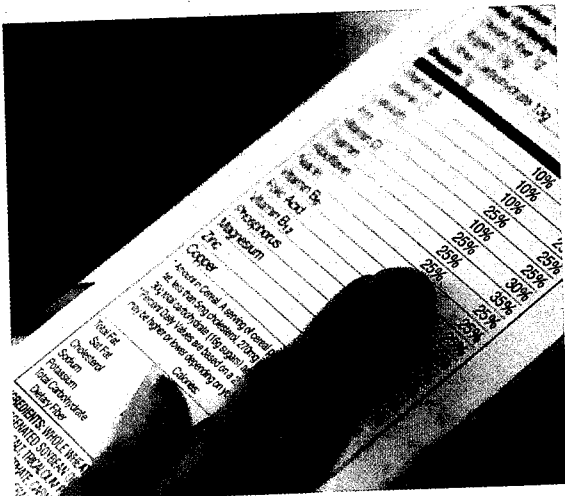


# BECOME A SEASONED COOK



## SALTY LANGUAGE ON LABELS

As you strive to reduce your sodium intake, consider food labels to be your health-conscious best friend. When you buy prepared and packaged foods, check the Nutrition Facts panel—the sodium content is listed in milligrams (mg) and in terms of “% Daily Value.” Also, be careful about purchasing foods with the words “soda” (referring to sodium bicarbonate, or baking soda) or “sodium,” or the symbol “Na,” in the ingredients list.

Some product packaging includes terms related to sodium. Here’s what they mean:

- ♥ Sodium free—less than 5 mg of sodium per serving
- ♥ Very low sodium—35 mg or less per serving
- ♥ Low sodium—140 mg or less per serving
- ♥ Reduced sodium—usual sodium level is reduced by 25 percent
- ♥ Unsalted / no salt added / without added salt—while no salt is added in processing, the food still contains its natural level of sodium

## HOW IT TRANSLATES

Sodium chloride, or table salt, is approximately 40 percent sodium. Understand just how much sodium is in salt so you can take measures to control your intake.

- 1/4 teaspoon salt ➔ 600 mg sodium
- 1/2 teaspoon salt ➔ 1,200 mg sodium
- 3/4 teaspoon salt ➔ 1,800 mg sodium
- 1 teaspoon salt ➔ 2,300 mg sodium

## 12 ZESTY HERBS AND SPICES

One of the most fun and creative ways to add flavor to your home-cooked meals is to experiment with spices and herbs, which naturally contain very small amounts of sodium. For the freshest and fullest flavor, chop fresh herbs finely or grind fresh herbs with a mortar and pestle. Use small amounts of dried herbs for a more pungent flavor.

- 1** **BASIL**—fish, lean lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- 2** **CHIVES**—salads, sauces, soups, lean meats (veal, pork), chicken, turkey, vegetables
- 3** **GARLIC** (not garlic salt)—lean meats (beef, lamb, veal, pork), chicken, mushrooms, fish, soups, salads, vegetables, tomatoes, potatoes
- 4** **DILL**—fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean meats (beef, lamb), chicken, fish
- 5** **CURRY POWDER**—lean meats (lamb, veal), chicken, fish, tomatoes, tomato soup, mayonnaise
- 6** **OREGANO**—Mediterranean dishes, tomato-based sauces and stews, lean ground meats, lean lamb, artichokes, potatoes
- 7** **CUMIN**—lean meats (lamb, pork), chilis and stews, lentils, rice and couscous
- 8** **ROSEMARY**—chicken, lean meatloaf, lean meats (beef, lamb, pork), mushrooms, sauces, stuffing, potatoes, peas, lima beans
- 9** **SAGE**—lean meats (veal, pork), chicken, turkey, stews, biscuits, tomatoes, green beans, fish, lima beans, onions
- 10** **ONION POWDER** (not onion salt)—lean meats (beef, veal, pork), chicken, turkey, stews, vegetables, salads, soups
- 11** **PAPRIKA**—lean meats (beef, veal, pork), fish, soups, salads, sauces, vegetables
- 12** **THYME**—lean meats (veal, pork), chicken, turkey, mushrooms, sauces, soups, onions, peas, tomatoes, salads



For more information about heart-healthy nutrition, visit [www.AmericanHeart.org/nutrition](http://www.AmericanHeart.org/nutrition).

This special advertising section was created in association with the American Heart Association, the largest voluntary health organization fighting heart disease, stroke and other cardiovascular diseases. The sponsors in this section were not selected by the American Heart Association and the placement of sponsor ads in this section does not mean that the American Heart Association endorses or recommends these products or services.

IN COLLABORATION WITH American Heart Association  
Learn and Live