

# Healthy Snacking...on a Sodium Budget



Many snacks labeled 'low-fat' or 'fat-free' can contain added sodium to make up for lost flavor from reducing the fat. Make sure when you purchase a low-fat or fat-free product to compare the sodium content.

## Hidden Sources of Sodium<sup>2</sup>

-2 tbsp ketchup	356 mg
-3 oz roasted turkey	404 mg
-2 tbsp low-fat ranch	370 mg
-½ c black beans (can)	400 mg
-1tbsp dijon mustard	360 mg
-2 tbsp sliced jalapenos	300mg

## Healthy Options

- Eat more fruits and vegetables for snacks
- Add natural spices or flavorings such as lemon juice, lime juice or fresh herbs & spices to nuts, air popped popcorn or baked chips
- Opt for a smoothie, made with fresh fruit, low-fat yogurt and ice

The American Heart Association<sup>1</sup> recommends no more than 2300 mg of sodium per day. Since there are many hidden forms of salt in foods, most Americans consume more than double that amount.

How can you plan a healthy snack on a sodium budget? Here is one way to divide the 2300mg:

This allows for approximately 300 mg of sodium for each snack. Here are a few recipes to try out on a low sodium budget!

Sodium Breakdown	
Breakfast	<400 mg
Snack	<300 mg
Lunch	<600 mg
Snack	<300 mg
Dinner	<700 mg
<b>TOTAL</b>	<b>2300 mg/day</b>

## Smoothie Recipe: Triple Berry Smoothie

Low-fat Vanilla Yogurt	¼ cup
Simple Syrup (or honey)	2 tbsp
Crushed Ice	1/3 cup
Strawberries	¼ cup
Blueberries	¼ cup
Raspberries	¼ cup

Add all ingredients to blender, puree until smooth. Serve.

Yield: 1 Serving Size: 10 oz smoothie

Calories: 222, Fat: 0.7 g, Carbohydrate 54 g, Cholesterol: 3 mg Sodium: 37.3 mg Protein: 3.3 g

## Indian Spiced Nuts

Dark Brown Sugar	1 ½ tsp
Honey	1 ½ tsp
Canola Oil	1 tsp
Ground Cinnamon	1 tsp
Kosher Salt	1/8 tsp
Ground Black Pepper	1/8 tsp
Ground Cumin	¼ tsp
Almonds, whole	¼ c
Cashews, halves	¼ c
Hazelnuts, whole	2 oz

Heat oven 350°. Combine all ingredients except nuts in a small saucepan, heat gently, and stir. Add nuts to mix, toss and coat. Place nuts on lined baking pan, bake 15 min until golden brown. Cool.

Yield: 4 servings. Serving size: ¼ cup

Calories: 218, Fat:18.4 g, Carbohydrate:11 g, Cholesterol: 0 mg Sodium: 130 mg Protein: 5.4 g

<sup>1</sup> American Heart Association. <http://www.americanheart.org>

<sup>2</sup> Calorie King.(Average, All Brands) [www.calorieking.com](http://www.calorieking.com)