



**SHED THE
SALT SHAKER!**

Salt Savvy Challenge

**IT'S TIME FOR THE
SALT SAVVY LOW-
SODIUM CHALLENGE**

**Are you ready to take control of your health and
make a positive change in your diet?**



This week long challenge is designed to help you reduce your sodium intake and improve your overall well-being.



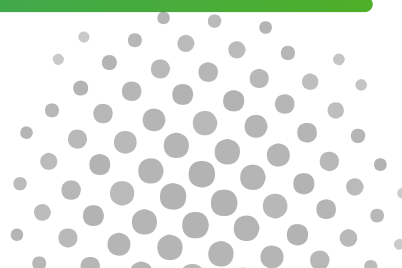
Learn about the benefits of a low sodium diet and follow the tips and see how many points you can get.



Keep track of your healthy sodium intake practices using the *Salt Savvy Tips Tracker* and earn points along the way. At the end of the challenge, add up your points to see how you did. Your heart will thank you!

Don't miss out!

The activity will begin on _____ and end on _____





Salt Savvy Challenge

Overview

**CUTTING DOWN ON
SODIUM CAN HELP
LOWER YOUR BLOOD
PRESSURE AND KEEP
YOUR HEART
HEALTHY.**

**START BY MAKING
SMALL CHANGES.**

Welcome to the 1 week Salt Savvy Challenge!

This journey is designed to help you reduce your sodium intake and improve your overall health and well-being. Whether you're looking to lower your blood pressure, reduce the risk of heart disease or simply adopt healthier eating habits, this challenge is the perfect opportunity to make positive changes to your diet.

Sodium is an essential mineral that our bodies need to function properly, but too much sodium can lead to negative health issues. Sodium attracts water, so a diet high in sodium pulls water into the bloodstream, which can increase the volume of blood and, consequently, your blood pressure. High blood pressure, or hypertension, makes the heart work too hard and the high force of the blood flow can harm arteries and organs, such as the heart, kidneys, brain and eyes. By taking control of your sodium intake, you can make a significant impact on your health.

Reducing sodium in your diet has several health benefits which may include:



Lower Blood Pressure

Blood pressure is the force of blood against the walls of blood vessels as the heart pumps out blood. High blood pressure has been linked to heart disease, stroke, kidney failure and other health problems.



Lower risk of death from cardiovascular disease

One of the major risk factors for heart disease is high blood pressure. Cardiovascular diseases are the #1 killer worldwide.



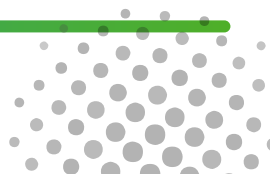
Lower risk for kidney disease

A high salt diet can cause an imbalance of sodium in the body. This can reduce kidney function resulting in higher blood pressure. This puts strain on the kidneys, which can lead to kidney disease.



Stronger bones

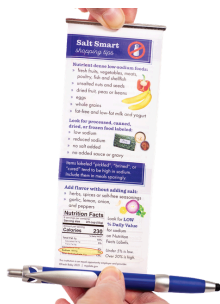
Higher intake of salt increases the amount of calcium lost during urination. Lowering salt intake may help maintain bone strength.



The Challenge

1. **Designate** a challenge coordinator. The coordinator will distribute and collect logs from participants. The coordinator will also send out the challenge newsletters that are included in this challenge.
2. **Introduce** the challenge. An announcement poster is included with this challenge. Post the announcement poster in several locations around the facility.
3. If applicable, **introduce** the optional challenge event (included in the challenge packet), including the date and how it will run.
4. **Inform participants** on the benefits of a low sodium diet found on the front of this page. This may help participants understand the importance of the challenge and help encourage them to participate.
5. **Recruit** participants for the challenge by posting a sign-up sheet next to one of the announcement posters. Information about the challenge along with the benefits of being salt savvy can also be announced during meetings and events.
6. **Explain** how the challenge will progress and be scored. Individuals will get 1 point for each salt shaker filled in on the tip boxes. Each tip can be used more than once (up to 5 times during the challenge). Points will be added at the end of the challenge, and the individual with the most points wins!
7. **Distribute** the challenge tracker and optional incentive (if applicable) to participants.
8. **Send** the four challenge newsletters to participants at the beginning of the challenge, each day for the first four days or as the coordinator sees fit.
9. **Remind** participants of the challenge end date in advance.
10. **Collect** log sheets on the designated collection date.
11. **Notify** the winners of the challenge within a couple days of collection. Hand out prizes if applicable. (Be creative-prizes do not have to be expensive, or even cost money. See the list of suggested prizes provided.) Placing an announcement on a bulletin board or congratulating winners during a gathering are great ways to recognize the participants.
12. **Discuss** changes that could be made in the facility that could encourage low-sodium options, such as installing a dried herb bar to allow clients to try out herb variations instead of salt to season foods.

