

food service tips

Sodium Savvy



Menu

Always serve salad dressing on the side in a 2 oz. container.

Offer a variety of fruits and vegetables as side dishes.

Serve fewer entrées that come with bacon and/or cheese automatically.

Offer a smaller portion size option for entrées.

Cooking

Cook from scratch using lower sodium ingredients.

Measure salt and soup base to keep track of how much you add.

Reduce the amount of salt or soup base you use.

Combine a lower sodium soup base with a regular base (2 parts regular, 1 part reduced).

Prepare vegetable sides without added butter products or salt.

Products

Ask your food distributor or purchasing group for lower sodium items.

Eating too much sodium can raise blood pressure, which can lead to heart attack and stroke. Most American adults should consume no more than 1,500 mg of sodium per day. Many food service meals can meet or exceed an entire day's worth of sodium in just one sitting. You can take simple steps to reduce sodium and keep your patrons happy and healthy.



sodium savvy
SCHENECTADY COUNTY

For more information: www.schenectadycounty.com/sodium



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food service tips by the numbers

Menu

Always serve salad dressing on the side in a 2 oz. container.	A typical salad dressing contains more than 300 mg of sodium per ounce.
Offer a variety of fruits and vegetables as side dishes.	Fresh and frozen (no sauce) fruits and vegetables are naturally lower in sodium.
Serve fewer entrées that come with bacon and/or cheese automatically.	A single slice of bacon or cheese has around 200 mg of sodium.
Offer a smaller portion size option for entrées.	Less food on the plate means less sodium—by 30%–50%!

Cooking

Cook from scratch using lower sodium ingredients.	Preparing items in-house using fresh ingredients, not pre-made or pre-packaged foods, helps lower sodium.
Measure salt and soup base to keep track of how much you add.	Measuring salt can help you keep track of how much sodium you add to a dish. Just 1 teaspoon of salt contains 2,300 mg of sodium.
Reduce the amount of salt or soup base you use.	A single teaspoon of regular soup base typically contains more than 1,000 mg of sodium. Using a base that lists meat as the first ingredient can help because a higher flavor concentration means you don't use as much in the dish.
Combine a lower sodium soup base with a regular base (2 parts regular, 1 part reduced).	Lower sodium base has 500–700 mg less sodium per teaspoon than regular base.
Prepare vegetable sides without added butter products or salt.	Butter and butter products add up to 100 mg of sodium per tablespoon.

Products

Ask your food distributor or purchasing group for lower sodium items.	For example, canned tomato products can range from 40 mg to 400 mg per half-cup serving. That's a big difference!
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sodium targets

Turkey
less than 560 mg per 5 oz.

Ham
less than 700 mg per 3 oz.

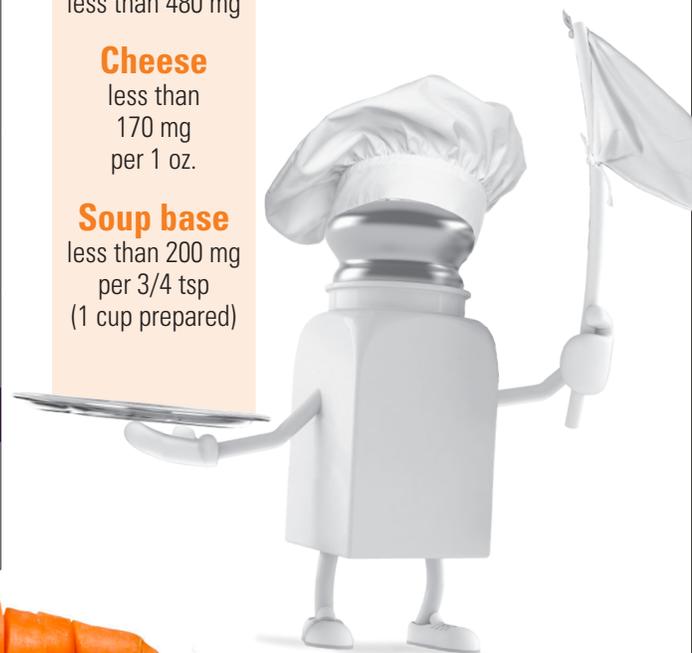
Bacon
less than 150 mg per slice

Sausage
less than 400 mg per 2 oz.

Hot dog
less than 480 mg

Cheese
less than 170 mg per 1 oz.

Soup base
less than 200 mg per 3/4 tsp (1 cup prepared)



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