Small and Rural Hospitals
Constituency Section
Sodium Reduction Initiative
Best Practices/
Innovative Strategies

2013
# Table of Contents

<table>
<thead>
<tr>
<th>Title</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background</td>
<td>4</td>
</tr>
<tr>
<td>Blessing Hospital, Quincy</td>
<td>5</td>
</tr>
<tr>
<td>Clay County Hospital, Flora</td>
<td>9</td>
</tr>
<tr>
<td>Dr. John Warner Hospital, Clinton</td>
<td>12</td>
</tr>
<tr>
<td>Ferrell Hospital, Eldorado</td>
<td>14</td>
</tr>
<tr>
<td>Gibson Area Hospital &amp; Health Services, Gibson City</td>
<td>17</td>
</tr>
<tr>
<td>Graham Hospital, Canton</td>
<td>26</td>
</tr>
<tr>
<td>Illini Community Hospital, Pittsfield</td>
<td>41</td>
</tr>
<tr>
<td>Illinois Valley Community Hospital, Peru</td>
<td>44</td>
</tr>
<tr>
<td>Jersey Community Hospital, Jerseyville</td>
<td>47</td>
</tr>
<tr>
<td>Memorial Hospital, Carthage</td>
<td>48</td>
</tr>
<tr>
<td>OSF Holy Family Medical Center, Monmouth</td>
<td>50</td>
</tr>
<tr>
<td>Richland Memorial Hospital, Olney</td>
<td>52</td>
</tr>
<tr>
<td>St. Joseph’s Hospital, Highland</td>
<td>58</td>
</tr>
</tbody>
</table>
St. Mary’s Hospital, Streator 59
Salem Township Hospital, Salem 64
Sarah D. Culbertson Memorial Hospital, Rushville 65
Valley West Community Hospital, Sandwich 72
Background

Poor nutrition is a risk factor for heart disease, cancer, stroke, and diabetes—four of the seven leading causes of death in the United States. High sodium intake increases blood pressure, which is a major risk factor for cardiovascular disease, the leading cause of death in Illinois. Cardiovascular disease includes heart disease, stroke and other vascular diseases.

The Illinois Sodium Reduction Grant is a partnership with the Centers for Disease Control and Prevention (CDC) Heart Disease and Stroke Prevention Program, Illinois Department of Public Health (IDPH), and the Illinois Hospital Association (IHA). The purpose of this grant is to initiate comprehensive, population-based environmental change sodium reduction strategies in the small and rural hospital setting.

IDPH and IHA worked with nine small and rural hospitals to implement best practice strategies for sodium reduction outlined in the Illinois Cardiovascular Health Program Hospital Sodium Strategies Guide (based on the National Center for Chronic Disease Prevention and Health Promotion’s Under Pressure: Strategies for Sodium Reduction in the Hospital Environment, 2011 guide).

Since hospitals are uniquely positioned to impact the food supply in their community through modeling healthy nutrition and responsible practices, each hospital developed unique healthy eating strategies to best fit their needs. Through this grant opportunity, each hospital engaged a workgroup of medical staff, food service staff, administrators, and community partners to discuss the current food environment and how it relates to the community, employee health and wellness. This workgroup developed a comprehensive food policy to include purchasing decisions, healthy food choices, nutrient standards, patient meals, and food sold within the hospital.

The workgroups utilized marketing techniques to promote healthy foods in the hospital and in the community. The groups also worked with community partners to develop education activities for patients, employees and community residents promoting healthy nutrition and eating habits. This document contains some of the innovative approaches used by the nine participating hospitals along with sample materials of their initiatives.
Marketing of Lower-Sodium Diets

- **Menus:** Paper menus posted daily delineate the menu items that qualify for worksite wellness and meet sodium signage guidelines. An online menu is available and the weekly promo is displayed on the website home page.
- **Table Tents:** Table tents were created describing daily recommended sodium intake, tips to reduce sodium intake and chronic diseases affected by sodium intake.
- **Flyers/Emails:** House-wide emails were sent to employees highlighting signage and labeling changes. Flyers were also available to visitors and employees in the cafeteria.
- **Orientation:** All new employees are being provided education during orientation.

Education Programs

- **Lunch with the Dietitian:** The registered dietitians (RDs) planned a meal along with the retail and production manager. The meals provided less than 600 mg sodium, less than 30% calories from fat, and less than 500 calories total. RDs were available for questions. Handouts were given to those who selected the meals. Approximately 30-40% of employees who purchased lunch at the facility chose the meal planned by RDs.
- **Salt Tube Display:** Salt tube displays and food models are being used to encourage employees to adopt healthier meal choices.
- **Mobile Cooking Unit:** The hospital is in the process of purchasing a mobile cooking unit to use with employee and community health fairs to promote healthy cooking without the use of added salt.

Food Offerings

- **Vending:** The hospital worked with the vending company to switch out unhealthy items for healthier options. They are also currently working on placing lower-sodium food items at eye level. In addition, signs were placed on vending machines describing healthier food choices.
- **Labeling:** Foods with less than 600, 400 or 140 mg of sodium are identified by signage.
- **Salt:** Salt packets were placed on the condiment bar with a sign describing the amount of sodium per packet and the daily recommended amount. Mrs. Dash was placed strategically next to the salt packets. Condiment containers also have nutrition information labeled.
Shake the Salt Habit
Understanding the low sodium diet

• A low sodium diet may help prevent the build-up of extra water in your body.
• This diet is appropriate for patients with high blood pressure, heart failure, kidney disease and other conditions in which swelling or fluid retention may occur.
• If the patient is taking a diuretic, a low sodium diet will still be beneficial.
• If the low sodium diet is followed correctly, the total daily sodium intake will add up to about 1500mg/day, about ½ tsp per day.
• Items to avoid while on the low sodium diet include:
  o Canned foods such as soups, sauces and gravy mixes
  o Frozen dinners and vegetables with sauces
  o Snack foods such as salted chips, crackers and popcorn
  o Pre-packaged starchy foods like seasoned noodle dishes, stuffing mixes and mac and cheese
  o Instant cooking foods like mashed potatoes and rice
  o Quick bread mixes (pancakes and biscuits)
  o Processed lunch meats and cheeses
  o Condiments and seasonings such as seasoned salt, mustard, ketchup, pickles and olives
• Some alternatives seasonings for food can include:
  o Lemon juice
  o Hot peppers, red pepper flakes
  o Garlic
  o Onions
  o Salt-free seasonings like Mrs. Dash

Avoid salt substitutes as they may be harmful for the kidneys
Sodium Icons used in Cafeteria

Sodium Smart
400 mg or less

Sodium Smart
600 mg or less

Sodium Smart
low sodium
Sodium Reduction Initiative

- <200 calories per serving.
- <400mg of sodium per serving.
- <35% total calories from sugar.
- <35% of total calories from fat.
- <10% of total calories from sat fat.

- ≤200 calories per serving.
  - ≤400mg of sodium per serving.
  - No more than 35% of total calories from sugar.
  - No more than 35% of total calories from fat.
  - No more than 10% of total calories from sat fat.

- >200 calories
  - >400mg of sodium per serving.
  - >35% of total calories from sugar.
  - >35% of total calories from fat.
  - >10 of total calories from sat fat.
**Marketing of Lower-Sodium Diets**

- **Brochures:** New flyers were printed and placed in the cafeteria. They were also made available to cardiopulmonary patients.
- **Signs:** “STOP You are Eating Too Much Salt” posters were purchased and displayed around the hospital. In addition, blood pressure “Know and Go” cards have been distributed to patients with their discharge paperwork.
- **Newsletter:** A “Salt and Sodium—Tips to Help Cut Back” article was placed in the employee newsletter.
- **Recipes:** Healthy recipes are available in the cafeteria free for employees and visitors to take.

**Education Programs/Recognition**

- **Medical Minute:** The hospital hosted a “Medical Minute” education tip on the radio which gave a brief overview of sodium in the diet.
- **Training:** A representative from the University of Illinois’ extension office came to the hospital to train dietary employees on ways to cut back on sodium during food preparation.

**Food Offerings**

- **Labeling:** Low-sodium foods continue to be identified on the lunch menu and emailed out to hospital employees. Low-sodium snacks are labeled in the cafeteria and healthy foods are placed close to the point of purchase.
### Salt and Sodium—Tips to Help You Cut Back

<table>
<thead>
<tr>
<th>Step</th>
<th>Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Think fresh. Most of the sodium we eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as bacon, sausage, hot dogs, and deli/lunch meats, and ready to eat foods, like canned chili, ravioli and soups. Fresh foods are generally lower in sodium.</td>
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<td>2</td>
<td>Enjoy home-prepared foods—Cook more often at home where you are in control of what’s in your food. Preparing your own foods allows you to limit the amount of salt in them.</td>
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<td>3</td>
<td>Fill up on veggies and fruits—they are naturally low in sodium. Eat a vegetable or fruit at every meal.</td>
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<td>4</td>
<td>Choose dairy and protein foods that are lower in sodium. Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or lunch meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.</td>
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<td>5</td>
<td>Adjust your taste buds. Cut back on salt little by little and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.</td>
</tr>
<tr>
<td>6</td>
<td>Skip the salt. Skip adding salt when cooking. Keep salt off the kitchen counter and dinner table.</td>
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</tbody>
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Low Sodium Scripts for Medical Minute

:30

LOW SODIUM ON A FOOD LABEL IS A MANUFACTURER’S WAY OF TELLING CONSUMERS ABOUT THE LOW SALT CONTENT OF A PRODUCT. BUT THERE’S ANOTHER WAY TO GET LOW SODIUM FOODS. JUST USE SEASONAL PRODUCE, FRESH FISH, MEAT AND POULTRY. PURCHASING THESE RAW FOODS IS THE BEST WAY TO CONTROL SALT IN YOUR DIET. WHILE PACKAGED, CANNED AND FROZEN FOODS MAY BE CONVENIENT, SALT OR SODIUM ARE OFTEN HIDING WITHIN. PICK UP A BROCHURE ON LOW SODIUM DIETS AT THE CLAY COUNTY HOSPITAL CAFETERIA.

