

# Low Sodium



## What is sodium?

Sodium is a mineral found in table salt (sodium chloride). It is required to keep an individual's blood pressure within the normal range of 120/80 mmHg; however, consuming too much sodium can increase your risk for high blood pressure.

As health professionals, we are concerned with high blood pressure because:

1. It has no visible symptoms. (historically 40% of Canadians who were hypertensive were unaware they had high blood pressure)<sup>1</sup>
2. It is responsible for 62% of cerebrovascular disease (strokes) and 49% of ischemic heart disease. (heart attacks)<sup>2</sup>

## What's your blood pressure?

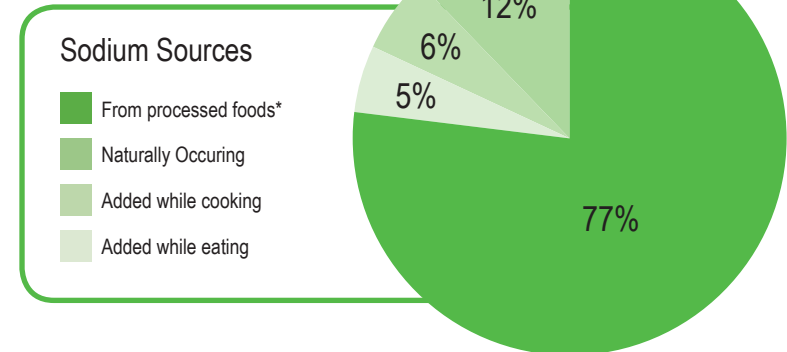
Normal	120/80 - 129/85 mm Hg
High-Normal	130/85 -139/89 mm Hg
High Blood Pressure (Hypertension)	140/90 or higher mm Hg

*Heart and Stroke Foundation of Canada*

## How much sodium do we need?

The recommended dietary intake is 1,500 - 2,300 mg/day. This is to ensure our blood pressure stays healthy and our water stores are balanced. Alarming, the average Canadian consumes more than 3,000 mg/day.<sup>3</sup> To put this amount into perspective: 1 tsp of table salt contains 2,300 mg (2.3g) of sodium.

## Where is the salt hiding?



## Food package marketing explained

**Salt-free** = less than 5 mg of sodium per serving

**Low in sodium** = 140 mg of sodium or less per serving

**Reduced in sodium** = at least 25% less than the regular product (from the same manufacturer)

## References:

1. The 2007 Canadian Hypertension Education Program recommendations: The Scientific summary – an annual update. Can J Cardiol 2007; 23(7)521-527
2. World Health Organization World Health Report 2002: Reducing risks, promoting healthy life 2002. Geneva, Switzerland. Available at [www.who.int/whr/2002/](http://www.who.int/whr/2002/)
3. Garriguet D. Sodium consumption at all ages. Statistics Canada Catalogue 82-003. Health Reports, May 200; Vol. 18, No 2

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choices from A to Z



## Beans (1/2 cup serving size)

mg

Eden <sup>®</sup> Organic Baked Beans	130
Eden <sup>®</sup> Organic Beans (assorted varieties) NSA	10-30
Eden <sup>®</sup> Organic Butter Beans NSA	35
PC Blue Menu <sup>™</sup> Black Beans NSA	40
PC Blue Menu <sup>™</sup> Six Bean Medley NSA	20
PC Blue Menu <sup>™</sup> Soybeans	60
PC Blue Menu <sup>™</sup> White Kidney Beans NSA	<5
Safeway <sup>™</sup> Black Beans	140
Western Family <sup>®</sup> Black Beans	140
Yves Veggie Cuisine <sup>®</sup> Soybeans	115