***OPTIONAL
EDUCATIONAL
REINFORCER-
LOW SODIUM
BANNER PEN**



***OPTIONAL PRIZE
IDEAS
PRINTED CERTIFICATES-
"LOW SODIUM
CHAMPION", ETC.**

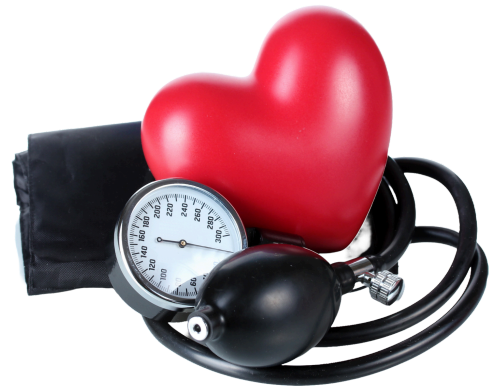
**HEALTHY SNACK PACK
(DRIED FRUIT/NUTS)**

LOW RECIPE BOOK

VEGGIE PEELER



Salt Savvy TIP TRACKER



Fill in one shaker in the low-sodium tip box each time you perform that action (up to 5 times for each tip).
Each shaker is worth 1 point.

READ THE FOOD LABEL. LOOK FOR 5% OR LESS OF SODIUM



CHOOSE LOW SODIUM OR UNSALTED CONDIMENTS



DRINK 8 OUNCES OF WATER (HELP FLUSH OUT EXCESS SODIUM)



CHOOSE A LOWER SODIUM VERSION OF FOOD (I.E. LOW SODIUM CANNED SOUP)



CHOOSE WHOLE (UNPROCESSED) FOOD



COOK AT HOME



SERVE DRESSING OR SAUCES ON THE SIDE



USE FRESH OR DRIED HERBS INSTEAD OF SALT



LEAVE THE SALTSHAKER OFF THE TABLE



CHOOSE POTASSIUM RICH FOODS (I.E. BEANS, BANANAS, POTATOES) TO HELP COUNTERACT SODIUM



RINSE CANNED VEGETABLE TO REMOVE SALT



CHOOSE FRESH FRUIT OR VEGGIES AS A SNACK



CRAVING CHIPS AND DIP? SNACK ON VEGGIES AND HUMMUS!
CRAZY FOR CURED MEAT? WRAP LOW-SODIUM DELI MEAT IN LETTUCE LEAVES.
NEED NUTS? LOOK FOR UNSALTED OR LIGHTLY SALTED NUTS.
SCREAMIN' FOR ICE CREAM? INDULGE IN SOME YOGURT AND FRESH FRUIT!
PLANNING ON PACKAGED POPCORN? TRY AIR-POPPED WITH CHILI POWDER.
SEEKING SODA? QUENCH YOUR THIRST WITH SPARKLING WATER.



Salt Savvy Challenge Newsletter #1



A main source of sodium is table salt. Although some sodium is needed, the average American eats about 20 times as much as the body needs. Eating too much sodium can lead to high blood pressure, which may increase your risk of heart attack and stroke.

Check with your doctor to find out how much sodium is okay for you. The general guideline for adults and teens age 14 and older is no more than 2,300 mg of sodium per day.

When you get your blood pressure taken, there are two numbers. The top number, systolic, is the pressure when the heart beats and pumps blood through the arteries. The bottom number is the diastolic number, which is the pressure when the heart is at rest between beats. A healthy goal for blood pressure is below 120/80 mmHg.