CLAY COUNTY HOSPITAL…WORKING TOGETHER FOR A HEALTHIER COMMUNITY

:60

LOW SODIUM ON A FOOD LABEL IS A MANUFACTURER’S WAY OF TELLING CONSUMERS ABOUT THE LOW SALT CONTENT OF A PRODUCT. FOODS STATING THEY ARE LOW SODIUM ARE GENERALLY TARGETED AT PEOPLE WHO ARE HEALTH CONSCIOUS. BUT THERE’S ANOTHER WAY TO GET LOW SODIUM FOODS. JUST USE SEASONAL PRODUCE, FRESH FISH, MEAT AND POULTRY. PURCHASING THESE FRESH, RAW FOODS IS THE BEST WAY TO CONTROL SALT IN YOUR DIET. WHILE PACKAGED, CANNED AND FROZEN FOODS MAY BE CONVENIENT, SALT OR SODIUM ARE OFTEN HIDING WITHIN. IF YOU’RE ON A SALT-FREE DIET, YOU CAN FIND LOW-SODIUM PRODUCTS, RANGING FROM CHICKEN BROTH TO SOY SAUCE, AT YOUR NEIGHBORHOOD GROCER. BUT THE BEST TRICK OF ALL – EXPERIMENT WITH AROMATIC HERBS AND SPICES INSTEAD OF SALT. THE RESULT WILL BE DELICIOUS DISHES FEATURING LOTS OF FLAVOR. CLAY COUNTY HOSPITAL OFFERS MORE LOW-SODIUM FOODS THROUGH THE CAFETERIA & VENDING MACHINES. STOP BY THE CAFETERIA FOR INFORMATIONAL BROCHURES ON LOW-SODIUM DIETS.

CLAY COUNTY HOSPITAL…WORKING TOGETHER FOR A HEALTHIER COMMUNITY
Dr. John Warner Hospital, Clinton
Contact: Melinda Monier, MS, RD, LDN, 217-935-9571 ext. 3228

Marketing of Lower-Sodium Diets
• *Cookbook:* A low-sodium cookbook has been assembled by employees at the hospital and is being distributed to all employees and patients. This shows that there are alternatives to sodium and that recipes can still taste good with salt alternatives.

Education
• *Cooking Demonstration:* A chef from Richland Community College led a cooking demonstration on healthy low-sodium recipes for the community and employees at the hospital.
Dr. John Warner Presents:

Chef Bryan Tucker
Low Sodium Cooking Demonstration

Date: Thursday, July 11, 2013
Time: 2:00 pm
Location: Hospital Café
Cost: Free, Please RSVP 935-9571, ext. 3228 or 3227

Chef Bryan Tucker will prepare an entrée, vegetable, and salad that is low in sodium. Melinda Monier, MS, RD, LDN will also provide tips on shopping and cooking low sodium meals. The demonstration will be 1 hour long. Please come join us for a tasty snack and learn some new tips!

Funding provided by the Illinois Department of Public Health State Heart Disease Stroke Prevention Capacity Building Grant.
**Ferrell Hospital, Eldorado**
Contact: Caleigh Griffin, Vice President of Human Resources, 618-297-9617

**Marketing of Lower-Sodium Diets**
- *Table Tents/Flyers:* Tent cards and flyers were added to all of the cafeteria tables. These highlight facts about salt and dietary guidelines.
- *Newsletter:* Information on sodium reduction and healthy living were added to the monthly newsletter.
- *Vending:* Healthier items are listed on the vending machine using a small green leaf. There is also a sign posted on the vending machine to help individuals spot the healthier items.

**Education**
- *Patients:* Hospital patients are now being provided with sodium information on their trays. They are able to view the content levels and are provided with information on what the patient’s daily intake should be.

**Food Offerings**
- *Labeling:* Foods that are being served in the cafeteria now have sodium levels displayed. The salad bar also lists this information.
- *Salt:* Salt shakers were removed from the tables and Mrs. Dash was added as an option.
- *Fruit:* More information is being distributed about the fruit options available in the cafeteria.
- *Taste Test:* More low sodium dressings will be offered in the cafeteria. The hospital will be having a taste test where employees can try the different options. This will be offered several times throughout the day to get feedback from all staff. Other low-sodium offerings will also be tested.
- *Offerings:* The hospital is cutting down on the amount of fried chicken offered. Now grilled chicken is offered half of the time.
Fresh Fruit

Oranges & grapes
are readily available
in the kitchen.
$0.50/serving

Seasonal fruit will be available at certain times.
Just check with the ladies in the kitchen.
FOOD FAIR

Wednesday, August 21st  
11:30AM-1PM  
Kitchen

The ladies in the kitchen will be putting on a food fair for all employees to come and try out new options!

These options are going to be healthier alternatives to items on the current menu but **we need your input!**

Come and do a taste test and vote your favorite items. Take part in a survey about foods offered and what you would like to see offered.

**The menu that day will be soup/salad/sandwich which is still $3.00. The taste test items are small portions that will be provided free!**
Marketing of Lower-Sodium Diets

- **Video Display:** A video display system was added to the cafeteria. Power point slides of the menu, which include low-sodium options, are displayed on the screen. Every 30 seconds there is a slide promoting lowering sodium. There is also a ticker line across the bottom of the screen listing the required daily amount of sodium intake.

- **Literature:** A literature rack was placed on a wall in a high-traffic area with the following pamphlets from the American Heart Association (AHA) available:
  - Reading Food Labels;
  - Shaking Your Salt Habit: Our Guide to Reducing Sodium to Lower Your Blood pressure;
  - Making Healthy Food and Lifestyle Choices; and
  - Tips for Eating Out.

- **Table Tents/Flyers/Signs:** Table tents, located on all tables in the cafeteria, promote sodium reduction and are changed out periodically. In addition, signs promoting the local farmers market are located around the cafeteria. (Salty Six Sign.)

- **Employees:** The hospital is encouraging employees to eat healthy by entering them into a drawing if they picked a low-sodium option.

Education Programs

- **Cooking Demonstration:** Demonstrations have been held for the diabetes and celiac support groups. An educational cooking demo table was used to continue low sodium education. There is an overhead mirror and it is on wheels so that it can be used throughout the hospital.

- **Dietary Staff Education:** The facility spice supplier provided education to dietary staff on using more spices.

- **Supermarket Tour:** The hospital provided local supermarket tours for the community to educate participants about where healthy items are located in the store.

Food Offerings

- **Vending:** The vending company added healthier food items and the hospital displayed thought-provoking ads to encourage healthy food choices.

- **Foods:** The hospital is trying to ensure that there are low-sodium options available at every meal. It is also providing nutritional information (sodium, calories, carbs, and fat) for entrees available for purchase.

- **Local Restaurant:** Gibson Area Hospital is working with local restaurants to showcase low-sodium and heart-healthy items on their menu. Logos were established to identify these foods.
When Snacking Attacks

Many workers will tell you that proximity to a vending machine is both a blessing and a curse. It can be a welcome break from hours in front of a computer, or an antidote to absurd deadlines or gnawing hunger pains, or a stressful patient load. But of course, the sugary, salty contents also shout at you, interrupting your thinking, in less dire situations—especially when they are close by.

We all have had a couple of work sessions in which a little snack from the vending machine turned into a full-blown meal of Fritos, Pop-tarts and Snickers bars. Against all our better judgment and knowledge, brightly colored bags of packaged food suddenly seemed more reasonable than the real food we could have eaten.

Some remember the vending machines as better even than the water cooler, where serendipity happens and ideas are born. “I definitely turn to the vending machines on rough nights. I usually try and eat healthy, but there have been many occasions where the carrot sticks just weren’t cutting it and I will sneak away and return to my desk with Snickers and Cheetos. I will hide one of the items shamefully, not wanting to admit to my shopping spree at the vending machine.”

We want you to be aware that there is a place for all types of food…not just “seeds and fig bars, and trail dust”.

Below you will find nutritional information from our beverage dispenser. Also look for Balanced Choices in our snack machines. We have included a variety of food choices to achieve a healthier life style as well as the ‘oldies but goodies.’
Taste the possibilities (green dot)…

Provides you with a variety of food choices to achieve a healthier lifestyle. These snacks are better for you and fit within the nutritional guidelines.

Each of these will rotate through the vending machines.

Cal < 250 kcal.  Na < 350 mg.
Total fat < 35%  Sat. fat < 10%
GAH Café Salad Bar provides several choices to help you meet your lower-sodium options.

Lettuce, tomatoes, cucumbers, carrots, broccoli, diced eggs, onions all offer lower-sodium options.

Choose fresh and canned fruit.

1 slice Deli Turkey 154 mg.
5—Bread & Butter Pickle Chips 160 mg.
¼ cup grated yellow cheese 180 mg.
2 tablespoons French Dressing (1 dipper) 210 mg.
2 tablespoons Ranch Dressing (1 dipper) 250 mg.
1 slice Deli Ham 300 mg.
6—Dill Pickle Chips 350 mg.

½ cup cottage cheese = 480 mg of sodium

Meat salads all offer > 480 mg of sodium.

Bacon Bits and croutons also add high-sodium content.
Why I should I limit Sodium?

You may have been told by your healthcare provider to reduce the salt in your diet. Salt is sodium chloride. You need a certain balance of sodium and water in your body at all times to work properly. Too much salt or too much water in your system will upset the balance. When you’re healthy, your kidneys get rid of extra sodium to keep the correct balance.

What's bad about sodium?

Too much sodium in your system causes your body to retain (hold onto) water. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise blood pressure. Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

How much sodium do I need?

Most people eat too much sodium, often without knowing it. One teaspoon of salt contains about 2,300 mg of sodium. Your body only needs 200 mg of sodium per day.

- The average American eats 3,000-3,600 mg of sodium per day
Top 10 Sources of Sodium in the Diet

1. Bread & rolls
2. Cold cuts & cured meats
3. Pizza
4. Poultry
5. Sandwiches
6. Soups
7. Cheese
8. Pasta dishes
9. Meat dishes
10. Snacks
Sodium Consumption Update

Americans consume 55% more sodium today than a generation ago.

