

MODULE 4

Quick and Easy One-pot Meals

The purpose of this module is to introduce participants to healthy meals that can be prepared with minimum effort. Participants will learn how to prepare foods using lower sodium ingredients. Opportunities to practice simple cooking techniques for preparing one-pot meals will be provided.

Learning objectives

By the end of the session participants will be able to:

- Recognize that a balanced meal consists of foods from at least three Food Groups.
- Discuss the health benefits of lower sodium choices.
- Identify lower sodium ingredients and demonstrate how to use them in a recipe.
- Use a variety of cooking techniques to prepare one-pot meals (e.g. soups, stews, frittatas).
- Demonstrate safe use of knives and appliances.

Suggested outline

Quick and Easy One-Pot Meals	Approximate Time
• Welcome and Introduction	5 min
• Introduction to healthy, balanced one-pot meals	10 min
• Seasoning without salt	10 min
• Review of Recipes and techniques	10 min
• Hands on cooking <ul style="list-style-type: none">○ kitchen safety○ cooking techniques (preparing soups, stews and frittatas)	60 min
• Tasting	10-15 min
• Clean up	10-15 min
	2 hours

Organizing the hands-on cooking

The modules are designed to provide hands-on cooking experience for participants. Each cooking session will require planning and preparation. Begin by reviewing the background information provided at the beginning of the module.

The optimal group size is 6-12 participants. Divide participants into three small groups. Each group will be responsible for the preparation of **one** recipe. For smaller groups or if your budget is limited, you may choose to divide participants into two groups. In this case, you will choose only two recipes for the groups to prepare.

Since participants will be preparing the recipes, there is no need to prepare anything in advance. However, if you choose to use dried beans and lentil rather than canned, you will need to soak and cook them in advance.

You will need to prepare “stations” for each group. At each station, include the supplies, ingredients and equipment that will be needed for the preparation of the assigned recipe.

Ask groups to work together to prepare their assigned recipe. Encourage them to carefully read and follow the steps on the recipe. Check-in with each group throughout the session to provide guidance and demonstrate techniques as required.

A minimum of two facilitators is recommended. However, the overall skill level of participants will determine how many facilitators will be required to deliver this module. Groups with more advanced skills can work independently with less guidance from the facilitator(s).

Participants within the group will likely have varied skill levels. Try to include participants with fewer skills with a group of participants with more advanced skills.

Important note: *All the recipes require preparation on the stove top. If you only have one stove, some planning will be required. For example, the noodles for the vegetable pho can be boiled in advance. The broccoli for the frittata can be cooked in the microwave rather than boiled on the stove top.*

PREPARATION CHECKLIST

Handouts

- Canada's Food Guide*
- Healthy Eating with Less Salt*

Recipes

- Vegetable Pho (Vietnamese Noodle Soup)
- Chicken Korma
- Cheesy Broccoli and Mushroom Frittata

Equipment and Supplies

Vegetable pho (Vietnamese noodle soup):

- large pot
- colander
- sharp knives
- cutting board
- fine grater
- measuring cups and spoons
- large saucepan
- large spoon
- soup ladle

Chicken korma:

- large bowl
- measuring cups and spoons
- large spoon
- nonstick large skillet with lid
- garlic press
- sharp knives
- cutting board
- can opener

Cheesy broccoli and mushroom frittata:

- sharp knives
- cutting board
- microwave bowl
- colander
- large bowl
- whisk
- measuring cups
- cheese grater
- 10-inch nonstick skillet

- flipper

Other items required:

- serving and eating utensils
- plates
- napkins
- dish soap, dish cloths, and dish towels
- paper towel

Ingredients

- salt and pepper
- vegetable oil

Vegetable pho (Vietnamese noodle soup):