## Bread (1 slice) 35g

mg

Country Harvest <sup>®</sup> +Plus (assorted varieties*)	120-125
Dempster's <sup>®</sup> Country Originals <sup>™</sup>	105
Dempster's <sup>®</sup> Healthy Way <sup>®</sup> Pro Cardio	110
Dempster's <sup>®</sup> Smart <sup>®</sup> 100% Whole Grain Wheat	110
Dempster's <sup>®</sup> WholeGrains <sup>™</sup> *	135
Silver Hills <sup>®</sup> Steady Eddie <sup>™</sup>	105
Silver Hills <sup>®</sup> The Big 16 <sup>™</sup>	135
Silver Hills <sup>®</sup> Wide Pan Ali's Alpine Grain <sup>™</sup>	140
Silver Hills <sup>®</sup> Wide Pan 20 Grain Train <sup>™</sup>	115
Wonder+ <sup>®</sup> (assorted varieties*)	100-135

## Canned seafood and meat (40-60g serving size)

mg

Clover Leaf <sup>®</sup> Sockeye Salmon	42
Clover Leaf <sup>®</sup> Solid White Tuna	70
Clover Leaf <sup>®</sup> Flaked White Tuna	100

Gold Seal <sup>®</sup> Chunk Light Tuna in Water	115
Gold Seal <sup>®</sup> Smoked Light Tuna Slices	120
Gold Seal <sup>®</sup> Pacific Pink Salmon	80
Gold Seal <sup>®</sup> Pacific Red Sockeye Salmon NSA	40
Maple Leaf <sup>®</sup> Seasoned Chicken Breast Chunks	135
Ocean's <sup>™</sup> Chunk Light Low Sodium Tuna in Water	50
Ocean's <sup>™</sup> Solid White Albacore Tuna Low Sodium in Water	115
Ocean's <sup>™</sup> Wild Pink Salmon NSA	40
PC <sup>®</sup> Solid White Albacore Tuna Low Sodium in Water	50
PC <sup>®</sup> Smoked Mussels in Oil	135
PC <sup>®</sup> Wild Pacific Sockeye Salmon	45
Raincoast Trading <sup>™</sup> Solid White Albacore Tuna NSA	15
Raincoast Trading <sup>™</sup> Wild Salmon NSA	25-35
Western Family <sup>®</sup> Solid White Albacore Tuna in water	50
Western Family <sup>®</sup> Flaked Light Skipjack Tuna in water	100
Western Family <sup>®</sup> Chunk Light Tongol Tuna	110
Wild Planet <sup>®</sup> Wild Albacore Tuna	100

## Cereal

mg

### Cold (3/4 cup serving size)

Compliments (assorted flavours*)	45-75
Compliments Balance Bran	130
Compliments Balance Multigrain Flakes with Almonds	90
Compliments Balance Multigrain Flakes with Triple Berry	105
Compliments Bite Sized Frosted Wheat	5
Compliments Sugar Puffs	70
Fibre One <sup>®</sup> (assorted flavours)	75-90
Kashi* (assorted flavours)	65-115
Kellogg's <sup>®</sup> All-Bran* (assorted flavours)	85-120
Kellogg's <sup>®</sup> Fiber Plus* (assorted flavours)	55-105



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- PC Blue Menu™ Bran Flakes
- PC Blue Menu™ Fibre First
- PC Blue Menu™ Whole Grain Puffs with Inulin
- PC® Organics Ancient Grains or 7 Reasons Multigrain
- Post Great Grains Raisins, Dates & Pecans
- Quaker® Life®\*
- Weetabix® Alpen (assorted flavours)
- Weetabix® Grain Shop (High Fibre Crisp)
- Weetabix® High Fibre Crisp
- Western Family® Puffed Rice (sodium free)
- Western Family® Puffed Wheat (low sodium)

### Granola (1/2 cup serving size)

- Compliments Balance Granola Cereal (assorted flavours)\*
- Jordans Supreme Muesli
- Kashi® (assorted flavours)
- No Name® Honey Almond Granola
- Northern Gold (Honey Almond, Blueberry Pomegranate)
- Open Nature™ (assorted varieties)
- PC Blue Menu™ (assorted varieties)
- PC Blue Menu™ Omega 3-Granola or Raisin & Almond
- Quaker® Harvest Crunch® Granola (assorted flavours)
- Rogers Raisin 5 Grain Granola
- Safeway Organics™ (Oat/honey, Fruit/nut)
- Western Family® Crunchy Granola (assorted flavours)

