

# REDUCE YOUR SODIUM WITH SPICE IT UP!

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## FEEL LIKE HAVING COMFORT FOODS?

Choose our recipes instead of convenience products you'll find in the supermarket.

Our table shows the amazing difference in sodium content between "home-made" and "store-bought"!

Convenience Product*	Sodium	Spice it Up! Recipe	Sodium	Sodium Savings
Baba Ghanouj with crackers (unsalted tops) (1/4 cup dip with 4 crackers)	433mg	Roasted Eggplant Dip with Tortilla Crisps (1/4 cup dip with 4 crisps)	166mg	267mg
Ready-to-Serve Lentil Soup (1 1/2 cups)	570mg	Curried Lentil Soup (1 1/2 cups)	97mg	473mg
Prepared Cole Slaw (1 cup)	340mg	Green Bean Slaw (1 cup)	41mg	299mg
Frozen salmon burger on a bun with mayo and onions	670mg	Salmon Burgers (1 burger with balsamic onions and herb mayo)	348mg	322mg
Beef Tacos 2 tacos (soft) - (no extra toppings or sauces)	940mg	Pulled Pork Tacos (2 tacos)	388mg	552mg
Chicken Souvlaki Pita Sandwich with tzatziki, cucumbers, onions (no cheese)	1057mg	Souvlaki Pita Sandwich (2 pita pockets)	389mg	668mg
Frozen Shepherd's Pie	1100mg	Shepherd's Pie (1 serving)	133mg	967mg
Chicken Lasagna	720mg	Turkey Lasagna (1 serving)	307mg	413mg
Blueberry Muffin	570mg	Wheat Bran Muffins (1 muffin)	147mg	423mg
Vanilla Cupcake	270mg	Angel Cupcakes (1 cupcake)	32mg	238mg

\* These convenience products are offered by a number of companies and brands.

We chose popular brands which are widely available in Canada and checked the sodium content on the Nutrition Facts labels.