- 1 small onion
- $\frac{3}{4}$ tsp five-spice powder
- 1 cup shitake mushrooms
- 1 inch gingerroot
- 900 mL sodium-reduced vegetable broth
- 1 carrot
- 8 oz (225 g) baby bok choy
- lime
- 340 g rice noodles
- 5 $\frac{1}{2}$ oz (155 g) extra-firm tofu
- hot pepper flakes (optional)

Chicken korma:

- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 2 bay leaves
- 8 whole green cardamom pods (optional)
- 2 lb (1 kg) boneless skinless chicken thighs
- $\frac{1}{4}$ cup vegetable oil
- 2 medium onions
- 4 garlic cloves
- 2 inch gingerroot
- 1 cup (250 mL) canned crushed tomatoes (sodium-reduced)
- 1 cup (250 mL) sodium-reduced chicken broth
- $\frac{1}{4}$ cup (50 mL) whipping cream (35%) or homogenized milk
- fresh coriander (optional)

Cheesy broccoli and mushroom frittata:

- 1 head broccoli
- 6 eggs

- 1/3 cup milk
- 1 cup whole mushrooms
- 75 grams Cheddar cheese
- ¼ cup Parmesan cheese

Background information for the leader

Introduction to One-pot Meals

One-pot meals can be prepared with minimal time, effort and clean up. One-pot meals are perfect for busy families or for those who just don't feel like spending a lot of time in the kitchen.

In general, one-pot meals are prepared on the stove-top or in the oven using only one-pot. The flavours of the foods blend together in the pot with little preparation or attention. Sometimes there may be some additional steps required such as pre-cooking meats, noodles, rice or vegetables.

Examples of one-pot meals:

- Soups
- Chowders
- Stews
- Chili
- Curries
- Hash
- Roasts
- Stir-fries
- Casseroles
- Fried rice
- Risotto
- Crock-pot meals
- Omelets and frittatas

Healthy, Balanced Meals

With a little planning, one-pot meals can provide everything needed for a healthy, balanced meal.

Use Canada's Food Guide to help with meal planning. It has advice for the types of food and how much food is the right amount for boys, girls, men and women of all ages.

A balanced meal should include foods from each of the four food groups from Canada's Food Guide:

- Grain Products
- Vegetables and Fruit
- Milk and Alternatives
- Meat and Alternatives

Some one-pot meals include all four food groups. For example, a hearty soup may contain pasta (grain product), potato and other vegetables (vegetable and fruit), milk (milk and alternative) and fish (meat and alternative).

Other one-pot meals may need to be served with a salad, whole grain roll or glass of milk to ensure all four food groups are present.

Here are some examples using the recipes included in this module:

One-pot Meal Recipe	Food Groups	Addition
Vegetable Pho (Vietnamese Noodle Soup)	Noodles (Grain Products) Vegetables (Vegetables and Fruit) Tofu (Meat and Alternatives)	<i>Serve with:</i> Soy Beverage (Milk and Alternatives)
Chicken Korma	Tomatoes (Vegetables and Fruit) Chicken (Meat and Alternatives)	<i>Serve with:</i> Brown rice, whole wheat roti or naan (Grain Products) Yogurt (Milk and Alternatives)
Cheesy Broccoli and Mushroom Frittata	Broccoli, mushroom (Vegetables and Fruit) Cheese (Milk and Alternatives) Eggs (Meat and Alternatives)	<i>Serve with:</i> Whole grain toast (Grain Products)

Healthy Eating with Less Salt

Why is salt harmful?

Sodium, which is the main ingredient in salt, is a mineral that the body needs to maintain a normal fluid balance. However, eating too much sodium can lead to health problems like high blood pressure, stroke, heart disease and kidney disease.

How much sodium should you have?

Most Canadians eat too much sodium – about 3400 mg per day. This is more than double the amount of sodium we need.

- Healthy adults need only 1500 mg of sodium per day.
- Healthy children need only 1000 to 1500 mg of sodium per day.

People with health conditions like high blood pressure or kidney disease may need to aim for lower sodium intakes and should follow the advice of their health care provider.

Which foods are high in sodium?

