

Heart Month: Reduce Sodium Intake

BROUGHT TO YOU BY THE REGISTERED DIETITIAN
AT GEORGINA NURSE PRACTITIONER LED CLINIC

One of the many lifestyle factors that can affect our heart health is our sodium (or salt) intake from our diet. It's a good idea for everyone to choose fresh, wholesome foods naturally low in sodium, but this is especially important for those living with high blood pressure. Be your own sodium detective this month and see if you can improve your heart health by reducing your sodium intake!

Most Canadians are eating more the double the amount of sodium we need everyday. And it may surprise you that most of this sodium actually comes hidden in the foods we are buying.

Take a look below for sodium levels in common foods we buy. For reference, folks with high blood pressure are recommended to limit sodium intake to under 2000mg per day and for others, under 2300 mg per day.



1 cup of prepared,
condensed chicken
noodle soup
1169 mg



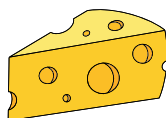
1/2 cup of canned
tomato sauce
650 mg



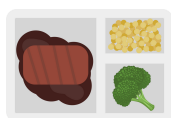
Foot long
assorted sub
3300 mg



2 Slices of deli ham
730 mg



2 Slices of
processed cheese
620 mg



1 Frozen
Dinner Entree
500 to 1500 mg

Try some of these tips to reduce your sodium intake this month and improve your heart health:

- Read labels on food packages and at restaurants for sodium levels. Choose options with lower sodium.
- Choose egg, tuna or salmon salad, peanut butter, or roast meat for sandwiches instead of deli meats.
- Eat homemade soup more often than canned. Use no salt added broth for the base and season with herbs and a reduced amount of added salt for flavour.
- Look for no salt added canned tomatoes, vegetables and legumes. If it's not available, look for a fresh or frozen option, or rinse the canned products to wash away some of the sodium.
- Watch out for sodium hidden in condiments, gravies and sauces! Add fresh herbs (e.g. basil) or spices (e.g. ground pepper) for flavour.
- Choose unsalted snacks such as unsalted nuts, popcorn, or crackers.
- Try our homemade pizza recipe (next page) for a healthy low sodium option. The homemade dough and fresh ingredients all help to limit sodium, while herbs and spices add lots of flavour!



Homemade Pizza

Watch Chef David Marcus prepare this recipe!
<https://youtu.be/cy4MGAMiPi0>

2-4 SERVINGS

Ingredients:

1 1/3 cup	Warm water
2 Tbsp	Extra virgin olive oil
1 Tbsp	Honey
1 Package	Yeast (2 1/4 tsp)
2 cups	Whole wheat flour
2 cups	All purpose flour
3 Tbsp	Extra virgin olive oil
2 cloves	Garlic, minced
1	Small yellow onion, minced
4	Medium ripe tomatoes, diced
1 tsp	Dried oregano
1 tsp	Red pepper flakes
2 tsp	Dried basil
1 tsp	Garlic powder
1 can	Low sodium tomato paste
1 tsp	White sugar
1/4 cup	Shredded Mozzarella cheese
1 cup	Red, green and yellow peppers
2	Grilled chicken breast
1/4 cup	Baby arugula
1/4 cup	Basil, chopped

Directions:

1. In a large bowl, add 1/3 cup of warm water, 2 tbsp extra virgin olive oil, 1 tbsp honey and 1 package (2 1/4 tsp) of yeast. Stir to combine evenly.
2. Gradually stir in whole wheat flour and all purpose flour. Knead the dough and spread onto sheet of parchment paper in a rectangular shape. Set aside.
3. Heat olive oil in a pan. Sauté onion and garlic for a few minutes until softened.
4. Add in fresh tomatoes, oregano, red pepper flakes, basil and garlic powder. Cook until tomatoes soften.
5. Add tomato paste and white sugar. Continue to stir and cook down until desired consistency for sauce.
6. Let the sauce cool and in the mean time, preheat oven to 475F.
7. Once sauce has cooled, spread sauce onto pizza dough. Add cheese, peppers, chicken and other toppings of choice.
8. Bake pizza for 25-30 minutes.
9. Top the finished pizza with baby arugula and basil.

Sources:

1. Recipe by Registered Dietitian Margaret Brum and Chef David Marcus from Cardiac College. Retrieved from <https://www.healthuniversity.ca/EN/CardiacCollege/Eating/Recipes/Pages/Low-Sodium-Homemade-Pizza.aspx> on January 23, 2023.
2. Image by Pixaby from Pexels.