In Illinois, 41% of adults age 45 to 64 have hypertension. 63% of adults 65+ have hypertension.

Hypertension-related health conditions result in around 200,000 hospitalizations per year at a cost of $9 billion.

Reducing sodium consumption by 30% could prevent over 100,000 cases of hypertension.
Attention GAH Employees!

Shake the Salt Habit!

Choose a lower sodium option from the menu.

For each lower sodium option, enter a drawing to win gift cards or Gibson Bucks!

Drawings will be held at the end of June, July, and August.

Help promote healthy eating habits to patients, other staff, and people in our community.

So Shake the Salt Habit and Win!!!
Farmer’s Market
Gibson City

Saturday mornings
Sangamon Ave.
8:00 am until all sold.
Through the season
**Graham Hospital, Canton**

Contact: Leslie Johnson, RN, MSN, Master Black Belt, Director of Lean/6 Sigma and Strategic Planning, Physician Recruiter, 309-649-6895

**Marketing of Lower-Sodium Diets**

- **Emails/Materials:** The hospital inserted educational material into the Graham Health System Community Checkup. An email was also sent out the employees identifying how the hospital was making healthy choices easier.

- **Displays:** Graham Hospital developed low sodium education and awareness displays utilizing “Ask the Doc Questions.” They also developed an educational brochure for distribution at wellness fairs.

- **Pamphlets:** A dietician intern worked on a patient education pamphlet to display on low-sodium practices.

- **Working with School District:** Canton School District worked with the hospital to promote sodium reduction education within the school, hospital and community. Students will be asked to create a website, poster, graphic design, art, and associated-theme taglines to promote low-sodium practices. This tactic will start in fall 2013.

**Food Offerings**

- **Vending:** The hospital worked with the vending company to increase healthy food items. Their goal is to get 30% of the items to be healthy and placed at eye level. **Signage** was also added to the vending machines.

- **Labeling:** A labeling system of red, yellow and green was added for foods within the cafeteria based on national standards. Items in the grab-and-go cooler were also labeled.

- **Salt:** Mrs. Dash was placed on the tables to replace salt, which is now available only upon request.

- **Offerings/Discounts:** New lower-sodium offerings have been added to the cafeteria. The staff prioritized their most popular foods and swapped six of them for lower-sodium options. On Mondays, Wednesdays and Fridays, the hospital highlighted a “GO!” item. GO! items are foods that are the healthiest choice (less than 35% calories from fat, less than 10% calories from saturated fat, zero trans-fat, less than 400 mg of sodium, less than 35% of calories from sugar, and less than 200 calories per portion.) GO! items provide a serving of fruit, vegetable or whole grain. During the grant period, Go! items were identified and discounted 35%.

- **Healthy Meal of the Week:** The hospital maintained a healthy meal of the week with the recipe printed for individuals to grab a copy.

- **Placement:** A plan was developed for selective arrangement of healthy items at key places within the cafeteria at eye level. Candy items have been moved away from the register counter.
Does not meet Green or Yellow criteria

< 35% calories from fat
< 10% calories from saturated fat; zero trans fat
< 400 mg of sodium
< 35% calories from sugar
< 200 calories per portion

Does not provide a serving of fruit, vegetable, or whole grain

Healthy Choice

< 35% calories from fat
< 10% calories from saturated fat; zero trans fat
< 400 mg of sodium
< 35% calories from sugar
< 200 calories per portion

Does not provide a serving of fruit, vegetable, or whole grain

Healthiest Choice

< 35% calories from fat
< 10% calories from saturated fat; zero trans fat
< 400 mg of sodium
< 35% calories from sugar
< 200 calories per portion

Provides a serving of fruit, vegetable or whole grain
Why is salt bad for you?

Salt raises blood pressure which can lead to stroke, heart attack or other blood vessel problems. Salt can also cause fluid retention which can be particularly harmful for patients with congestive heart failure, kidney disease or liver disease. Salt has also been linked with stomach cancer and with weakening bones.

What is the actual salt intake per person today? What is the recommended salt intake?

The amount of recommended salt intake varies for each person. For a young (50 or younger), healthy person without blood pressure problems or heart disease, the recommendation is 2300 mg per day. For a person over 50 and anyone with high blood pressure, heart disease, diabetes or kidney disease, the recommendation is 1500 mg per day.

Americans currently take in on average of 3,436 mg per day. It is estimated that if all Americans decreased their sodium intake to 2300 mg, 65,000 lives would be saved per year.

How do I start choosing low salt foods?

The simplest rule is to avoid processed foods and choose fresh (or some frozen) foods. It is important to read labels for the salt/sodium content even if it is labeled low salt. Salt content can be reduced in some foods by washing them with water (canned vegetables is a good example).

Salt causes an increase in blood pressure. There is a dose dependent relationship between increased salt intake and increased blood pressure.

The AHA recommends that we consume 1500 mg or less daily. People who are over 50 years old, African American, hypertensive, have heart failure, have diabetes, or have chronic kidney disease should consume less than 1500 mg daily. Our bodies really only need between 180 mg to 500 mg daily.

Processed foods and foods prepared in restaurants are very high in sodium. Other foods high in sodium to consider include breads, deli meats, pizza, cheese, pasta dishes, and snacks like popcorn, chips, and pretzels. Reading labels can be very helpful and informative.

Excess sodium intake increases blood pressure, causing the heart to work harder, accelerating the rate of plaque formation in the arteries, and increasing the risk of heart attack and stroke.
Choose Low Sodium Foods

Eat lots of fruits and veggies; they are full of potassium. Salt and Potassium are opposites. When one is high, the other is low. By eating more fruits and veggies you are washing the salt out of your system.
And by the way....Sea Salt IS SALT!!

1. Eat “REAL” food, food that grows from a plant from the ground, not from a processing plant! Anything man makes is loaded with salt, sugar and fat.
2. Eat at HOME.
3. Shop the outside of the grocery store - that is where the “REAL” food is located.
4. Become a label reader! Choose items with 140 mg or less per serving.
5. Choose low sodium soups, salad dressings and cheese.
6. When dining out, eat fresh food as much as possible.

Choose Wisely!

Red - Not as Healthy of a Choice
- Does not meet Green or Yellow criteria

Yellow - Healthy Choice
- < 35% calories from fat
- < 10% calories from saturated fat; zero trans fat
- < 400 mg of sodium
- < 35% calories from sugar
- < 200 calories per portion

Green - Healthiest Choice
- < 10% calories from fat
- < 10% calories from saturated fat; zero trans fat
- < 400 mg of sodium
- < 35% calories from sugar
- < 200 calories per portion

Provides a serving of fruit, vegetable, or whole grain

www.grahamhealthsystem.org
Pasta Salad with Dill and Spring Vegetables

This is a cool and refreshing way to use healthy, seasonal vegetables! Feel free to substitute the fresh vegetables for any of your favorites.
Makes 8 ½-cup servings.

**Ingredients**
- 3 cups uncooked shell pasta, medium-sized
- 8 asparagus spears, cut into 1/2-inch pieces
- 1 cup halved cherry tomatoes or diced tomatoes
- 1 cup sliced green peppers
- 1/2 cup chopped green onions

**Dressing**
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons rice or white wine vinegar
- 2 teaspoons dill weed
- Black pepper to taste

**Directions**
Wisk together the ingredients for the dressing and set aside. Cook the pasta according to directions (without salt), then drain and rinse with cold water. Cover the asparagus with water and bring to a boil for 3-5 minutes until tender-crisp. Drain and rinse with cold water. Mix all ingredients together evenly and refrigerate. Serve chilled.

**Nutrition Facts per Serving**
- Calories: 179
- Total fat: 7g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 6 mg
- Carbs: 24g
- Protein: 4g
- Fiber: 2g

Adapted from: Mayoclinic.com
Balsamic Bean Salad

This is a simple and zesty salad, filled with heart-healthy fiber!
Makes 6 ½-cup servings.

**Ingredients**
- 1 (15 oz) can of garbanzo beans, rinsed and drained
- 1 (15 oz) can of black beans, rinsed and drained
- 1 medium red onion, diced
- 1/2 cup finely chopped celery

**Dressing:**
- 1/3 cup chopped fresh parsley
- 2 tablespoons balsamic vinegar
- 4 garlic cloves, finely chopped
- Black pepper to taste
- 1/4 cup olive oil

**Directions**
Whisk together the balsamic vinegar, parsley, garlic and pepper. Then slowly add the olive oil while still whisking. Set this dressing aside. Mix together the beans and onion, then stir in the dressing to coat evenly. Cover and refrigerate. Serve chilled.

**Nutrition Facts per Serving**
- Calories: 218
- Total fat: 10g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 170mg
- Carbs: 25g
- Protein: 7g
- Fiber: 6g

Adapted from: Mayoclinic.com
Fruit Gratin

Use whatever seasonal fruit you like in this tasty treat, which is also a good source of fiber! Makes 6 servings.

Ingredients

- 1 pound pitted, halved cherries and 4 cups peeled, pitted and sliced summer fruit (nectarines, peaches, apricots) OR
- 5 cups seasonal fruit of preference
- 1 tablespoon whole wheat flour
- ½ cup old fashioned rolled oats
- 2 tablespoons canola oil
- ¼ cup sliced almonds
- 3 tablespoons whole wheat flour
- 1 + 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 tablespoon dark honey

Directions

Preheat the oven to 350 F. Coat a baking dish with cooking spray. Combine the fruits in a bowl and coat with 1 tablespoon of flour and 1 tablespoon of sugar. In another bowl, combine the rest of the dry ingredients (including the sugar) and stir in the oil and honey. Spread fruit mixture over the bottom of the pan and sprinkle the other mixture over the top. Bake until top is lightly brown and fruit is bubbling, about 45-55 minutes.

Nutrition Facts per Serving

- Calories: 224
- Total fat: 8g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 52mg
- Carbs: 38g
- Protein: 4g
- Fiber: 5g

Adapted from: Mayoclinic.com
Cheesy Zucchini

What a tasty way to eat zucchini! Try substituting this for your cheesy garlic bread. Makes 6 servings.

