

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

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Tips on reducing the salt in your diet

Having too much salt in your diet can increase your risk for high blood pressure and heart disease. Many store-bought sauces and premade seasonings used to flavour food are high in salt. Reducing the salt you eat may be beneficial to your health.

Here are some tips on reducing the salt in your diet.

- Blend your favourite herbs and spices to make a homemade poultry seasoning. Try it on chicken, turkey, or in dishes such as stuffing. Experiment with garlic powder, rosemary, paprika, sage, thyme, parsley and basil.
- Make your own sauces, dips, and condiments so you can control how much salt you add. Aim to add little or no salt to the recipes.
- Use low-sodium or no-salt-added broths for soups, stews, and sauces.
- Use flavourful ingredients such as onions, garlic and lemon in other favourite holiday dishes.
- Read food labels to help you choose lower sodium options in the store. You can compare products by looking at the Nutrition Facts table. Aim for products that have less than 15 per cent Daily Value (%DV) in sodium.

More ways to reduce your sodium intake:

- Toss root vegetables such as carrots, sweet potatoes and parsnips in olive oil. Sprinkle them with cinnamon and nutmeg before roasting them in the oven.
- Rinse canned vegetables and beans under running water before eating. This will help rinse off the liquid, which often contains salt.
- Reduce salt gradually. Your taste buds will adjust over time and you will get used to having less salt in your foods.