Halt the Salt

Satellite Conference and Live Webcast
Thursday, December 1, 2011
11:00 a.m. – 12:30 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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Halt the Salt

- **Average salt intake is 6g/day**
- **To decrease intake to 1 teaspoon would result in:**
  - **Decrease blood pressure by 5 mmHg**
  - **Decrease stroke by 24%**
  - **Decrease CHD by 18%**
  - **Save 150,000 lives/year in the U.S.**

Halt the Salt

- **Worldwide 2.5 million stroke and heart attack deaths would be prevented each year**

Sodium's Role

- **In moderation . . .**
  - **Fluid balance**
  - **Muscle strength**
  - **Nerve function**

Healthy Choices?

Canned vs. Frozen

Be a Label Reader
Sample label for macaroni and cheese

1. **Check serving size**

Be a Label Reader
Sample label for macaroni and cheese

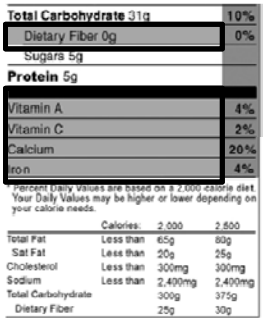
2. **Check calories**

Be a Label Reader
Sample label for macaroni and cheese

3. **Limit these nutrients**

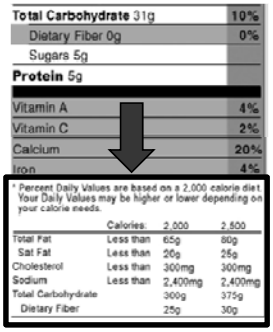
Be a Label Reader
Sample label for macaroni and cheese

4. **Get enough of these nutrients**



Be a Label Reader
Sample label for macaroni and cheese

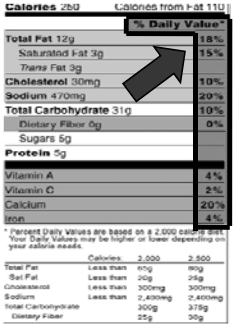
5. **Footnote**



Be a Label Reader

Sample label for macaroni and cheese

6. **Quick guide to % of Daily Value**
   - **5% or less is low**
   - **20% or more is high**



Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

"Soup Is Good Food"

Marinades

Spicing it Up

Nuts!

Snack Time!

- **Potato chips**
  - **149 milligrams**
- **Cheese puffs**
  - **258 milligrams**
- **Pretzels**
  - **385 milligrams**
- **Tostitos**
  - **110 milligrams**

Condiments

Serving Size Matters

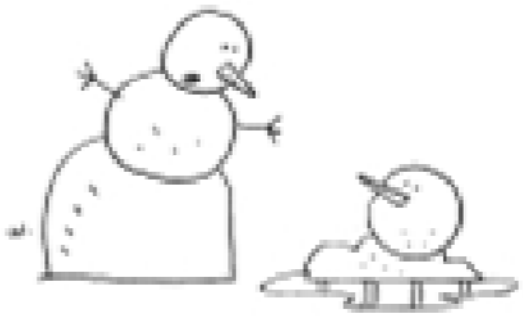
Understanding the Jargon

Eating Out – the Pitfalls

Parties and Holidays

Healthier Menu Choices

Too Much Salt?



"You have too much salt in your diet!"

Groups Needing Low Sodium

- People ages 51 and older
- African Americans
- People with:
  - High blood pressure
  - Diabetes
  - Chronic kidney disease
- < 1,500 mg

Halt the Salt

- Recommended for good health
  - A – Aspirin
    - Ask your provider about taking:
      - One baby aspirin daily (81 mg)
      - One regular aspirin every other day (350 mg)
      - A1c for diabetics

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- B – Blood Pressure
  - Treatment and control
    - < 120/80 mmHg
    - Consume less than 2,300 mg sodium preferably 1,500 mg

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- C – Cholesterol
  - Ask your provider about checking your cholesterol
    - Total cholesterol < 200
    - LDL (bad) cholesterol < 100

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- S – Smoking Cessation
  - Research shows using a quit line with medications increases the rate of cessation
    - 1-800 QUITNOW
    - www.alabamaquitnow.com

Halt the Salt Saves on Health Care

- **$18 billion dollars per year saved if sodium is limited to 2,300 mg/day**

Thank You

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