Ingredients
- 1 medium zucchini
- 1 teaspoon olive oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 tablespoons grated parmesan cheese

Directions
Preheat oven to 375 F. Cut off the ends of the zucchini and slice it in half lengthwise. Pat zucchini dry with a paper towel and place on a large piece of foil, cut side up. Drizzle the top with oil or spray with a cooking spray. Sprinkle the garlic and onion powder over the tops. Wrap the zucchini in the foil and pinch it closed. Place on baking sheet and bake for 30-35 minutes. Remove from the oven and open the foil, sprinkle the cheese over the zucchini. Melt the cheese on the zucchini for 1-2 minutes more, foil opened.

Nutrition Facts per Serving
- Calories: 52
- Total fat: 4g
- Saturated Fat: 1g
- Cholesterol: 4mg
- Sodium: 85mg
- Carbs: 4g
- Protein: 1g
- Fiber: 3g

Adapted from: Mayoclinic.com
Garlicky Mashed Potatoes

Creamy and garlicky – this comfort food really hits the spot!
Makes 8 servings.

Ingredients
3 pounds russet potatoes, peeled and cubed
6 garlic cloves, peeled and separated
½ cup fat free milk
1 tablespoon margarine or unsalted butter
Black pepper, to taste

Directions
In a stockpot, cover the potatoes and garlic with water and bring to a boil. Reduce heat and simmer about 15 minutes. Drain them and return potatoes to the stockpot. Combine the garlic and milk in a blender or food processor and puree until smooth. Mash all ingredients together and add black pepper to taste.

Nutrition Facts per Serving (if using margarine)
Calories: 157  Total fat: 5g  Saturated Fat: 1g  Cholesterol: 0mg
Sodium: 90mg  Carbs: 24g  Protein: 2g  Fiber: 2g

Adapted from: Mayoclinic.com
Classic Potato Salad

Perfect for a picnic, barbeque or potluck! This recipe is low sodium AND low fat, but you can use full-fat mayonnaise, if you prefer.
Makes 6 ¾-cup servings.

Ingredients
1 pound potatoes, diced and boiled or steamed
1 large yellow onion, minced
1 large carrot, chopped
2 ribs of celery, chopped
2 tablespoons of minced dill
1 teaspoon black pepper
¼ cup low-calorie mayonnaise
1 tablespoon Dijon mustard
2 tablespoons red wine vinegar

Directions
Combine all ingredients together. Refrigerate and serve chilled.

Nutrition Facts per Serving
Calories: 77  Total fat: 1g  Saturated Fat: 0g  Cholesterol: 2mg
Sodium: 120mg  Carbs: 15g  Protein: 2g  Fiber: 2g

Adapted from: Mayoclinic.com
Country Chicken

Lightly breaded and smothered in a guilt-free creamy mushroom sauce. Makes 4 servings of 2 chicken breast halves.

Ingredients

- 4 boneless, skinless chicken breasts (1 pound total)
- 2 tablespoons of olive oil
- 4 shallots, thinly sliced
- ¼ pound mushrooms, sliced
- 1 tablespoon flour
- ¼ cup white wine
- ½ cup low-sodium chicken stock
- 1 teaspoon dried rosemary

Directions

Place chicken breasts in between wax paper and pound with mallets to flatten. Cut each piece in half lengthwise and cover and refrigerate until firm. Whisk together the wine and flour and set aside. In a pan, heat 1 tablespoon of the oil on medium heat, then add the shallots and sauté for 3 minutes. Add the mushrooms and sauté for 2 minutes more. Add the flour mixture to the pan, as well as the chicken stock, and stir this mixture over medium-high heat for about 5 minutes, or until thickened. Add the remaining oil to a nonstick skillet and sauté chicken over medium heat about 5 minutes or until fully cooked. To serve, transfer chicken to plate and spoon sauce on top.

Nutrition Facts per Serving

- Calories: 239
- Total fat: 1g
- Saturated Fat: 1g
- Cholesterol: 66mg
- Sodium: 98mg
- Carbs: 6g
- Protein: 28g
- Fiber: 0.5g

Adapted from: Mayoclinic.com
Indoor S’Mores

Kids and adults will love this simple recipe. No campfire required!
Makes 4 servings.

Ingredients
2 whole graham crackers, broken in half
4 marshmallows
2 tablespoons bittersweet chocolate chips

Directions
Melt chocolate by microwaving for 1 minute, then alternating stirring and microwaving in 20-second intervals until chocolate is melted. Or, melt (stirring frequently) in the top of a double broiler over hot, not boiling water. Preheat broiler. Place graham cracker pieces on a baking sheet and top each with 1 marshmallow. Broil in oven with oven door ajar until golden brown, about 45-75 seconds, watching carefully. Remove and drizzle with melted chocolate.

Nutrition Facts per Serving
Calories: 98     Total fat: 3g     Saturated Fat: 1g     Cholesterol: 0mg
Sodium: 70mg    Carbs: 18g    Protein: 1g     Fiber: 0g

Adapted from: Eatingwell.com
Rustic Chicken and Mushroom Pasta

Instead of a salt-heavy sauce, this pasta gets flavor from garlic, onions, mushrooms, and beans, which help make it a good source of fiber. Makes 4 servings.

Ingredients
- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- ½ cup chopped onion
- 1 cup sliced mushrooms
- 1 cup white beans, cooked from dry
- 2 tablespoons chopped garlic
- ¼ cup chopped fresh basil
- 12 oz uncooked rotelle pasta
- ¼ cup parmesan cheese
- Black pepper to taste

Directions
Grill, broil, or bake the chicken until cooked. Let rest 5 minutes and then slice into strips. Heat oil in large nonstick frying pan over medium heat. Add the onions and mushrooms and sauté until tender, about 5 minutes. Mix in the white beans, garlic, basil, and chicken and keep warm. Bring a pot of water to a boil and cook pasta according to directions. Drain well. Return the pasta to the pot, add the chicken mixture and toss to mix evenly. Serve on plates and garnish with parmesan and black pepper.

Nutrition Facts per Serving
- Calories: 408
- Total fat: 7g
- Saturated Fat: 2g
- Cholesterol: 37mg
- Sodium: 122mg
- Carbs: 58g
- Protein: 28g
- Fiber: 5g

Adapted from: Mayoclinic.com
Cream of Wild Rice Soup

The fat and sodium are scaled back in this recipe, and it is chock-full of fiber. The secret: pureed beans add creaminess instead of high-fat dairy. Makes 4 servings.

Ingredients
1 ½ cups diced onion
1 cup diced carrot
1 cup diced celery
2 cloves garlic, minced
½ tablespoon canola oil
1 tablespoon parsley, minced
2 cups low-sodium vegetable broth
1 teaspoon fennel seed
1 teaspoon black pepper
1 cup white beans, prepared from dry
2 cups 1% milk
½ cup cooked wild rice

Directions
Sauté vegetables until lightly brown in canola oil in a soup pot. Add stock and spices. Puree beans and milk together in blender or food processor. Add to soup mixture and bring to a simmer and add the rice. Cook for 30 minutes.

Nutrition Facts per Serving
Calories: 229  Total fat: 5g  Saturated Fat: 1g  Cholesterol: 6mg
Sodium: 135mg  Carbs: 35g  Protein: 11g  Fiber: 7g

Adapted from: Mayoclinic.com
**Illini Community Hospital, Pittsfield**  
Contact: Ami Froese, Clinical Nutrition Manager, 217-223-8400, ext. 6436

**Marketing of Lower-Sodium Diets**  
- **Menus:** Paper menus posted daily delineate the menu items that qualify for worksite wellness and meet sodium signage guidelines. The menu was redesigned to portray heart-healthy items. Icons were placed next to those items that met the criteria of entrees with less than 600 mg of sodium and sides with less than 400 mg of sodium.  
- **Table Tents:** Table tents were created describing daily recommended sodium intake, tips to reduce sodium intake and chronic diseases affected by sodium intake.  
- **Flyers/Emails:** House-wide emails were sent to all employees highlighting signage and labeling changes. Flyers were also available to visitors and employees in the cafeteria.  
- **Orientation:** All new employees are being provided education during orientation.

**Education Programs**  
- **Salt Tube Display:** Salt tube displays and food models are used to encourage employees to adopt healthier meal choices.

**Food Offerings**  
- **Vending:** The hospital worked with the vending company to switch out items for healthier options. They are also currently working on placing lower-sodium food items at eye level. In addition, signs are being placed on vending machines describing healthier choices.  
- **Labeling:** Foods with less than 600, 400 or 140 mg of sodium are identified by signage.  
- **Salt:** Salt shakers have been removed from all of the tables in the café and are available on the counter near the register. Salt packets were placed on the condiment bar with a sign describing the amount of sodium per packet and the daily recommended amount. Mrs. Dash was placed strategically next to the salt packets. Condiment containers also have nutrition information labeled.  
- **Steamer:** A new steamer was purchased so that frozen and fresh vegetables would be used in the cafeteria instead of canned.
Updated Menus in Illini Coffee Shop

The American Heart Association recommends that adults of normal health consume up to 1,500 mg of Sodium per day to prevent chronic medical conditions, while the average American eats more than 3,400 mg of Sodium per day.