Balsamic Chicken and Zoodles

Serves 4

Balsamic Marinade Ingredients:

- 1 lb. chicken breast tenderloins
- 1/4 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1 1/2 teaspoons dried Italian seasoning
- 1/4 teaspoon dried pepper flakes

Vegetable Ingredients:

- 2 medium zucchini, spiralized
- 1 cup whole cherry tomatoes
- 1 tablespoon olive oil
- 1 teaspoon dried Italian dressing



Directions:

1. In a medium bowl, whisk together the vinegar, honey, Dijon mustard, Italian seasoning and red pepper flakes. Place chicken in a large resealable plastic bag and pour marinade over chicken. Refrigerate for 30 minutes.
2. While chicken is marinating, toss the vegetables in a large bowl with olive oil and Italian seasoning.
3. Preheat oven to 425°. Remove chicken from bag and place on large sheet pan lined with parchment. Bake chicken at 425° for 15 minutes.
4. Remove sheet pan from oven and arrange vegetables around the chicken. Bake an additional 10 minutes or until internal temperature of chicken reaches 165° and vegetables are cooked through.

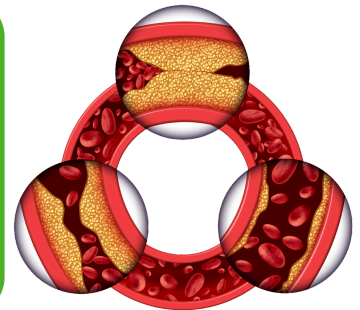
Recipe adapted from <https://easylowsodiumrecipes.com/low-sodium-balsamic-chicken-and-zoodles/print/626/>

LESS
SALT



Salt Savvy Challenge Newsletter #2

When blood pressure is elevated for an extended period, it can damage the walls of blood vessels, leading to the formation of tiny tears. The body responds by sending special cells that stick to the damaged site. Over time, substances like cholesterol and fat can build up on these sites and form plaque. As plaque accumulates, it narrows the inside of the arteries, which can block blood flow, increasing the risk of serious conditions such as heart attacks and strokes.



Tips to reduce sodium in your diet:



- Compare sodium levels in foods using the Nutrition Facts labels. Choose low or reduced sodium options
- Boost flavor using herbs, spices, lemon, lime or vinegar instead of salty seasonings like soy sauce or soup mixes

Chicken Cutlets with Sun-Dried Tomato Cream Sauce

Serves 4

Ingredients:

- | | |
|---|-------------------------------------|
| 1 lb. chicken cutlets | 1/2 cup finely chopped shallots |
| 1/4 teaspoon salt, divided | 1/2 cup chicken broth |
| 1/4 teaspoon black pepper, divided | 2 teaspoons lemon juice |
| 1/2 cup slivered oil packed sun-dried tomatoes,
plus 1 tablespoon oil from the jar | 1/2 cup heavy cream |
| | 2 tablespoons chopped fresh parsley |



Directions:

1. Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and internal temperature is 165°F, about 6 minutes. Remove from pan and transfer to a plate.
2. Add sun-dried tomatoes and shallots to the pan. Cook, stirring for 1 minute. Increase heat to high and add chicken broth and lemon. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream and remaining 1/8 teaspoon each of salt and pepper; simmer for 2 minutes. Return chicken to the pan, turn to coat with sauce. Serve chicken topped with sauce and parsley.

Recipe adapted from <https://www.eatingwell.com/recipe/276341/chicken-cutlets-with-sun-dried-tomato-cream-sauce/>



Salt Savvy Challenge Newsletter #3



Your body removes excess water by filtering blood through the kidneys. To facilitate this process, a balance of sodium and potassium is needed to pull the water across the blood vessel walls and through the kidneys. A high-salt diet disrupts this sodium balance, impairing kidney function and putting strain on the kidneys, which can lead to kidney disease.

Reducing salt intake can help lower the risk of developing kidney stones, especially calcium-based ones. A high salt diet may increase the amount of calcium lost in the urine as well as increase dehydration, which can lead to the development of kidney stones and other more serious conditions.