Over 75 percent of the sodium we eat comes from processed foods such as cheese, deli meats, pizza, sauces and soups. Packaged and ready-to-eat foods, fast foods and restaurant meals are often high in sodium. Breads, breakfast cereals and bakery products also contain sodium even though they may not taste salty.

Here is a list of some common foods which contain high amounts of sodium:

- Canned or packaged items: soups, stocks, cereal, baked beans, vegetable juices
- Convenience items: seasoned pasta and rice mixes, stews, spaghetti sauce, seasoning mixes, frozen dinners, muffins
- Jarred foods preserved in salt: pickles, relishes, olives, sauerkraut
- Condiments and sauces: ketchup, mustard, relish, soy sauce, teriyaki sauce, barbeque sauce
- Processed meats: salt-cured ham, bacon, hot dogs, sausages, cold cuts, smoked meats
- Cheese: processed cheese, cheese spreads, cheese strings
- Salted snack foods: chips, pretzels, crackers, popcorn, trail mix, nuts

Tips for lowering your sodium intake

At the Grocery Store: Buy lower sodium foods to prepare healthier meals at home.

- Read the information on food packages. Buy unsalted and lower sodium foods whenever possible. Look for words such as “sodium-free,” “low sodium” or “no added salt” on the package.
- Compare food labels. Buy the products with the lowest amounts of sodium.
- Look for foods that contain less than 360 mg of sodium per serving.
- Look for products with a sodium content of less than 15% DV (Daily Value).
- Make wise choices from the four food groups in Canada’s Food Guide.

At Home: Prepare your own meals often, using little or no salt.

- Make your own soups, sauces and salad dressings.
- Enjoy more vegetables and fruit. Use fresh or frozen instead of canned whenever possible.
- Cook pasta, rice or hot cereal without adding salt.
- Rinse canned vegetables and canned beans, peas and lentils to wash away some of the sodium.
- Taste your food before adding salt. Flavour food with herbs and spices.

Eating Out: Choose wisely when eating out.

- Order smaller portions or share with someone.
- Ask for gravy, sauces and salad dressings “on the side” and use only small amounts.
- Flavour your food with lemon or pepper instead of adding salt, sauces or gravy.
- Ask for your meal to be cooked without salt or monosodium glutamate (MSG), a seasoning that is very high in sodium.
- Check the nutrition information of menu items before you order and choose foods with less sodium. This information may be in a poster or pamphlet at the restaurant or on the restaurant’s website. Or look for restaurants with the Health Check symbol.

Seasoning without salt

Instead of using salt, flavour foods with herbs and spices. Here are some ideas to get you started. Experiment until you find your favourite combinations.

Beef: bay leaf, mustard powder, sage, thyme, rosemary, garlic, curry powder, nutmeg

Lamb: curry powder, garlic, oregano, thyme, rosemary, mint jelly

Veal: bay leaf, curry powder, oregano, ginger, lemon

Chicken: lemon, garlic, ginger, rosemary, paprika, parsley, sage, thyme, basil, tarragon

Potato: onion, garlic, parsley, chives

Fish: bay leaf, curry powder, mustard powder, lemon, paprika, dill, lemongrass, ginger

Pork: onion, sage, thyme, oregano, black pepper, apple, applesauce

Rice: chives, green pepper, onion, cinnamon, bay leaf, paprika, cumin

Salt substitutes

Salt substitutes are made with potassium or magnesium instead of sodium. They can be used to replace table salt but they often taste bitter. If you want to use a potassium-containing salt substitute, check with your doctor first to make sure there is no medical reason why you need to be careful about your potassium intake. Salt substitutes are different than the salt-free seasoning blends that you might find in the local grocery store. Salt free seasonings are a mixture of dried herbs and spices that don't contain sodium chloride. Of course, you can also make your own seasoning blend by mixing together your favourite herbs and spices.