We at Illini are committed to our visitors and employees and are taking steps to help you feel your best so, we made a few additions to our guest and employee menus to assist you when trying to make healthier food choices at work. The icons below are next to food items that are higher in sodium:

1 salt shaker = approximately 400-600 mg of Sodium per serving

2 salt shakers = greater than 600 mg of Sodium per serving

These icons are based upon the single recipes, if any modifications (additions or eliminations to the recipes) are made the nutritional content of the food will be different. If you have any questions about nutritional content of foods provided ask a staff member and you will be directed to a person that can assist you.
**Illini Coffee Shop**
*Hours: 8 a.m. until 3 p.m. Monday thru Friday*

### BEVERAGES

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice, 4 oz.</td>
<td>$0.50</td>
</tr>
<tr>
<td>Tomato Juice, 5.5 oz.</td>
<td>$0.75</td>
</tr>
<tr>
<td>Milk, 8 oz.</td>
<td>$0.75</td>
</tr>
<tr>
<td>Hot Chocolate, 8 oz.</td>
<td>$0.75</td>
</tr>
<tr>
<td>Coffee, 8 oz.</td>
<td>$0.50</td>
</tr>
<tr>
<td>Bottled Soda</td>
<td>$1.25</td>
</tr>
<tr>
<td>Milk Shake</td>
<td>$1.50</td>
</tr>
<tr>
<td>Iced or Hot Tea</td>
<td>$0.50</td>
</tr>
<tr>
<td>Soda, 12 oz.</td>
<td>$0.50</td>
</tr>
<tr>
<td>Plain Bottled Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Drinks</td>
<td>$1.25</td>
</tr>
<tr>
<td>Sobe Water</td>
<td>$1.25</td>
</tr>
<tr>
<td>Aquafina Flavored</td>
<td>$1.25</td>
</tr>
<tr>
<td>Soda</td>
<td>$0.50</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.75</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>$0.50</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>$0.50</td>
</tr>
<tr>
<td>Iced or Hot Tea</td>
<td>$0.50</td>
</tr>
<tr>
<td>Soda, 12 oz.</td>
<td>$0.50</td>
</tr>
<tr>
<td>Plain Bottled Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Drinks</td>
<td>$1.25</td>
</tr>
<tr>
<td>Sobe Water</td>
<td>$1.25</td>
</tr>
<tr>
<td>Aquafina Flavored</td>
<td>$1.25</td>
</tr>
<tr>
<td>Soda</td>
<td>$0.50</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.75</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>$0.50</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>$0.50</td>
</tr>
<tr>
<td>Iced or Hot Tea</td>
<td>$0.50</td>
</tr>
<tr>
<td>Soda, 12 oz.</td>
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<tr>
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</tr>
<tr>
<td>Fruit Drinks</td>
<td>$1.25</td>
</tr>
<tr>
<td>Sobe Water</td>
<td>$1.25</td>
</tr>
<tr>
<td>Aquafina Flavored</td>
<td>$1.25</td>
</tr>
<tr>
<td>Soda</td>
<td>$0.50</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.75</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### BREAKFAST
*(Served until 10:30 a.m.)*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Strip Bacon Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>2 Sausage Patties</td>
<td>$1.25</td>
</tr>
<tr>
<td>Egg Beaters</td>
<td>$1.00</td>
</tr>
<tr>
<td>2 Slice Toast, oleo and jelly</td>
<td>$0.75</td>
</tr>
<tr>
<td>Cold Cereal and Milk</td>
<td>$1.25</td>
</tr>
<tr>
<td>Ham &amp; Cheese Omelet</td>
<td>$3.00</td>
</tr>
<tr>
<td>Vegetable Omelet</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg Beater Ham &amp; Cheese Omelet</td>
<td>$3.25</td>
</tr>
<tr>
<td>1 Egg</td>
<td>$1.00</td>
</tr>
<tr>
<td>1 Egg &amp; 2 Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>2 Eggs &amp; 2 Toast</td>
<td>$2.25</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cinnamon Roll</td>
<td>$1.25</td>
</tr>
<tr>
<td>Western Omelet</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese Omelet</td>
<td>$2.25</td>
</tr>
<tr>
<td>Bagel &amp; Cream Cheese</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### SANDWICHES
*(All sandwiches are served with potato chips)*

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>$2.25</td>
</tr>
<tr>
<td>Bacon Cheeseburger</td>
<td>$3.00</td>
</tr>
<tr>
<td>Dbl Cheeseburger</td>
<td>$3.25</td>
</tr>
<tr>
<td>Dbl Bacon Cheeseburger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Grilled Cheese</td>
<td>$1.50</td>
</tr>
<tr>
<td>Peanut Butter &amp; Jelly</td>
<td>$1.50</td>
</tr>
<tr>
<td>Steak Sandwich</td>
<td>$3.00</td>
</tr>
<tr>
<td>BLT</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Pimento Cheese</td>
<td>$2.25</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$2.25</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$2.25</td>
</tr>
</tbody>
</table>

(Condiments: tomato, lettuce, pickles, onions, mayo, mustard, ketchup)

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*Grill is turned off at 2:30 p.m.*

*Sandwiches with or without bread are the same price*

*First salad dressing is free, additional dressing $0.15*
Illinois Valley Community Hospital, Peru  
Contact: Marta L. Busken, RD, LDN, CDE, Food Service Director, 815-780-3728

Marketing of Lower-Sodium Diets
- Table Tents/Displays: The hospital displayed table tents and posters on how to reduce sodium in the diet. The food service staff was involved in making the displays.

Education Programs
- Lunch and Learn: A lunch and learn on sodium reduction was offered to employees. During this time, information on the nutritional content that is displayed in the cafeteria also was discussed.
- Kidney Mobile/Blood Pressure Clinics: Information on sodium reduction was handed out at kidney mobile events and blood pressure clinics.
- Wellness Fair: A wellness fair was held and blood pressure was taken by the Community Outreach Nurses. In addition, copies of low-sodium handouts and guidelines were distributed.

Food Offerings
- Vending: The hospital worked with the vending company on ways to highlight nutritional foods. An electronic nutritional information device (touch screen) is located directly on the vending machine. Those using the vending machines are able to find the complete nutritional information. Stoplight guidelines were also added to the machines.
- Nutritional Analysis: The hospital is now providing the nutritional value of foods served in the cafeteria and to patients.
- Soups: All soups are made from scratch. Soups now contain ½ low sodium and ½ regular soup bases in all recipes. This lowers the sodium content, but makes the soup more palatable to more customers. The department also only uses the healthy request soups to help reduce the sodium in products made with any type of soup.
- Farmers Market: The local farmers’ market is now offered to employees. They can pre-order their food and pick it up in the hospital cafeteria.
- Mrs. Dash: Mrs. Dash was added to the tables in the cafeteria.
Vending Machine Touch Screen
Nutritional Information

Nutrition Facts

Ingredients: Enriched Flour (Wheat Flour, Malt, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Corn Oil, Yeast, Malt Extract, Sodium Bicarbonate, Ammonium Bicarbonate, and Preservative (Potassium Bicarbonate) (contains a wheat ingredient).

*For the most current nutrition information please refer to the product's package.
Lower Your Sodium

The best ways to reduce sodium in your diet is to:

- Cook from scratch. Limit the use of ready to eat, fast food or prepackaged foods.
- Snack on fresh fruits and vegetables, which are low in sodium.
- Remove salt shake from table. Taste your food before adding salt.
- Use Mrs. Dash rather than the salt shaker.
- Choose fresh, frozen, or canned vegetables without added salt.
- Use pepper instead of salt to season your meal.

The best ways to reduce sodium in your diet is to:

- Limit processed, cured, smoked or pickled foods.
- Read the 'Nutrition Facts Label' to compare the amount of sodium in processed foods such as frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces.
- Choose foods labeled "low-sodium," "reduced sodium" or "sodium free."
- Ask your grocer or supermarket to offer more low-sodium foods.
- Look at the sodium content of condiments, particularly meat tenderizer, steak sauce, soy sauce, salsa, and catsup.

The best ways to reduce sodium in your diet is to:

- Use fresh or salt-free spices and herbs to season your food such as garlic powder, celery seed, dill weed and dried onion flakes.
- Try fresh vegetable and citrus juices as seasoning for sauces and marinades.
- When you go out to eat, choose low sodium menu items and ask that they prepare your meal without salt or MSG.
- Ask for gravies and sauces to be served on the side so you can use smaller portions.

Most Sodium Comes from Processed and Restaurant Foods

Department of Veterans Affairs—2010
Marketing of Lower-Sodium Diets
- **Menu Boards:** A menu board was added to the cafeteria to promote healthier food options.
- **Handouts:** Different low sodium handouts were made available on a weekly basis.

Education
- **Healthy Fair:** A healthy fair was held at the wellness center and offered low-sodium information to employees and the community. Vials were used to show exactly how much sodium is in the foods eaten every day.

Food Offerings
- **Vending:** The hospital worked with their vending company to provide healthier snacks in the vending machines and to designate healthy choices.
- **Steam Pans:** Steam pans were purchased to be able to reduce the use of canned and pre-packaged foods.
- **Food Processor Software:** The purchase of nutritional software has provided information to post on the daily foods sodium and calorie content.
Memorial Hospital, Carthage
Contact: Deborah Schuster, RD, CSG, LDN, CDE, Director of Nutrition Services, 217-357-6570

Marketing of Lower-Sodium Diets
- **Menu:** The electronic cafeteria menu has low-sodium items indicated.
- **Bulletin Board:** A bulletin board was placed by the time clock for employees to read. A display table was added in the cafeteria with seven brochures and pamphlets for employees to take.
- **Table Tents:** Information about the Dietary Approaches to Stop Hypertension (DASH) diet plus tips for making small changes were displayed on the sides of the napkin dispensers.

Education Programs
- **Cardio-Pulmonary Education:** The cardio-pulmonary department used information from the education display to share with their clients. Pulmonary-rehabilitation patients are offered private consultation with the dietician to discuss sodium restricted diets.
- **Radio:** A radio broadcast was held to discuss issues related to hypertension. Diet, sodium and other hypertension risk factors were discussed.
- **Diabetes Education Program:** A portion of the diabetes education program devoted time to sodium education, especially using the fast-food guide. This guide lists the amount of sodium for foods from different restaurants. Most participants stated their intention to change their habits to avoid chips, french fries, bacon, and cheese.
- **Booths:** An education booth on reducing sodium has been held at many events, including at local health clinics.
- **Presentation:** A presentation will be held that includes food preparation and a demonstration on cooking foods without salt. Food samples will also be provided.