Pasta Salad with Mixed Vegetables *Makes 8 servings*

Ingredients:

2 ounces whole-wheat pasta (any shape)	variety of vegetables (mushrooms, red pepper, green pepper, zucchini, broccoli, olives, etc.)
1 tablespoon olive oil	1/2 teaspoon basil
1/4 cup low-sodium chicken broth	1/2 teaspoon oregano
1 clove garlic	8 romaine lettuce leaves
2 medium onions	
1 can (28 ounces) unsalted diced tomatoes in juice	



Directions:

1. Cook pasta according to package directions. Drain thoroughly and place in a large serving bowl. Toss with olive oil.
2. In a large skillet, heat the chicken broth over medium heat. Add the garlic, onions and tomatoes. Sauté until the onions are transparent, about 5 minutes. Add remaining vegetables and sauté until tender crisp, about 5 minutes. Stir in basil and oregano.
3. Add vegetable mixture to the pasta. Toss to mix evenly. Cover and chill about 1 hour, until well chilled. Serve over romaine lettuce leaves.

Recipe adapted from <https://www.mayoclinic.org/healthy-lifestyle/recipes/pasta-salad-with-mixed-vegetables/rcp->

Sodium

Salt Savvy Challenge Newsletter #4

Surprisingly, some foods that don't taste salty can still be high in sodium, so relying on your taste buds to judge the salt content may not always be accurate. Large amounts of sodium can be hidden in canned, processed and convenience foods as well as in many items from fast food restaurants. Be sure to check nutrition labels to see how much sodium is in the foods you are eating. The good news is, as salt intake decreases, taste buds become more sensitive to salt. Once taste buds have adjusted, many individuals find they prefer food with lower salt content.



What It Says	What It Means
Salt/Sodium Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light Sodium or Lightly Salted	At least 50% less sodium than the regular product
No Salt Added or Unsalted	No salt is added during processing but may not be salt/sodium free unless stated

Spinach and Strawberry Salad Makes 8 Servings

Salad Ingredients:

2 bunches of spinach,
rinsed and torn into bite sized pieces
4 cups sliced strawberries

Dressing Ingredients:

1/2 cup vegetable oil
1/3 cup white sugar
1/4 cup apple cider vinegar
2 tablespoons sesame seeds
1/4 teaspoon paprika



Directions:

1. Toss spinach and strawberries together in a large bowl
2. Whisk oil, sugar, vinegar, sesame seeds and paprika together in a medium bowl; pour over spinach and toss to coat.

Recipe adapted from <https://www.allrecipes.com/recipe/16409/spinach-and-strawberry-salad/>

Certificate of Participation

This certificate awarded to:



For the successful completion of the one-week
Salt Savvy Challenge



Signature

Date





Salt Savvy Challenge Herb Garden Event

*Optional Event: Create indoor herb gardens

- 1 soil disk for each participant
- 1 4" terracotta pot for each participant
- 1 pack of herb seeds of your choosing for each participant (for example: basil, oregano, thyme, parsley, mint etc.)
- 1 plant label for each participant



Materials needed:

How to plant your Herb Garden

Step 1: Grab your pots

- The 4" terracotta pots have drainage holes and the pot saucer can catch any excess water

Step 2: Add soil

- Add one expandable soil disk to the terracotta pot and add water until soil is fully expanded

Step 3: Plant your seeds

- Make a small hole with your finger about 1/4 inch deep
- Sprinkle 2-3 seeds into the hole and gently cover with soil

Step 4: Water your seeds

- Using a small watering can or cup, thoroughly water the seeds you planted

Step 5: Choose a location

- Place your herbs on a windowsill or near a sunny spot inside your home near a window. You can also place it on a balcony or patio.

Tips and Tricks

Selecting Herbs

- Some of the best herbs to grow indoors are: Basil, Chives, Mint, Parsley, Rosemary, Sage, and Thyme

Choosing a container

- Choose a container that will allow for 3-12 inches of soil depth and drainage holes for excess water
- The best containers are plastic, glazed ceramic, clay or grow bags
- Containers that lack sufficient drainage holes are most susceptible to root rot

Soil

- A high quality potting mix is all you need to grow herbs
 - This can be purchased at any garden or home improvement store

Watering

- Keeping the soil damp is important for the growing herbs
- You will likely need to water your herbs at least once per day.
 - This is a great activity to add to your morning routine!

Location

- The sunniest place in your home is going to be the best place for your herb garden!

Lighting

- Natural sunlight is always the best option when growing any type of plant
- Artificial lighting can help you grow plants indoors if you have limited or no access to natural light.
 - These are usually LED or HID lights and can be purchased from your local home improvement store