Different kinds of salts

Table Salt: Table salt is what is most often found in our salt shakers. It is made up of sodium chloride, iodine and an anti-caking agent to give it its fine-grain free flowing texture.

Kosher Salt: Kosher salt is similar to table salt but does not contain any additives or iodine. It has a coarse grain and tastes "saltier" than table salt.

Pickling Salt: Pickled salt has the same texture as table salt but does not contain iodine or an anti-caking agent. It is used to make pickled foods.

Sea Salt: Sea salt is made when seawater evaporates. Sea salts will have different flavours depending on where they come from. These unique flavours can add a "special something" to a food's flavour and finish. Sea salts are usually more expensive than other salts.

There is no difference in the how these salts may affect your health. All these salts have the same amount of sodium per teaspoon. One teaspoon of salt is equal to 2300 mg of sodium.

Related CFA Presentation Kits

Eating Well with Canada's Food Guide (2008)

Food Safety (2009)

Menu Planning (2009)

LESSON

Each cooking session will require planning and preparation. Begin by reviewing the background information provided at the beginning of the module. Depending on group size, organize participants into two or three small groups. Each group will be responsible for the preparation of **one** recipe. Choose the recipes and prepare “stations” for each group. At each station, include the supplies, ingredients and equipment that will be needed for the preparation of the assigned recipe(s).

Welcome and Introduction

5 minutes

- Begin this lesson by welcoming participants back. Ask if they tried any of the recipes or practiced any of the skills discussed in the previous module.

Review the objectives of this module:

“This module will introduce you to healthy meals that can be prepared in one pot with very little effort. The focus will be on cooking with lower sodium (salt) seasonings and ingredients. We’ll practice cooking techniques as we prepare a variety of one-pot meals together”.

- Warm-Up

Ask participants to answer the following question:

- What is your favourite “comfort” food?

Encourage participants to talk about home cooked meals and recipes that are associated with comfort and fond memories. Review the one-pot meals that are identified (e.g. soups, stews, casseroles).

Introduction to healthy, balanced one-pot meals

10 minutes

- Ask participants to identify their favourite one-pot meals. Discuss the benefits of one-pot meals:

- quick
- easy
- little clean up
- healthy

- Review Canada’s Food Guide as a tool to help with meal planning. Distribute *Canada’s Food Guide* to those who do not already have a copy. Explain that a balanced meal should include foods from each of the four food groups from Canada’s Food Guide:

- Grain Products
- Vegetables and Fruit
- Milk and Alternatives
- Meat and Alternatives

Some one-pot meals include all four food groups. For example, a hearty soup may contain pasta (grain product), potato and other vegetables (vegetable and fruit), milk (milk and alternative) and fish (meat and alternative).

Other one-pot meals may need to be served with a salad, whole grain roll or glass of milk to ensure all four food groups are present.

- Review some of the one-pot meals that participants identified earlier. Discuss additions that could be made to these meals to make them balanced (i.e. four food groups).

Seasoning without Salt

10 minutes

- Distribute the handout: *Healthy Eating with Less Salt* to help you review the following discussion points about sodium:
 - health benefits of reducing sodium
 - choosing lower sodium ingredients
 - using herbs and spices to season foods
- Show participants examples of the lower sodium ingredients used in the recipes that will be prepared in this session.
 - sodium-reduced chicken and vegetable broth
 - sodium-reduced crushed tomatoes
 - tofu
 - herbs and spices

Identify the amount of sodium as listed on the nutrition facts table. Point out any nutrition claims about sodium that appear on the label.