Food Offerings
- **Options:** More salad plates with fresh fruit, chicken or tuna salad, and cottage cheese have been offered. In addition, more low-sodium foods and fresh foods have been added to the menu.
- **Mrs. Dash:** Mrs. Dash is available on the cafeteria tables to give people an alternative to salt.
The foods you eat affect your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented and lowered by following the DIETARY APPROACHES TO STOP HYPERTENSION (DASH) eating plan.

Blood pressure higher than 140/90 mmHg* affects 65 million or 1 out of every 3 American adults. Another 59 million Americans have pre-hypertension which is blood pressure between 120/80 and 140/89 mmHg.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, can cause the brain to hemorrhage or kidneys to function poorly.

High blood pressure can be prevented and lowered if you:
- Follow a healthy eating plan like DASH that includes foods lower in salt.
- Maintain a healthy weight.
- Be moderately physically active for 30 minutes most days of the week.

*Blood pressure is usually measured in milligrams of mercury or mmHg.

The DASH eating plan is rich in fruits, vegetables, lean meats, low-fat dairy products, whole grains, beans, seeds and nuts. It contains less salt, sweets, added sugars and sugar containing beverages; fats, and red meats than the typical American diet.

TIPS FOR A GRADUAL CHANGE
- Choose and prepare foods with less salt and don’t have salt on the table. Try herbs, spices and salt free seasoning blends.
- Fruits and vegetables are naturally low in salt. Add a serving of vegetables to your lunch one day and dinner the next. Add fruit to one meal or include as a snack.
- Reduce the amount sodium from processed meats and cheese consumed in your diet with fresh meats or lower sodium version meat or cheese.
- Limit lean meats to 6 ounces per day. A deck of cards is about the size of 3 ounces of meat. One egg is equivalent to 1 ounce of meat.
- Avoid foods that have visible salt, have salt added or are processed foods. Read labels. Foods listing sodium at 2% or less of daily value (DV) are considered low In salt. Foods with 20% or more of the DV are high in salt.
Marketing of Lower-Sodium Diets
- **Brochures:** Lowering sodium intake brochures and health scorecards were given to employees.

Education
- **Community Events:** The dietician spoke at community events providing cooking demonstration and DASH diet education.
- **Diabetic Club Education:** Provided facts on lowering sodium and a healthy diet.
- **Seasoning Blend Day:** The hospital held a seasoning blend day where employees were able to make their own spice blends.

Food Offerings
- **Herbs:** Four kinds of herbs were grown in a planter box outside of the kitchen.
- **Mrs. Dash:** Mrs. Dash samples were given to patients being discharged on cardiac diets. In addition, 1.5 liter containers with lids were given to patients on fluid restrictions as an education tool.
Sodium-Free Seasoning Blends

Grill Blend-for meats, vegetables, and soups
- 1 tsp. chili powder
- 2 tsp. onion powder
- 1.5 tsp. garlic powder
- ½ tsp. white pepper
- ½ tsp. cumin
- ½ tsp. paprika

All Purpose Spice Mix-for any food
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. thyme
- 1 tsp. pepper
- 1 tsp. oregano
- 1 tsp. cumin
Richland Memorial Hospital, Olney  
Contact: Jill VanHyning, Director of Human Resources, 618-395-6010  

Marketing of Lower-Sodium Diets  
- **Signage:** A large display board containing sodium reduction information was added in the cafeteria. All of the main entrée items for the week are listed with their nutritional values.  
- **Display:** The hospital created a display to highlight one item per day that is lower in sodium.  
- **Table Tents/Brochures:** Table tents were created that featured information on sodium. Brochures were also added regarding sodium and the DASH diet.

Education Programs  
- **Education Fair:** The hospital dietician presented low-sodium information at the Richland Memorial Hospital Diabetes Education Fair.  
- **Local Community:** Staff worked with a local community group who serves food to people who have a difficult time preparing their own meals. Educational opportunities will continue to be addressed with those who prepare and serve those meals.  
- **Community Discussion:** The hospital held a community talk about sodium with booths regarding information on eating out, seasoning without salt, as well as having blood pressure screenings from an RN.  
- **Employee Wellness Fair:** An employee wellness fair was held and a table highlighted sodium education. The following were included in the display:  
  - Low salt cookbooks;  
  - Blood pressure/salt handouts;  
  - Salt test tube display as a visual to the amount of salt in common foods;  
  - “Make Every Beat Count” wrist bands; and  
  - Low-sodium recipes.

Food Offerings  
- **Vending:** The vending machines now have nutritional information. This allows purchasers to make more informed choices about what they are eating. The low-sodium items have stars by them to make it easier to identify. In addition, new lower in sodium items, voted on by Richland Memorial Hospital employees during a taste test, were added to the vending machines.  
- **Menu:** The five-week menu cycle was altered to include better options and lower sodium. Free samples of new menu entrees were given to cafeteria customers. Icons were also included on the menu to indicate better, low sodium options. Menu changes included featuring a “Hero”—lower-sodium meal—selection for the day.  
- **Salt:** Salt shakers were removed from the tables. Individuals must go to the condiment station to retrieve salt. Mrs. Dash was added to the tables.
Wondering Where the Salt Shakers Are?

The amount of salt consumed by the average American is nearly double the recommendation. Too much salt in the diet can have detrimental effects on your health and increase your risk for stroke, heart attack, and heart failure. In an effort to reduce the amount of salt consumed and improve the overall health and well-being of our community, Richland Memorial Hospital will be implementing some changes in the cafeteria; starting with the removal of salt shakers from the tables. Salt packets and a few shakers will be left on the condiment shelf.

Instead of salt, try pepper or Mrs. Dash to season your food.
Salt Q & A

Q: What is the difference between salt and sodium?
A: Sodium and salt are not exactly the same but are often used interchangeably. Sodium is a mineral found in salt and 90% of the sodium we consume is in the form of salt.

Q: If I do not have high blood pressure why should I worry about my salt intake?
A: Sodium is not only associated with high blood pressure, but cardiovascular disease (heart disease) as well. Heart Disease is the #1 cause of death in the United States. Reducing your sodium intake is just one of many steps you can take to reduce your risk of developing heart disease in the future.

Q: If I cut back on salt will I become iodine deficient?
A: There are many other food sources that contain iodine, including, cheese, cows milk, eggs, frozen yogurt, ice cream, saltwater fish, shellfish, soy milk, soy sauce, and yogurt. If iodine deficiency is a concern for you, know that less than 1 tsp. of salt contains the recommended amount of iodine most adults need for the day. There are also many brands of multivitamins that contain iodine.

Q: What about sea salt or kosher salt?
A: 1 tsp. of table salt contains 2325 mg of sodium
1 tsp. of sea salt contains 2360 mg of sodium
1 tsp. of kosher salt contains 1960 mg of sodium
The better option is not to change the type of salt you use but to reduce your intake of all types and switch to herbs and spices when cooking and at the table.

Q: Where does most of the sodium in our diet come from?
A: The majority of sodium in the American diet comes from processed and restaurant/fast foods. And the salt used for processing is not even iodized. So by reducing the sodium you are consuming from these sources you will be able to lower your sodium intake without lowering your iodine intake.

Q: If most of the sodium we consume comes from processed and restaurant/fast foods, why remove the salt shakers?
A: Most people will sit down to eat and automatically add salt before they even taste their food. By removing the salt shakers you become more aware of what you are doing. Also, by reducing your salt intake you become more sensitive to the taste of salty foods and are more likely to reduce your intake of them as well as reduce the amount you add when cooking or eating at home.
Use the information below to make better snack choices.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Stacy’s Cinnamon Sugar Pita Chips</td>
<td>200</td>
<td>7 grams</td>
<td>170 mg</td>
</tr>
<tr>
<td>*Chex Mix Strawberry Yogurt</td>
<td>140</td>
<td>3.5 grams</td>
<td>65 mg</td>
</tr>
<tr>
<td>*Cheddar Tortilla Chip</td>
<td>210</td>
<td>11 grams</td>
<td>210 mg</td>
</tr>
<tr>
<td>*Sweet Potato Tortilla Chips</td>
<td>210</td>
<td>9 grams</td>
<td>120 mg</td>
</tr>
<tr>
<td>*All Natural Popcorn</td>
<td>50</td>
<td>1.5 grams</td>
<td>95 mg</td>
</tr>
<tr>
<td>*Blue Corn Chips</td>
<td>210</td>
<td>10 grams</td>
<td>120 mg</td>
</tr>
<tr>
<td>Sun Chips Original</td>
<td>210</td>
<td>10 grams</td>
<td>180 mg</td>
</tr>
<tr>
<td>Sun Chips Harvest Cheddar</td>
<td>210</td>
<td>9 grams</td>
<td>320 mg</td>
</tr>
<tr>
<td>Sun Chips Salsa</td>
<td>210</td>
<td>9 grams</td>
<td>220 mg</td>
</tr>
<tr>
<td>Sun Chips French Onion</td>
<td>210</td>
<td>9 grams</td>
<td>240 mg</td>
</tr>
<tr>
<td>Wheat Thins - Veggie</td>
<td>230</td>
<td>9 grams</td>
<td>450 mg</td>
</tr>
<tr>
<td>Miss Vickie’s Salt &amp; Vinegar</td>
<td>210</td>
<td>12 grams</td>
<td>230 mg</td>
</tr>
<tr>
<td>Miss Vickie’s Jalapeño</td>
<td>210</td>
<td>12 grams</td>
<td>180 mg</td>
</tr>
<tr>
<td>Miss Vickie’s Sea Salt</td>
<td>210</td>
<td>13 grams</td>
<td>120 mg</td>
</tr>
<tr>
<td>Miss Vickie’s BBQ</td>
<td>210</td>
<td>12 grams</td>
<td>210 mg</td>
</tr>
<tr>
<td>Simply Naked Pita Chips</td>
<td>200</td>
<td>8 grams</td>
<td>400 mg</td>
</tr>
<tr>
<td>Baked Cheetos</td>
<td>200</td>
<td>8 grams</td>
<td>350 mg</td>
</tr>
<tr>
<td>Baked Cheddar &amp; Sour Cream</td>
<td>130</td>
<td>4 grams</td>
<td>270 mg</td>
</tr>
<tr>
<td>Baked BBQ</td>
<td>140</td>
<td>3.5 grams</td>
<td>220 mg</td>
</tr>
<tr>
<td>Baked Lay’s Original</td>
<td>120</td>
<td>2 grams</td>
<td>135 mg</td>
</tr>
<tr>
<td>Doritos</td>
<td>240</td>
<td>14 grams</td>
<td>360 mg</td>
</tr>
<tr>
<td>Nature Valley Granola Bar</td>
<td>160</td>
<td>7 grams</td>
<td>150 mg</td>
</tr>
<tr>
<td>Nutri Grain Strawberry</td>
<td>120</td>
<td>3 grams</td>
<td>125 mg</td>
</tr>
<tr>
<td>Nutri Grain Blueberry</td>
<td>120</td>
<td>3 grams</td>
<td>110 mg</td>
</tr>
<tr>
<td>Trail Mix</td>
<td>290</td>
<td>17 grams</td>
<td>15 mg</td>
</tr>
<tr>
<td>Chewy Granola</td>
<td>100</td>
<td>3.5 grams</td>
<td>70 mg</td>
</tr>
<tr>
<td>Rice Krispies Treat</td>
<td>150</td>
<td>4 grams</td>
<td>170 mg</td>
</tr>
<tr>
<td>Fiber One</td>
<td>140</td>
<td>4 grams</td>
<td>90 mg</td>
</tr>
<tr>
<td>Skittles</td>
<td>240</td>
<td>2.5 grams</td>
<td>0 mg</td>
</tr>
<tr>
<td>Reeses Cup</td>
<td>210</td>
<td>13 grams</td>
<td>150 mg</td>
</tr>
<tr>
<td>Snack</td>
<td>Calories</td>
<td>Grams</td>
<td>Sodium</td>
</tr>
<tr>
<td>------------------</td>
<td>----------</td>
<td>-------</td>
<td>--------</td>
</tr>
<tr>
<td>Reeses Crunch</td>
<td>260</td>
<td>18</td>
<td>140 mg</td>
</tr>
<tr>
<td>Milkyway</td>
<td>240</td>
<td>9</td>
<td>75 mg</td>
</tr>
<tr>
<td>Hershey’s</td>
<td>210</td>
<td>13</td>
<td>35 mg</td>
</tr>
<tr>
<td>Hershey’s Almond</td>
<td>210</td>
<td>14</td>
<td>25 mg</td>
</tr>
<tr>
<td>Snickers</td>
<td>280</td>
<td>14</td>
<td>140 mg</td>
</tr>
<tr>
<td>Microwave Popcorn</td>
<td>318</td>
<td>27</td>
<td>1140 mg</td>
</tr>
</tbody>
</table>

