

# Recommended Daily Amount of Sodium

1 tsp salt  
≈  
2,300 mg  
sodium



everyday<sup>HEALTH</sup>

# Addressing Challenges

- Rinsing canned vegetables and beans and buying low sodium items when available
- Adding low or no sodium items to higher sodium items to dilute the overall amount of sodium
- Increase culinary skills



# Ingredients to Evaluate

- Spice mixes and blends
- Purchased stocks, soups, bases, and dressings
- Soy and Worcestershire sauce
- Canned goods
- Smoked and cured foods
- Pickled foods
- Umami



# Recipe Development and Modification

Step 1

Evaluate original recipe for sensory and nutritional qualities

Step 2

Establish goals for recipe modifications

Step 3

Identify modifications or substitutions

Step 4

Determine functions of identified modifications or substitutions

Step 5

Select appropriate modifications or substitutions

Step 6

Test modified recipe to evaluate sensory and nutritional qualities

# Cooking with Less Salt & Using Fresh Ingredients

- Aromatic ingredients
- Herbs and spices
- Pungent ingredients
- Chilies
- Citrus and flavored vinegars



# Food Shows



Source: <http://nutritionsystems.co/>



# Flavor Profiles



# Culinary Skills Training





# Student Involvement

- Honors Project
  - Modification of the Top 10 sodium foods
  - Recipe development using commodities and donated foods
  - Creating new recipes to replace higher sodium items
  - Taste testing and education sessions

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