Review of Recipes and Techniques

10 minutes

- Review safe food handling practices (e.g.. frequent handwashing, sanitizing surfaces)
- Discuss the preparation and cooking techniques that will be used:
 - preparing rice noodles
 - cutting vegetables (e.g. quartering bok choy, julienne carrots, removing stems from mushrooms)
 - sautéing
 - steaming broccoli in the microwave
 - preparing frittata
- Introduce the recipes and review the following:
 - ingredients (explain anything unfamiliar)
 - steps involved in the recipes
 - alternate ingredients and/or cooking methods
 - helpful tips

Hands-on Cooking

60 minutes

- If you have not already done so, organize participants into two or three small groups. Each group will be responsible for the preparation of **one** recipe.
- Review kitchen safety such as preventing cuts, burns, fires, electrical shocks and falls.
- Encourage participants to clean as they go to minimize clean-up at the end of the session.
- Visit each group throughout the hands-on cooking portion of this module. Help each group with the correct and safe preparation of the assigned recipes. Demonstrate skills and provide guidance as necessary. Some of the skills that you may need to review or demonstrate include:
 - safe food handling practices
 - safe handling of knives for chopping, dicing, mincing, etc.
 - grating/mincing gingerroot
 - boiling rice noodles
 - browning chicken
 - sautéing
 - safe use of the microwave

Tasting**10-15 minutes**

- Encourage participants to taste the recipes that were prepared. Ask participants to share their experiences. What worked well? What were the challenges? Will they try the recipe at home?

Clean Up**10-15 minutes**

- Ensure that all participants help with washing dishes, cleaning the work surfaces and storing food in the proper locations.

RECIPES

Recipe #1: Vegetable Pho

Recipe #2: Chicken Korma

Recipe #3: Cheesy Broccoli and Mushroom Frittata

Note: *All the recipes require preparation on the stove top. If you only have one stove, some planning will be required. For example, the noodles for the vegetable pho can be boiled in advance. The broccoli for the frittata can be cooked in the microwave rather than boiled on the stove top.*

RECIPE #1: Vegetable Pho (Vietnamese Noodle Soup)

2 tsp	vegetable oil	10 mL
½	onion, thinly sliced	½
¾ tsp	five-spice powder	4 mL
1 cup	thinly sliced stemmed shitake mushrooms	250 mL
2 tsp	grated fresh ginger	10 mL
¼ tsp	salt	1 mL
1	package (900 mL) sodium-reduced vegetable broth	1
1	carrot, julienned	1
8 oz	baby bok choy, quartered	225 g
2 tsp	lime juice	10 mL
1	package (340 g) rice noodles	1
5 ½ oz	extra-firm tofu, thinly sliced	155 g
	pinch hot pepper flakes (optional)	

1. In a large pot of boiling water, cook noodles according to package directions. Drain and rinse under cold water. Set aside.
2. In a large sauce pan, heat oil over medium-high heat. Cook onion and five-spice powder, stirring occasionally, until softened, about 3 minutes. Add mushrooms, ginger and salt. Cook for 2 minutes.
3. Add broth and 1 ½ cups water; bring to boil. Reduce heat and simmer for 5 minutes.
4. Add carrots, bok choy and lime juice. Cook until bok choy is slightly softened, about 1 minute.
5. Divide noodles among 4 large soup bowls. Top with tofu. Ladle hot broth and vegetable over top. Sprinkle with hot pepper flakes (if using).

Makes 4 servings.

RECIPE #1: Helpful Tips

What is five-spice powder?

Five-spice powder is a Chinese seasoning mix. It contains equal parts ground cinnamon, cloves, star anise, fennel seeds and Szechuan peppercorns. It combines the five basic flavours of Chinese cooking – sweet, sour, bitter, pungent, and salty. You can find five-spice powder at Asian markets or in the spice section of most supermarkets.

What are shitake mushrooms?

Shitake mushrooms are large and densely textured. They are darker in colour and have umbrella-shaped caps. Shitake mushrooms have a rich, buttery, flavour quite different from other types of mushrooms. Dried shitakes have a smoky flavour.

How to prepare shitake mushrooms:

Fresh: Wipe with a damp cloth or a paper towel. Use a knife to remove the stems.

Dried: Soak mushrooms in a bowl of hot water for 15-30 minutes. Trim off the stems after soaking. The liquid from soaking can be used to flavour soups or stir-fries.