* indicates new lower-sodium items
Low-Sodium Diet: How to Eat Less Sodium at Restaurants

For the sake of your wallet and your health, plan to only eat out once a week.

1. Ask lots of questions to learn as much as you can about the preparation of each food; even a baked potato may be rolled in salt before cooking. Ask about spices, rubs, marinades, and finishing sauces, all of which can be loaded with sodium.

2. Frequent locally-owned restaurants where most foods are cooked to order. It may be easier for such restaurants to accommodate requests for less salt.

3. Skip the sauce on your entree, or ask that it be served on the side. For taste without all the sodium, just dip your fork into the sauce, then use it to spear your food. (This helps control calories and fat, as well as sodium.)

4. Pass on casseroles and stick to basic foods that are grilled, baked, or roasted.

5. Salsa and ketchup may be low in calories and fat but high in sodium, so use them sparingly.

6. Taste your food before salting and use the salt shaker sparingly.

7. Bring along your own low-sodium spice mix, like Mrs. Dash, to flavor your food.

8. Round out your meal with simply prepared fruits and vegetables, which are naturally low in sodium. Ask for steamed vegetables with no sauce, and use lemon to brighten the flavor.

9. Go easy on the cheese, olives, deli meat, and croutons in your salad, and ask for salad dressings on the side to better control the amount you eat.

10. Order sorbet or fruit for dessert.

Tips for Eating Low Sodium at Home

A few high-flavor, low-sodium ingredients are roasted garlic, caramelized onion, fresh herbs, citrus, wine, fruit juices, and homemade chicken stock.

Make it a point to buy seasonal fruits and vegetables.

Avoid buying processed foods at the grocery store, but when you do, check labels to select the ones that contain the least sodium.

Foods likely to be highest in sodium include:

- Canned vegetables and other foods (other than fruits)
- Frozen entrees and pizzas
- Frozen vegetables with sauces
- Canned Soups
- Deli, cured, and processed meats (like ham, hot dogs, and sausages)
- Crackers, chips, and nuts
- Pickles
- Instant puddings
- Some breads, cookies, cakes and cereals
St. Joseph’s Hospital, Highland  
Contact: Cindy Hartman, Registered Dietician, 618-651-2744

Marketing of Lower-Sodium Diets
- **Table Tents**: St. Joseph’s Hospital will be adding table tents to their new cafeteria with information on sodium reduction.

Education
- **Lunch and Learns**: The lunch and learns will be targeted to the public, patients, hospital employees and volunteers. During the meal, hospital staff will discuss how to lower sodium and make healthier food choices.
- **Restaurant**: The hospital worked with a local restaurant to help identify lower-sodium/heart-healthy foods.
- **Announcements**: The hospital continued to provide In the Know (ITK) announcements from the Dietary Department highlighting more nutrition and sodium information.
- **Label Reading**: A label reading presentation was held at the local food pantry with the high school’s consumer science teacher. This included an educational presentation, a food demo with blender drinks and low-sodium dressings.
- **Farmers Market**: The hospital dietician presented at a table at the local farmers market. This was held in conjunction with others who host a vegetable/fruit tasting booth for children. Low-sodium information was distributed.

Food Offerings
- **Produce**: The staff worked with a local produce vendor to meet purchasing requirements to help sell produce, much of which is locally grown, to the hospital.
St. Mary’s Hospital, Streator
Contact: Tina Broerman, Director of Nutritional Services, 815-673-4538

Marketing of Lower-Sodium Diets

- **Brochures:** The hospital added a brochure holder to the cafeteria with many types of healthy eating literature available to visitors and employees.
- **Menu/Insert:** A cardiac diet menu insert was created to help patients order appropriate items off the room service menu. Included as part of this education is a discussion on how to order from a menu when at a restaurant. In addition, the patient menu now uses a green (GO), yellow (SLOW), red (Wow), and black (NO) system. This helps patients quickly identify menu items. This is being rolled out to all thirteen hospitals in the system.
- **Newspaper:** An article in the local newspaper highlighted the sodium reduction program and tips on alternatives to salt.

Education Programs

- **Healthy Kids Day:** St. Mary’s Hospital worked with their local YMCA for its Healthy Kids Day. The hospital set up a table to help educate children and their parents on healthy low-sodium snack options for the summer. In addition, a board was developed that included plastic food models with sodium content listed. Snacks that were under 100 calorie and under 100 mg of sodium were distributed.
- **Patients:** A process was changed on the tickets that patients received with their food. Macro-nutrients were included as it helped with bedside education where the dietician could discuss what patients were ordering, and how the nutrients added up to their meal total.
- **Health Fair:** Staff attended a health fair at a local business. Education was given on healthy low-sodium eating. Workers received boxes of Cheerios to promote healthy snack options for their break periods. Discussions were also held on the benefits of maintaining a low-sodium diet and how it helps lower blood pressure.
- **Sodium Class:** St. Mary’s Hospital held a sodium class at the hospital. The community and staff were encouraged to attend to learn how to spice up foods without a salt shaker.
- **Food Pantry:** The hospital dietician went to the food pantry to teach people how to eat healthier. How to cook with fresh vegetables was highlighted.
- **Quiz:** A flyer and quiz was created for staff. When employees completed the quiz and returned it a raffle was held for a low-sodium cook book.

Food Offerings

- **Labeling:** Nutritional labels have been added for all of the condiments to help educate consumers to the amount of sodium in ketchup, mustard, mayonnaise, and BBQ sauces. Nutritional labels were also introduced for prepared products in the grab-and-go cooler.
- **Offerings:** The hospital changed the menu to reflect frozen or fresh vegetables. Only three items used in the cafeteria are canned products containing no added salt. Main vegetable side dishes and soups contain only frozen or fresh vegetables.
- **Beverages:** An infused water beverage was added to the cafeteria. They include fresh fruit, herbs, or vegetables with filtered water.
- **Mrs. Dash:** An option of Mrs. Dash was added to the cafeteria tables.
- *Hospital Garden:* The cafeteria staff joined their Mission Integration Team and aided in planting a hospital garden. The fresh vegetables are donated to the local food pantry and the first donation totaled 33 pounds.
Simple Snacks for Summer

As the school year comes to a close, everyone is getting excited about the fun times summer break brings. Snacking over the summer can be made fun and healthy for your children.

To eat a healthy diet, your children should eat from all five of the food groups and not consume too much salt/sodium.

Did you know you should only eat 2300 mg of sodium a day? Just one teaspoon of table salt has 2,325 mg sodium. Sodium has a way of sneaking into many of our favorite snacks. Pretzels, microwave popcorn, and goldfish crackers all have over 300 mg per serving. The following snacks are under 100 calories per serving and have less than 100 mg sodium per serving.

<table>
<thead>
<tr>
<th>Item</th>
<th>Portion</th>
<th>Calories</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerios</td>
<td>½ cup</td>
<td>60</td>
<td>95</td>
</tr>
<tr>
<td>Unsalted nuts</td>
<td>1 oz (28 peanuts)</td>
<td>80</td>
<td>0</td>
</tr>
<tr>
<td>Granola bar (chewy)</td>
<td>1</td>
<td>90-100</td>
<td>80</td>
</tr>
<tr>
<td>Graham cracker</td>
<td>2 squares</td>
<td>70</td>
<td>68</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 serving</td>
<td>60-80</td>
<td>0-5</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 serving</td>
<td>25-30</td>
<td>5-15</td>
</tr>
</tbody>
</table>

How many of these can you sneak into your children’s summer time snacks?

