsamic glaze  
Maple brown sugar cereal  
Mango ice cream bars  
Albacore tuna  
Fire roasted tomato salsa  
Fried onions  
Fresh mozzarella

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## **Low Sodium Meals for Two That Won't Bust the Budget**

When you are just starting out with low sodium eating and cooking, it can be intimidating. It can also be expensive if you are trying to do elaborate recipes that call for numerous spices, herbs and seasonings.

So for the people new to this lifestyle, we have put together some menu choices that take minimal new ingredients.....hopefully this will help one or two of you out.

### **Basic spices & ingredients needed:**

pepper, onion powder, garlic powder, chili powder, 2-3 favorite Mrs. Dash spices (or other composite spices), dried parsley, no/low sodium bread crumbs/Panko or oatmeal, olive oil, vinegar, balsamic vinegar, cooking spray, flour, cornstarch, no/low sodium condiments (mustard, ketchup, Worcestershire sauce, soy or teriyaki sauce, no sodium or sodium reduced pickles)

### **Hamburgers & Oven Fries**

2 hamburger buns, 8 oz lean ground beef, breadcrumbs, 1 egg, onion and garlic powder, pepper, condiments (onion slices, tomato slices, mustard, ketchup, pickles), 2 medium sized potatoes, cooking spray, Mrs. Dash spice (SW Chipotle or Extra Spicy)

### **Meatloaf, Mashed Potatoes & Veggie**

8 oz lean ground beef, oatmeal, onion powder, garlic powder, pepper, one egg, Worcestershire sauce, no/low sodium ketchup, 2 medium potatoes, veggies (fresh or frozen), unsalted butter, a bit of milk

### **Spaghetti & Meatballs**

4 oz spaghetti, 8 oz lean ground beef, 1 egg, no/low sodium breadcrumbs, onion powder, garlic powder, dried parsley, Parmesan cheese, chili pepper flakes, low sodium spaghetti sauce (homemade or purchased)

### **Pizza & Salad**

Large low sodium wrap or 2 low sodium pitas, low sodium pizza sauce or spaghetti sauce, dried basil or Italian seasoning, low sodium cheese (Swiss, Monterey Jack, Mozzarella), low sodium ham or bacon (or other meat like hamburger crumbles, bits of chicken), diced onions, diced green peppers, sliced mushrooms, chili pepper flakes...Salad with lettuce, tomatoes, cucumbers, peppers, celery, carrots and a low sodium dressing or vinaigrette made with olive oil and balsamic vinegar

### **Chicken Wings & Potato Wedges**

Fresh or frozen chicken wings, flour, onion & garlic powder, chili powder, cooking spray, 2 medium size potatoes, Mrs. Dash (Herb & Garlic), low sodium hot sauce

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## **Lazy Man's Cabbage Rolls**

8 oz lean ground beef, 2 c. cooked rice, onion, ground pepper, garlic powder, canned low sodium diced tomatoes, ½ head cabbage or bagged coleslaw

## **Beef/Pork/Chicken Stir Fry with Veggies & Rice**

8 oz of meat, onion, garlic, mushrooms, celery, green pepper, water chestnuts, bamboo shoots, bean sprouts, frozen mixed veggies, rice (steamed white or brown), reduced sodium soy or teriyaki sauce (cornstarch if sauce is too runny)

## **Beef/Chicken Stew**

Low sodium broth, 8 oz of meat cubed, onion, celery, carrots, mixed frozen vegetables, potatoes cubed, pepper, garlic powder, and cornstarch

## **Salmon & Potato Patties with Veggies & Salad**

Can of salmon, onion, egg, pepper, celery, leftover mashed potatoes, and oil for cooking, frozen or fresh veggies, salad fixings

## **Hamburger Hash with Mashed Potatoes, Gravy & Veggies**

8 oz ground lean beef, onion, garlic, pepper, boiled potatoes, potato water, gravy, frozen veggies

## **Fish & Chips**

1 pkg fish fillets thawed, flour, egg, milk, onion powder, pepper, oil for frying, 2 medium potatoes, vinegar (malt/regular)

## **Oven Fried Chicken, Fries & Coleslaw**

8 oz chicken breasts cut into strips, butter flavored spray, flour, low sodium breadcrumbs/Panko), no salt seasoning, pepper, paprika, 2 medium potatoes, bagged coleslaw, low sodium coleslaw dressing

## **Pork Chops with Potatoes, Peas and Applesauce**

2 pork chops, 2 medium potatoes baked or boiled, steamed frozen green peas, applesauce

