



Healthy Holidays

THANKSGIVING

Carve Out Salt



This Thanksgiving, keep your family's hearts beating healthy by uninviting salt to the table. Added sodium is often found in traditional recipes, disguised in dressings, sauces or side dishes. Learn how to reinvent these eats into new healthier holiday traditions!

Limit sodium
to 1500 mg a day.



1/2 teaspoon salt
is 1,150 mg sodium



Ways to Reduce Sodium

Make your dishes from scratch. You'll always have more control over the amount of sodium in your food compared to ready-to-eat foods when you prepare your food at home.

Swap salt for herbs and spices. Using sage, thyme, oregano, basil, and other savory herbs are great substitutes. And don't forget garlic! This bulb, fresh or dried, can perk up any dish. Experiment with different pairings for some new tasty traditions.

Try to buy your bird fresh, not injected with a sodium solution. Check the ingredients label and look for words such as "broth," "saline" or "sodium solution." Sodium levels in unseasoned fresh meats are around 100 mg or less per 4-ounce serving.

Drain and rinse canned beans and vegetables. This can cut the sodium by around 40 percent.

Choose condiments carefully. For example, soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, capers, mustard, pickles, olives and relish can be sky-high in sodium. Check the nutrition label to find out how much sodium is in your condiment of choice or make homemade condiments.

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