What is bok choy?

Bok choy is a vegetable with thick, white stalks and round dark green leaves. It has a sweet flavour and its stalks remain firm when cooked. The stalks and leaves can be chopped and steamed, boiled or stir-fried. Baby bok choy is best cooked whole or cut in half.

RECIPE #2: Chicken Korma

1 Tbsp	ground coriander	15 mL
1 Tbsp	ground cumin	15 mL
1 tsp	turmeric	5 mL
1 tsp	salt	5 mL
1 tsp	black pepper	5 mL
¼ tsp	cayenne pepper	1 mL
2 lb	boneless, skinless chicken thighs	1 kg
2 Tbsp	vegetable oil	30 mL
2	medium onions, chopped	2
4	cloves garlic, minced	4
1 Tbsp	finely chopped gingerroot	15 mL
2	bay leaves	2
8	whole green cardamom pods (optional)	8
1 cup	canned crushed tomatoes (sodium-reduced)	250 mL
1 cup	sodium-reduced chicken broth	250 mL
¼ cup	whipping cream (35%) or homo milk	50 mL
	chopped fresh cilantro (optional)	

1. In a large bowl, combine coriander, cumin, turmeric, salt, black pepper and cayenne pepper.
2. Cut chicken thighs into 2 or 3 pieces. Toss with spice mixture to coat.
3. In deep nonstick large skillet, heat oil over medium heat. Cook onions until browned, about 10 minutes, stirring occasionally. Add garlic, ginger, bay leaves, and cardamom pods (if using); cook 5 minutes. Add chicken. Cook, stirring until light browned, about 5 minutes.
4. Add tomatoes and broth and bring to a boil. Reduce heat, cover and simmer for about 15 minutes or until juices run clear when chicken is cut. Add cream (or milk). Cook, uncovered for 5 minutes. Remove bay leaves and cardomom pods. Serve sprinkled with chopped cilantro (if using).

Makes 6 servings.

Serve with whole wheat roti, whole wheat naan or brown basmati rice.
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RECIPE #2: Helpful Tips

Instead of using salt, flavour foods with herbs and spices. Here are some ideas to get you started. Experiment until you find your favourite combinations.

Beef	bay leaf mustard powder sage thyme	rosemary garlic curry powder nutmeg
Lamb	curry powder garlic oregano	thyme rosemary mint jelly
Veal	bay leaf curry powder oregano	ginger lemon
Chicken	lemon garlic ginger rosemary paprika	parsley sage thyme basil tarragon
Pork	onion sage thyme	oregano black pepper apple, applesauce
Fish	bay leaf curry powder mustard powder lemon	paprika dill lemongrass ginger
Potato	onion garlic	parsley chives
Rice	chives green pepper onion	cinnamon paprika cumin

RECIPE #3: Cheesy Broccoli and Mushroom Frittata

3 cups	broccoli florets	750 mL
6	eggs	6
1/3 cup	milk	75 mL
	salt and pepper	
1 Tbsp	vegetable oil	15 mL
1/2 cup	mushrooms, sliced	125 mL
1/2 cup	shredded Cheddar cheese	125 mL
1/4 cup	Parmesan cheese	50 mL

1. Microwave broccoli florets in a small amount of water in a microwave safe bowl for 2-3 minutes. Rinse in a colander under cold water. Drain and pat dry.
2. In a large bowl, whisk together eggs, milk and salt and pepper to taste. Set aside.
3. In a 10-inch nonstick skillet, heat oil over medium high heat. Sauté mushrooms for 3 minutes. Arrange broccoli over mushrooms; reduce heat to low. Pour egg mixture over broccoli. Sprinkle Cheddar and Parmesan cheeses on top. Cook, covered for 20 to 25 minutes or until set. Cut into wedges.

Makes 4 servings.

RECIPE #3: Helpful Tips

Frittatas in 5 Easy Steps

1. Choose your ingredients

A frittata is basically a thick, flat omelette. You can add vegetables, cooked meat, cheese and seasonings. Anything goes! Frittatas are also an excellent way to use up leftovers.

