



# Move to Healthy Choices Newsletter

December 2010

Canadians consume more sodium than we need and that is strongly linked with high blood pressure. High blood pressure is the major cause of cardiovascular disease and a risk factor for stroke and kidney disease. There is also evidence to suggest that a diet high in sodium is a risk factor for osteoporosis, stomach cancer and asthma.

If you think too much sodium in your diet isn't a concern because you don't cook with salt or you rarely use a salt shaker at the table - think again ...

It is estimated that commercially processed foods account for 77% of our sodium intake. Another 12% is naturally occurring, while 6% is added at the table and 5% is added during cooking.



93% of children aged 4-8 years old consume too much salt.

2004  
Canadian  
Community  
Health Survey

Most Canadians should aim to reduce their sodium intake to 1,500 - 2,300 mg of sodium daily.

1 tsp. of salt = 2,400 mg sodium

# Taco In A Bag - A Sodium Makeover!



- 1. An average bag of taco chips used for taco in a bag has 500 mg of sodium.**

Suggestions -

- Make taco salad in a foil bag or on a plate using a smaller serving size of chips.
- Use a smaller bag of taco chips - the size typically given out for Halloween.

- 2. A packet of store bought taco seasoning has approximately 2000 mg of sodium.**

Suggestions -

- Use less seasoning than recommended on the packet or container.
- Make taco seasoning using chili and other spices - see sample recipe on this page.

- 3. Salsa can have approximately 150-200 mg of sodium per 2 Tbsp. serving.**

Suggestions -

- Check the label and purchase a salsa with the lowest amount of sodium.
- Mix fresh tomatoes or peppers in with a small amount of salsa.

## Taco Seasoning

Stir it into dips or ground beef, sprinkle on chicken or wherever you want a Mexican taste.

4 teaspoons dried minced onion  
3 teaspoons chili powder (check sodium content)  
1 teaspoon cornstarch  
1 teaspoon garlic powder  
1 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/8 teaspoon cayenne pepper

In a small bowl, combine all of the ingredients. Store in an airtight container in a cool dry place for up to 1 year.

You will find the Nutrition Facts box on most packaged food products. The Percent Daily Value (%DV) tells you whether a food has a little or a lot of a given nutrient. The %DV for sodium is based on a total amount of 2400 mg sodium per day. Choose a food with a %DV of 5% or less for sodium.

## Questions? Contact us or your local recreation director.

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