For more information, contact Anne Lauterjung, RD
St Mary’s Hospital- Phone: 815-673-2311 ext. 3649.
Get Sodium Savvy!

St. Mary’s Hospital is hosting an educational program on how to spice up your foods without the salt shaker. Presented by Anne Lauterjung, Registered Dietitian.

**JOIN US**

Wednesday, August 7 from 1 – 2 p.m.

in St. Mary’s Assembly Hall Center

The program will include:

- Information on the health benefits of reducing sodium intake
- Learning how to season foods without salt or adding extra sodium
- Education on how to read food labels
- Tips on how to be a savvy sodium shopper
- Low-Sodium food samples
- A drawing for a low-sodium cookbook

Space is limited. Please call 815.673.2311 x3649 to sign up.

GARDEN VOLUNTEERS NEEDED MONDAY, AUGUST 5

The St. Mary’s Hospital “Heart and Soil” Community Garden is seeking volunteers on Monday August 5th starting at 6:30AM. We will be harvesting vegetables to bring to the Streatorland Community Food Pantry, weeding and beginning to prep the garden for fall vegetables. Harvesting may include forking potatoes, so be prepared to get dirty.

Thanks to all your efforts, we harvested 331bs of produce on July 29th!
Salem Township Hospital
Contact: Julie Brueggemann, Director of Nutritional Services and Registered Dietician, 618-548-3194

Education
- **Farmers Market:** The hospital participated in the local farmer’s market. Information was distributed on the importance of eating fresh fruits and vegetables to aid with lower-sodium consumption.
- **Speeches:** The Director of Nutritional Services spoke to a women’s group at a local church and a 7th grade science/health class about the importance of understanding what is in our foods and how to read food labels.
- **Diabetes Support Group:** Information was given on lower-sodium options.
- **Cooking Demonstration:** The hospital is planning a cooking demonstration to encourage the use of fresh vegetables and how to season meats with herbs and spices.
- **Patient Education:** The hospital has continued to educate patients and distributed recipes.
Marketing of Lower-Sodium Diets

- **Menus:** The menu was added to the hospital website along with the healthy choice options.
- **Table Tents:** Table tents have been added to the cafeteria. These highlighted ways to cut back on sodium. The have also been distributed to local restaurants as well.
- **Newsletter:** A spotlight on the sodium changes in the cafeteria and the importance of watching sodium intakes was highlighted in the hospital newsletter.
- **Brochures:** The Culbertson Memorial Hospital’s Family Practice clinics, community awareness booths, and inpatient rooms added brochures that contained key tips on how a person can lower sodium in their diet and what benefits can come from sodium reduction.
- **Recipes:** Low-sodium recipes were sent home with inpatients that were on high blood pressure medication. The recipes were also available to all CMH providers and employees.
- **Low Sodium Club:** To encourage employees to make healthier decisions, a low-sodium club was established. A punch card system was utilized when employees paid for their meal and had a low-sodium choice. After the first 10 punches, the employee was given a large thermos cup to encourage a healthier lifestyle and the importance of water intake. Employees who have earned their thermos are entered into weekly and monthly drawings every time they filled a new punch card.

Education Programs

- **Tasting:** Employees were given the chance to taste the differences between regular menu items and low-sodium choices.
- **In-Service:** Hospital staff worked with the dietician to provide an in-service on sodium reduction in an individual’s diet.
- **Questionnaire:** A questionnaire was distributed to employees to test their sodium IQ. When they returned their questionnaire, they received a free, low-sodium side dish.

Food Offerings

- **Fresh Fruits/Vegetables:** Every other Friday during the lunch hour, fresh fruits and vegetables are offered to try at no cost. In addition, the employee newsletter is including ways to cook fresh vegetables.
- **Vegetables:** All vegetables offered in the cafeteria are now low sodium.
- **Salt:** Over a period of time, salt was removed from the hospital. Salt packets are still available from the dining staff.
- **Software:** Nutritional values are being added for all foods on the serving line.
- **Labeling:** The dietary department highlighted menu items that are low in sodium by implementing the stoplight system. The menu and grab-and-go items are coded by:
  - Green Labels: Healthiest options that are less than 200 mg of sodium.
  - Yellow Labels: Those options that should be pick moderately and are items with 200 to 500 mg of sodium.
- Red Labels: These items are the least healthy choice and are over 500 mg of sodium and should be eaten sparingly.
Cutting Back on Salt and Sodium

Americans consume one-and-a-half or more teaspoons of salt a day. That’s far more than is needed to satisfy the body’s need for sodium; the main element we get from salt.

Current U.S. recommendations call for a maximum of one teaspoon of salt (2,300mg of sodium) a day, and two-thirds of a teaspoon (1,500mg of sodium) for people who have high blood pressure or are at high risk of developing it.

According to data from the National Health and Nutrition Examination Surveys, the top 10 individual food sources of sodium in the American diet, based on the combination of sodium content and frequency of consumption, are as follows:

- Meat pizza
- Processed cheese
- Spaghetti with sauce
- Catsup
- White rolls
- White bread
- Hot dogs
- Ham
- Cooked Rice
- Flour tortillas

One of the most notable benefits of reducing sodium intake is a decrease in blood pressure. When your body contains less sodium, the kidneys do not have to retain as much water. As a result, your blood volume decreases and your blood pressure goes down. Reduced blood pressure lowers your risk of heart disease and cardiovascular complications.
5 Quick Tips:
Cutting Back on Salt and Sodium

Get Fresh: Most processed foods are high in sodium. Choose fresh foods and season them with herbs, spices and citrus - not salt.

Scan the label: Look for canned, boxed, frozen, and prepared foods with less than 300 milligrams of sodium per serving.

Downsize your portions: A good rule of thumb is that the more calories a meal had, the more sodium it has. So skip the supersize.

Seek low-salt options when dining out: Check restaurant websites for sodium info. Ask the server for dishes that use salt sparingly.

Produce first: Fill half your plate with fruits and vegetables. Our bodies need more potassium than sodium, and many fruits and vegetables are good sources of potassium. In addition, produce, which is naturally low in sodium, will displace other high-sodium foods on your plate.

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CMH
Sarah D. Culbertson
Memorial Hospital

238 South Congress
Rushville, IL 62681
217/322-4321
www.cmhospital.com
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- Flour tortillas

Researchers estimate that reducing the average daily sodium intake in the U.S. to 2,300 per day would prevent 11 million cases of hypertension and would save $18 billion in health care costs each year.

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CUTTING BACK ON SALT AND SODIUM

Brought to you by:

CMH Sarah D. Culbertson Memorial Hospital

The Bottom Line:
Eating less salt is good for everyone's health.

Americans consume one-and-a-half or more teaspoons of salt a day. That's far more than is needed to satisfy the body's need for sodium, the main element we get from salt. And that's a big problem: A high-sodium diet can raise your risk of high blood pressure, heart disease, and stroke.
As part of the Sodium Reduction Grant Culbertson received, we need to test the knowledge of our employees on sodium. Please take the following brief questionnaire and turn it in to Molly Sorrell and you will receive a free low-sodium side dish from Culbertson Café.

Stay tuned for more low-sodium information coming your way

1. How much Sodium is in one teaspoon of table salt?  
   A) 500mg  B) 1,300mg  C) 1,800mg  D) 2,300mg

2. How much sodium does the average US adult consume in one day?  
   A) 2,000mg  B) 3,000mg  C) 2,500  D) 3,500mg

3. High Sodium intake can lead to elevated blood pressure  
   TRUE    FALSE

4. 50 million Americans. 1 in 4 Adults have high blood pressure  
   TRUE    FALSE

5. High Blood Pressure is the leading cause of stroke  
   TRUE    FALSE

6. High Blood Pressure may contribute to  
   A) Heart Attack  
   B) Heart Failure  
   C) Kidney Failure  
   D) All of the above

7. Americans take in sodium from?  
   A) Tap Water  
   B) Table Salt  
   C) Supplements  
   D) All of the above

8. Eating foods that are low in fat and consuming more fruits and vegetable will not help decrease blood pressure unless salt intake decreases?  
   TRUE    FALSE

9. An average adult should consume no more than 2,300mg of sodium daily.  
   TRUE    FALSE

10. An individual with elevated blood pressure should consume no more than 1,500mg sodium daily.  
    TRUE    FALSE

NAME:__________________________________________
Marketing of Lower-Sodium Diets

- **Menus:** The daily café menus were adjusted to reflect nutritional information of each item. A heart symbol was indicated on all heart-healthy items that met the defined requirements. Patient menus for sodium restricted diets now include the milligrams of sodium on each item. This is used as a teaching tool for the patients on these diets.

- **Posters:** Two framed posters were displayed in the café: One near the serving line on portion distortion and one above the salad bar. The hospital has also implemented healthier changes in the salad bar items as described in the poster. ([Signs and Posters](https://example.com)) ([Flyer](https://example.com)) ([Heart Health Teaching Aids](https://example.com))

Education Programs

- **Questionnaire:** Sodium pre-and post-tests were given to employees to determine their understanding of sodium. A sodium fact sheet was also available.

Food Offerings

- **Vending:** The hospital worked with their vending company to indicate which items are “Heart Healthy” in the vending machines. The second and third shelf of the snack vending machine is the “Heart Healthy Section,” which is indicated with a red heart sticker. In addition, some beverages have been replaced to include more healthy options.

- **Healthy Beverage:** The hospital has implemented a healthy beverage four days a week—Monday, Wednesday, Friday, and one weekend day—in the café, offering no added sugar flavored water throughout the day instead of lemonade. Some flavors include: cucumber, lemon, mint water, strawberry, raspberry, and apple cinnamon. This change is more cost effective since it is less expensive than lemonade that was previously served.

- **Portions:** The salad bar has a ¼ scoop for all prepared salads to educate staff regarding portion sizes. The hospital also reduced the portion sizes of the desserts offered. Instead of cutting the desserts 6 x 4 per pan, they are now cut 7 x 5 per pan to help employees understand the importance of realistic portions.