Breakfast for Supper Eggs with reduced sodium bacon or ham, leftover potatoes (or microwave one or two and chop up), minced onion, oil for frying, low sodium bread for toast, unsalted butter

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## **Low Sodium Snacks**

1. popcorn (air popped or Skinny Pop)
2. no sodium tortilla chips (homemade or bought)
3. lightly salted potato chips (Pringles, Lays, Utz, Kettle & others)
4. veggies with or without homemade Ranch dip or other low sodium dip
5. low sodium crackers – Triscuit, Ritz Hint of Salt, Wheat Thins Hint of Salt, Melba toast with no salt, Matzo crackers, unsalted soda biscuits
6. unsalted nuts
7. low sodium granola bars
8. low sodium muffin or sweet breads (banana bread)
9. fruit or fruit salad, dried fruit and leathers, applesauce, stewed fruit
10. low sodium trail mix
11. low sodium peanut butter, almond butter
12. smoothies and parfaits
13. yogurt
14. vegetable chips (kale, beet, pumpkin, etc)
15. low sodium cookies, bars, biscotti
16. homemade hummus

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## Middle of the Day Mystery Meal Known as Lunch

For most lunch is the hardest meal of the day. Before our low sodium days it was always a sandwich of some kind, cookies or sweet treat and a piece of fruit...all that changes when we go low sodium. Some suggestions are better if you have access to a microwave to heat things up

1. Leftovers from last night's dinner aka casserole or Hodge podge
2. Sliced meat (turkey, chicken, roast beef, meat loaf, pork loin) on homemade bread or on a wrap with unsalted butter, low sodium mustard or mayo, sodium reduced pickles, maybe sliced onion, tomato and a lettuce leaf
3. Grilled cheese (Swiss, Provolone, Muenster, Cheddar, Monterey Jack with Jalapenos), low sodium homemade bread, unsalted butter...good hot or cold
4. Panini made with homemade flour tortilla or low sodium wrap, cheese, assorted veggies, bits of chicken, turkey or roast beef or other meat)...good hot or cold
5. Assorted veggies with homemade Ranch dip, low sodium cheese, low sodium crackers
6. Deviled eggs or egg salad on homemade bread or a wrap
7. Canned low sodium tuna or salmon, low sodium mayo, onion, salt free or low sodium pickles on homemade bread or wraps
8. Homemade low sodium soup or stew...if no microwave is available, a thermos works well
9. Salad – lettuce, cabbage, macaroni, potato, bean –there are so many kinds and most of the ingredients are low sodium so the creativity comes in the salad dressing to make sure it is low sodium as well. Homemade salad dressing is easy to make and it can be very portable as well.
10. Chili – low sodium ingredients are used in the making...a large potful makes many lunches when stored in individual containers in the freezer...just warm up in the microwave.



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## Low Sodium Breakfasts to Get You & Your Day Going

1. Eggs (1-2) fried, boiled or poached, low sodium homemade toast, unsalted butter
2. Homemade low sodium hot cereal, fruit, milk (Quaker Quick Oats, Malt-O-Meal, Bob's Red Mill Gluten Free 8 Grain, Cream of Wheat, plus others)
3. Low sodium cereal, fruit, milk (Shredded Wheat, other favorites)
4. Low sodium homemade pancakes or waffles with fruit, syrup
5. Omelets (reduced bacon & egg or use chopped up veggies or use bits of leftover meat)
6. Breakfast wrap with homemade flour tortilla with scrambled eggs or peanut butter & jam or cheese (recipe in the files)
7. Smoothies (all kinds of fruit, veggie or a mix in searches)
8. Yogurt & fruit
9. Breakfast muffins (oatmeal, blueberry, applesauce, etc)
10. Breakfast oatmeal muffins in a mug. (recipe in the files)
11. Muffin Quiche (recipe for Egg Muffins in the files)
12. Granola bars (recipe in the files)
13. Breakfast cookies
14. Breakfast Pizza (recipe in files)
15. Avocado toast with Eggs
16. Toast & Jam or Peanut Butter or other favorite topping
17. Breakfast Sandwich aka MacMuffin with homemade sausage or reduced sodium bacon, egg and choice of low sodium cheese.
18. Breakfast Crepes with jam, fruit, whipped cream, etc.
19. Breakfast Burritos with scrambled eggs in a tortilla, assorted veggies
20. Breakfast Casserole with eggs, homemade sausage, homemade bread & veggies

Most if not all of these recipes are on our website: [www.skipthesalt.com](http://www.skipthesalt.com)

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## How Much Salt Is Naturally in Vegetables?