### Hot (serving based on dry weight)

- Compliments Quick Oats
- Eating Right™ Quick Oats
- PC® Organics Quick Oats
- Rogers 9 Grain Cereal

- 120 Rogers Old-Fashioned Large Flake Oats
- 120 Rogers Porridge Oats
- 40 Quaker® Oat Bran
- 60 Western Family® Quick Oats
- 130 Instant oatmeal (1 pkg serving size 34-50g)
- 105 Compliments
- 5-15 Nature's Path® Organic
- 65 O Organics™ Apple Cinnamon or Oats & Flax
- 65

## Cheese mg

- 30-55 Cottage cheese (1/2 cup serving size)
- <10 Dairyland® Dry Curd
- 120-130 Lucerne® (2% M.F.) NSA
- 27
- 3 - 40 Fresh cheese (50g serving size)
- 60-140 Damafro Elite Plain/Herbs + Garlic
- 25-64 PC® Cocktail Bocconcini Soft Fresh Cheese (20% M.F.)
- 40-50 Rocky Mountain® Quark
- 30-50 Silani Bocconcino
- 75 Tre Stelle® Bocconcini (24% M.F.)
- 5-25 Tre Stelle® Bocconcini Pearls (24% M.F.)
- 30-70 Tre Stelle® Mascarpone
- 0 Goat cheese (30g serving size)
- 0 Celebrity International Cranberry and Cinnamon
- 0 PC Blue Menu™ Goat's Milk Cheese
- 10 PC® Original (assorted flavours)
- <5 Woolwich Dairy Inc. Chevrai

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## Hard (1 stick serving size or 21g)

Compliments Balance Part Skim Mozzarella  
 Kraft® Cracker Barrel Natural Cheese Slices  
 Kraft® Swiss Light / Regular  
 Kraft® Swiss Slices  
 Kraft® Swiss Deli Deluxe Slices\*  
 Lucerne® Lactose Free Swiss Cheese  
 Lucerne® Danish Edam  
 Lucerne® Light Swiss  
 Western Family® Canadian Swiss

## Ricotta cheese (1/4 cup serving size)

Bari® Ricotta (10% M.F.)  
 Bari® Ricotta Light 30% less fat (7% M.F.)  
 Lucerne® Light Ricotta Cheese (7% M.F.)  
 Lucerne® Ricotta (10% M.F.)  
 PC® (12% M.F. & 66% less fat)  
 Prestigio (12% M.F.)  
 Western Family® Ricotta Whey Cheese

## Chips (40-50g serving size)

Hardbite™ Potato Chips All Natural (20)  
 Lundberg Family Farms® Sesame & Seaweed Rice Chips (44)  
 Miss Vickie's® Unsalted Potato Chips (31)  
 Old Dutch™ Kettle Cooked Low Sodium (18)  
 Old Dutch™ Rip-L Lightly Salted Chips (25)  
 Old Dutch™ Restaurant Lightly Salted Bite Size Rounds (39)  
 PC Blue Menu™ Sweet Potato Tortilla Chips (21)  
 PC Blue Menu™ Vegetable & Flaxseed Tortilla Chips (26)

PC Blue Menu™ Hemp and Sesame Tortilla Chips (24) 70  
 140 RW Garcia™ Flaxseed Tortilla Chips (12) 70  
 90-130 Tostitos® Low Sodium Rounds (40) 140  
 55-70 Tostitos® Natural Blue Corn Restaurant Style Tortilla Chips 80  
 50 Pringles® 50% less sodium (16) 75  
 95-140 Western Classics® Corn Tortilla Chips (28) 80