Try these ideas:

Vegetables	Meats	Cheeses	Seasonings
asparagus	chicken	cheddar	basil
tomatoes	ham	cottage or ricotta	chives
sweet peppers	beef	Swiss	chili powder
onions	bacon	feta	parsley
mushrooms	sausage	mozzarella	oregano
potatoes	salmon	Parmesan	thyme
spinach	tuna	goat cheese	garlic

2. Sauté Frittata Fillings

Heat a nonstick skillet over medium heat and sauté the vegetables (and any other ingredients).

3. Beat Eggs and Milk

While the fillings are cooking, whisk together the eggs and milk. You want enough to cover the other ingredients. For a 10-inch nonstick skillet, use 6 eggs or 2 eggs, 2 egg whites, and approximately 1/3 cup of milk.

4. Add Eggs to Frittata Fillings

Pour the eggs and milk over the ingredients.

5. Reduce and Cover

Reduce the heat to medium-low and cover the skillet. Allow the frittata to cook for about 6-8 minutes.

HANDOUTS

Seasoning Without Salt

Why is salt harmful?

Sodium, which is the main ingredient in salt, is a mineral that the body needs to maintain a normal fluid balance. However, eating too much sodium can lead to health problems like high blood pressure, stroke, heart disease and kidney disease.

How much sodium should you have?

Most Canadians eat too much sodium – about 3400 mg per day. This is more than double the amount of sodium we need.

- Healthy adults need only 1500 mg of sodium per day.
- Healthy children need only 1000 to 1500 mg of sodium per day.

People with health conditions like high blood pressure or kidney disease may need to aim for lower sodium intakes and should follow the advice of their health care provider.

Tips for lowering your sodium intake

At the Grocery Store: Buy lower sodium foods to prepare healthier meals at home.

- Read the information on food packages. Buy unsalted and lower sodium foods whenever possible. Look for words such as “sodium-free,” “low sodium” or “no added salt” on the package.
- Compare food labels. Buy the products with the lowest amounts of sodium.
- Look for foods that contain less than 360 mg of sodium per serving.
- Look for products with a sodium content of less than 15% DV (Daily Value).
- Make wise choices from the four food groups in Canada’s Food Guide.

At Home: Prepare your own meals often, using little or no salt.

- Make your own soups, sauces and salad dressings. Try Fresh Herb Soup or Chinese Hot and Sour Soup.
- Enjoy more vegetables and fruit. Use fresh or frozen instead of canned whenever possible.
- Cook pasta, rice or hot cereal without adding salt.
- Rinse canned vegetables and canned beans, peas and lentils to wash away some of the sodium.
- Taste your food before adding salt. Flavour food with herbs and spices.

Eating Out: Choose wisely when eating out.

- Order smaller portions or share with someone.
- Ask for gravy, sauces and salad dressings “on the side” and use only small amounts.
- Flavour your food with lemon or pepper instead of adding salt, sauces or gravy.
- Ask for your meal to be cooked without salt or monosodium glutamate (MSG), a seasoning that is very high in sodium.
- Check the nutrition information of menu items before you order and choose foods with less sodium. This information may be in a poster or pamphlet at the restaurant or on the restaurant’s website. Or look for restaurants with the Health Check symbol.

For more information about sodium:

EatRight Ontario

www.eatrightontario.ca

or call toll-free to speak to a Registered Dietitian 1-877-510-510-2

Sodium 101

www.sodium101.ca

Heart and Stroke Foundation

www.heartandstroke.com

ADDITIONAL RESOURCES

Eating Well with Canada's Food Guide
www.healthcanada.gc.ca/foodguide

Foodland Ontario
www.foodland.gov.on.ca

EatRight Ontario
www.eatrightontario.ca
or call toll-free to speak to a Registered Dietitian 1-877-510-510-2

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