Sodium is found in many foods and is even naturally occurring in some fresh vegetables. The majority of fresh vegetables are low in sodium but it is important to know which ones are higher in sodium for those trying to reduce their intake. The Dietary Guidelines for Americans as of 2010 recommends limiting sodium intake to less than 2,300 milligrams per day for those under 50 and 1500 milligrams per day for those over 50 (consult with your doctor to find out your limit).

To reduce sodium, do not add any salt to your vegetables and for the majority of the time, choose low sodium options.

## Higher Sodium Vegetables

Higher sodium vegetables are ones that have more than 140 milligrams per serving. One cup of cooked spinach contains 184 milligrams of sodium per serving. One cup of raw Swiss chard contains even more, with 313 milligrams of sodium. When eating these vegetables, reduce your intake of sodium from other foods throughout the day.

## Low Sodium

According to the website [Fruit & Veggies More Matters](#), vegetables that have less than 140 milligrams of sodium per serving are considered to be low sodium. Examples of vegetables that are low in sodium are artichokes, sweet potatoes, radishes, celery, carrots, broccoli and bell peppers. One cup of raw celery contains 96 milligrams of sodium.

## Very Low Sodium

Vegetables with 35 milligrams or less of sodium per serving are considered to be very low sodium. Some of these vegetables include Brussels sprouts, lettuce, mushrooms, cabbage, cauliflower, green onion and tomatoes. A 1-cup serving of raw tomato has 9 milligrams of sodium. One cup of cauliflower has 19 milligrams of sodium.

## Sodium Free

Vegetables with 5 milligrams of sodium or less per serving are considered to be sodium free. Sodium free vegetables include asparagus, cucumber, corn, green beans, avocado, potatoes and summer squash. A 1-ounce serving of avocado only has 2 milligrams of sodium. Eat these vegetables often since they are rich in nutrients and free of sodium.

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## Things you can order online

### [Vitacost:](#)

Mrs. Renfro's Ghost Pepper Salsa  
Mrs. Renfro's Pineapple Salsa  
Braswell's Jalapeno Jelly  
Westbrae No Salt Stoneground Mustard  
Bob's Red Mill 8 Grain Hot Cereal  
Enrico's No Salt Added Pasta Sauce  
Coconut Secret Coconut Aminos Teriyaki Sauce  
Bragg Liquid Aminos  
Bragg Organic Sprinkle 24 Herbs and Spices Seasoning  
Hain Pure Foods Featherweight Baking Powder  
Ener-G Baking Soda Substitute  
Drew's Roasted Garlic & Peppercorn Dressing  
Melinda's XXXtra Hot Habanero Pepper Sauce  
Mr Spice Organic Salt Free Sauce and Marinade Honey  
Mr Spice Organic Salt Free Sauce and Marinade Thai Peanut  
Mr Spice Organic Salt Free Sauce and Marinade Sweet & Sour  
Mr Spice Organic Salt Free Sauce and Marinade Hot Wings  
Egg Replacer  
NOW Foods Real Food Buttermilk Powder

### [Healthy Heart Market:](#)

Herb-Ox Beef Bouillon-50 packets (others order this on Amazon)  
Herb-Ox Chicken Bouillon-50 packets (others order this on Amazon)  
Williams No Salt Original Chili Seasoning

### [Well.ca:](#) (Canada)

Mr Spice Organic Salt Free Sauce and Marinade Tangy Bang  
Mr Spice Organic Salt Free Sauce and Marinade Garlic Steak

### [Wal-Mart](#)

Sodium reduced bacon  
Sargento cheese slices  
Shredded Swiss cheese  
Pringles Lightly Salted Potato Chips



**Skip The Salt**  
At The Low Sodium Lounge

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No Salt Ketchup  
Rinaldi's No Salt Added Pasta Sauce

## **[The Real Deal Dill Pickle Company](#)**

*Discount offered for Skip the Salt members. Use code Skip2017*

Dill Pickles  
Relishes  
Jalapenos  
Mushrooms  
Asparagus

The Real Deal Dill Pickle Company offers many items. If it's not on their website you can send them an email and ask if they have a certain item. They are very accommodating.

## **Soy Sauce**

Chinatown lower sodium soy sauce. (145 mg per tablespoon)

[Jamaica Products](#)

## **Cook Books**

[The Easy Low Sodium Diet Plan and Cookbook: Quick-Fix & Slow Cooker Meals to Start \(and Stick to\) a Low Salt Diet"](#)

*By Christopher Lower*