## Crackers

mg

**Rice (15-20g serving size)**  
 Blue Diamond Natural Almond Nut Thins® (16) 115  
 125 Compliments Balance Sesame Rice Crackers (10) 90  
 105-115 Christie® Rice Thins (assorted flavours)\* (10-12) 80-110  
 115 Hot-Kid Rice Crisps (assorted flavours)\* (10) 1-103  
 105 No Name® Rice Crackers (assorted flavours)\* (8) 50-60  
 70 Organic Brown Rice Snaps (assorted low sodium flavours) (8) 1-40  
 75 Sakata™ Rice Crackers (assorted flavours)\* 115-140  
 76 SuperSlim™ Rice Crisps or Brown Rice Crisps (13) 95-105

## Wheat (approximately 20g)

Carr's® Table Water® Crackers (assorted flavours) (5) 80-100  
 Christie® Triscuits Thin Crisps (assorted flavours) 75-120  
 Christie® RITZ (61% less sodium) 70  
 Christie® Wheat Thins (assorted flavours)\* (11) 135  
 Compliments Classic Water Crackers (4) 80  
 Compliments Garden Vegetable (4) 130  
 Compliments Jazz 50% less sodium (6) 90  
 Compliments Multigrain Crackers (13) 110  
 Compliments Tri Wheat Crackers (sodium reduced) (5) 70  
 Compliments Wheat Crackers 50% less sodium (4) 65



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Dare Breton Minis Garden Vegetable	140
Dare Cabaret Buttery Original (4)	105
Hot-Kid Mum-Mum Snax™	50
Kashi* TLC Tasty Little Crackers - Original or Honey Sesame (10)	90-130
Kraft Stoned Wheat Thins®	95
No Name® Plaintops Soda Crackers (7)	110
PC Blue Menu™ Wheat and Sesame Snack Crackers (9)	125
PC® Crisp & Thin Wheat Crackers (4)	65
PC® Seven Grain Honey and Flax (8)	110
PC® Seven Grain Original (8)	130
Stoned Wheat Thins (41% less sodium) (3)	95
Western Family® Thin Wheats (11)	85
Western Family® Unsalted Soda Crackers (7)	100
Western Family® Vegetable Crackers (4)	130
Finn Crisp® Original Rye Crispbread (2)	140

## Crispbread (20-30g serving size) mg

Grissol Melba Toast No Salt (4)	0
Grissol Melba Toast 60% Whole Wheat (4)	140
Haust Original Dutch Crispbakes Rusks	60
Kavli Crispy Thin Crispbread (3)	45
Kavli Hearty Thick Crispbread or 5 Grain (2)	55
PC® Multigrain Melba Toast	120
Ryvita® (assorted varieties) (2-3)	10-100
Ryvita® Multigrain Oatbran (1)	40
Ryvita® Wholegrain Crackerbread (6)	90
Real Foods Corn Thins Flax & Soy or Sesame (3)	35
Wasa® Sourdough Rye (3)	130
Wasa® Crispbread (assorted flavours) (2-3)	105-140
Compliments (assorted flavours)	65-135

## Granola bars (1 bar serving size) mg

Curves™ Chewy Bars	65-80
Kashi® Bars (assorted flavours)	45-100
Kellogg's® Nutri-Grain* (assorted flavours)	75-90
Leclerc Praeventia™ Cranberry and Citrus Bar	25-50
Nature Valley® Chewy Trail Mix (assorted flavours)	70-115
Nature Valley® Yogurt (assorted flavours)	110-115
PC Blue Menu™ Fruit & Nut Bars (assorted flavours)	90-105
PC Blue Menu™ Sweet & Salty	115-130
PC Blue Menu™ Chewy Trail Mix Bars	50-90
Quaker® Café Squares	35
Quaker Chewy® Granola Bars (assorted flavours)	55-85
Quaker® Yogurt Granola Bars (assorted flavours)	65-125
Quaker® Simple Harvest Trail Mix Snack Bars	75
Safeway™ Granola bars (assorted flavours)	45
Second Cup Café Delights Bars (Moccacino or Vanilla Bean)	110
Special K® 90 calorie bars (assorted flavours)	95-120

## Popcorn (1 bag serving size) mg

Orville Redenbacher's® Mini Bags SmartPop!® 100 Calories	110
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## Rice cakes (20-25g serving size) mg

Compliments Rice Cakes (assorted flavours)* (2)	0-70
Eating Right™ Cheddar Rice Chips	140
Quaker® Crispy Minis (plain)	0

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## Salad dressing (1 Tbsp serving size)

mg

Annie's® Naturals Lite Raspberry Vinaigrette	28
Compliments Balance (assorted flavours)*	130
Compliments Essentials (assorted flavours)*	115-125
Compliments Sensations (assorted flavours)*	50-105
Eating Right™ Blueberry/Pomegranate	130
Kraft® (assorted flavours)*	90-130
Kraft® Gourmet (assorted flavours)*	90-135
Kraft® Signature (assorted flavours)*	90-125
Kraft® Extra Virgin Olive Oil Fig Balsamic	95
Lighthouse® Red Wine & Olive Oil Vinaigrette or Raspberry Walnut	38-75
Open Nature™ Raspberry Walnut or Ranch Vinaigrette	125-140
PC® (assorted flavours)*	65-130
PC® Raspberry Vinaigrette	4
Renée's® Gourmet (assorted flavours)	35-140
Renée's® Fat Free Tuscan Italian Vinaigrette	140
Safeway™ Select (assorted flavours)*	120-140
The Keg® (assorted flavours)*	80-130
Western Family® Classics (assorted flavours)*	95-140

## Salsa (2 Tbsp serving size)

mg

Classico® Bruchetta Basil & Tomato or Extra Garlic	50-55
Newman's Own® Original Salsa	105
PC® Extra Chunky Mild & Extra Mild	105
PC® Mango & Lime Salsa	135
PC® Black Bean & Corn	140
PC® Salsa Mild and Hot	75
Safeway™ Select Southwest Salsa Mild	130

## Compliments Plum Dipping Sauce

80

## Compliments Sweet and Sour

35

## HP® Sauce Chicken & Rib

120

## Kraft® Sweet and Sour Easy Squeeze

63

## Sauces (1 Tbsp serving size)

mg

## Lynch Classic Sweet & Sour

35

## No Name® (Cherry, Honey Garlic, Pineapple, Plum, Sweet & Sour)

15-50

## PC Blue Menu™ Plum Sauce

55

## PC Blue Menu™ 50% less sodium

55

## PC® Spicy Chipotle Dipping Sauce

50

## Rubina's™ Gujarati Tarkari (Sweet and Sour Curry Sauce)

14

## Sensations Blood Orange Ginger Teriyaki Grilling Sauce

130

## Taipan Honey Garlic Sauce

5

## VH® Dipping Sauce (Plum and Sweet Sour)

18-20

## Soup (1 cup serving size)

mg

## Campbell's® Chicken Broth NSA

40

## Healthy Valley® Organic NSA (assorted flavours)

15-75

## Imagine® Organic Low Sodium Broth (assorted flavours)

95-140

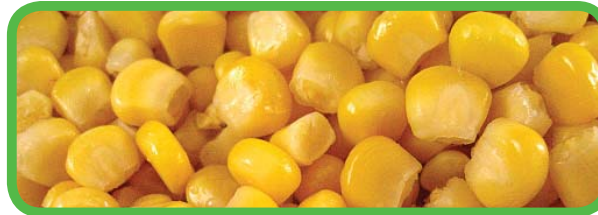
## Pacific™ Natural Foods Organic Free Range

## Chicken Broth Low Sodium

45

## PC Blue Menu™ Minestrone or Tomato & Roasted Pepper

140



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## Spices mg

Cavender's All Purpose Greek Seasoning	0
Club House® Greek	70
Club House® La Grille Chicken & Lemon Herbs Seasoning NSA	0
Club House® La Grille Steak Spice Seasoning NSA	0
Club House® La Grille Vegetable Seasoning NSA	0
Mrs. Dash® Salt Free Grilling Blends (assorted varieties)	0
Mrs. Dash® Salt Free Seasoning Blends (assorted varieties)	0
McCormick® NSA Seasoning (assorted varieties)	0
PC Blue Menu™ NSA Seasonings (assorted varieties)	0

## Sun-dried tomatoes (1 Tbsp serving size) mg

Bella Sun Luci Sun Dried Tomatoes in Olive Oil & Italian Herbs	5
Mezza (oil packed)	40
Unico® (oil packed)	20
Unico® Sundried Tomatoes Mediterranean Julienne Cut	20
Western Family® Classics Sundried Tomatoes	5

## Tomato paste (2 Tbsp serving size) mg

Compliments	25
Hunt's® Original	20
Mutti Double Concentrated Tomato Paste	64
No Name®	20
Unico®	20
Western Family®	20

## Tomato sauce (1/4 cup serving size) mg

Hunt's® NSA Tomato Sauce	20
Eating Right™ Tomato Sauce	10

## Vegetables mg

### Canned (1/2 cup serving size)

Aylmer® Tomatoes NSA	20
Compliments Crisp and Sweet Whole Kernel Corn	10
Compliments Low Salt Kernel Corn	10
Compliments Salt Free Green Beans Cut	0
Compliments Sliced or Whole White Potatoes	140
Del Monte® Cream Style Corn, Cut Green Beans, Summer Crisp Whole Kernel Corn, Sweet Peas NSA	0-15
Del Monte® Cut Sweet Potatoes No Preservatives	10
Eating Right™ Whole Kernel Corn or Peas NSA	10
Eden® Organic Tomatoes Diced Unpeeled or Crushed NSA	0-5
Green Giant® Harvest Select Corn NSA	0
Green Giant® Summer Sweet Peas 1/3 Less Salt	110
Green Giant® Whole Kernel Sweet Corn 50% Less Sodium	115
Lipperland Kale	115
Money's Mushrooms Pieces and Stems NSA	10
PC Blue Menu™ NSA Assorted Varieties	0-10
PC® Splendido Unpeeled Whole Cherry Tomatoes	0
Scarpone's Strained Tomatoes	10
Summer Crisp® Whole Kernel Corn, Sweet Peas NSA	0-15
Western Family® NSA Diced Tomatoes or Mushroom Pieces & Stems	10-20

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Western Family® Mushrooms NSA	10
Western Family® Organics NSA Diced Tomatoes in Juice	15
Western Family® Unsalted Peas and Whole Kernel Corn	10
<b>Dried (1/2 cup prepared)</b>	
Compliments Homestyle Mashed Potato	15
Idahoan® Original Mashed Potatoes	15
No Name® Homestyle Mashed Potato	20
<b>Frozen (1/2 pkg serving size)</b>	
Arctic Gardens® STEAMMM! Bags (assorted varieties)*	0-30
Compliments (assorted varieties)	15-30
Europe's Best® (assorted varieties)	0-45
Green Giant Essentials Antioxidant	105
Green Giant® Valley Selections® (assorted varieties)*	30-85
No Name® (assorted varieties)	10-60
Organics™ (assorted varieties)	0-120
PC® (assorted varieties) (re-sealable bags)	0-60
Safeway™ Assorted Varieties	0-55
Signal Assorted Varieties	10-30
Western Family® Assorted Varieties	0-65

## Vegetable juice (1 cup serving size) mg

Mott's® Low Sodium Garden Blend	140
PC Blue Menu™ Low Sodium 8-Vegetable Cocktail	130
V8® Low Sodium Tomato Juice (1 can = 156 ml)	85
V8® Low Sodium Vegetable Cocktail or	
High Fibre/Low Sodium V-Plus	135
Western Family® Low Sodium Vegetable Cocktail	115

### Key:

1. \* check the label, not all flavours are low sodium.
2. NSA: no sodium added
3. PC: President's Choice

### Brand locations:

- ◆ PC and No Name available at Superstore, Extra Foods and Loblaws affiliates
- ◆ O Organics and Eating Right available at Safeway
- ◆ Signal and Compliments available at Sobeyes
- ◆ Western Family available at Save-on-Foods and Overwaitea