

# THE SALTY 6 SIX CHINESE

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## DID YOU KNOW?

The sodium in salt can impact your health and appearance

Appearance: Excess levels of sodium may increase water retention, leading to puffiness, bloating and weight gain

Health: Excess levels of sodium may increase your risk for high blood pressure, stroke, heart failure, osteoporosis, stomach cancer, kidney disease, enlarged heart muscle and headaches

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day (a little more than 1/2 teaspoon salt)

### CANNED FOODS

canned vegetables/meat  
canned fish/soup



Salt can be used as preservative. Canned food that does not taste salty may contain a lot of sodium as well. A can of corn has 1,000mg sodium—2/3 of daily recommended intake. 3 small slices of canned meat has up to 1,000-2,000mg. Go fresh to cut down on sodium!

### PRESERVED FOODS

Chinese sausage, Chinese BBQ meats, preserved eggs/vegetables



Not only are many preserved foods high in sodium, they are also high in saturated fat (e.g Chinese sausage, and bacon) and cholesterol. Pre-served egg is made from duck egg. Its cholesterol content (600mg) is 3 times of chicken egg and twice the daily recommendation.

### SAUCES & CONDIMENTS

soy/oyster/hoisin/fish sauce  
fermented bean curd, MSG



Many sauces/condiments that we use daily are high in sodium. 1Tbsp soy sauce has 900mg - more than half of your daily recommended intake. If you don't pay attention, you can easily consume excessive sodium. Use fresh herbs and spices to season your dish instead!

### INSTANT NOODLES

instant noodles, cup noodles



Instant noodles are convenient. But their flavoring powder contains a lot of sodium. Fried instant noodles are also high in fat. 1 pack/cup instant noodles contains 1,500-2,000 mg sodium, more than your daily recommended intake.

### SNACKS

shrimp/potato chips, salted plum, cracker, salted nuts/seeds



Adding a lot of salt and high sodium flavoring powder is very common in the process of making snacks. Also, it is very easy to overeat snacks because of their small serving sizes. Unsalted nuts/seeds and fruits are good choices for low sodium snacks.

### PACKAGED SOUP & BOUILLON CUBES

packaged broth, bouillon cube



Broth can be used in a variety of dishes: stew, soup, sauce, soup base for noodles and hot pot. Packaged soup and bouillon cube are often used to make broth. But they contain 500mg sodium per cup and 800-2,000mg per cube.

Here are some tips on how to use lower sodium alternatives to replace the salty six. Let's start the change now and make wise choices for your health! Always check the food label. Different flavors and brands can vary a lot in their sodium contents.



The Salty Six	Alternatives and Suggestions to replace the Salty Six
<b>Canned Foods</b> canned meat canned vegetables canned fish canned soup	<p><b>“Low/Reduced Sodium” Canned Food</b>                      Look for “Low sodium” or “Reduced sodium” when you shop for canned food. They contain 25-50% less sodium than regular canned food. Draining and rinsing can remove some extra salt.</p> <p><b>Go Fresh</b>                      Fresh food has much lower sodium content compare to canned food. Use fresh food more often to cut down on sodium intake.</p>
<b>Preserved Foods</b> Sausage Chinese sausage Chinese bacon Chinese BBQ meat preserved eggs preserved vegetables	<p><b>Lean Pork, Skinless Chicken</b>                      Preserved meat such as Chinese sausage and cured meat are often used in fried rice and stir-fry. Substitute with lean pork and skinless chicken. They are lower in sodium and saturated fat.</p> <p><b>Hard Boiled Egg</b>                      A lot of people like to pair preserved egg and salted egg with congee, tofu and some other dishes. Substitute with hard boiled chicken eggs for lower sodium and cholesterol. The American Heart Association recommends no more than 4 whole eggs per week.</p> <p><b>Fresh Vegetables</b>                      The process of preserving vegetables will destroy some nutrients, such as vitamin C. Preserved vegetables are also very high in sodium. Eat fresh vegetables more often to cut down sodium and add more nutrients to your diet.</p>
<b>Sauces &amp; Condiments</b> soy/oyster sauce hoisin/fish sauce fermented bean curd chicken powder/ chicken essence MSG	<p><b>“Reduced Sodium” Soy Sauce</b>                      Reduced Sodium soy sauce contains 25-50% less sodium than regular soy sauce. Although it is a good alternative, it still contains a significant amount of sodium. 1 tsp contains 400-600mg sodium- about 1/3 of your daily recommended intake. Use them cautiously.</p> <p><b>Spices and Herbs</b>                      Adding flavor to dishes does not necessarily mean adding sodium. There are many low sodium herbs and spices, such as garlic, ginger, green onion, cilantro, vinegar, lemon juice, lemongrass, garlic powder, onion powder, zedoary (sand ginger) powder, five spice powder, Sichuan pepper, star anise and basil.</p>
<b>Snacks</b> shrimp chips potato chips crackers, salted plum Salted nuts/seeds	<p><b>Fresh Fruit</b>                      Fresh fruit is very low in sodium. It is also loaded with vitamins, minerals and fiber.</p> <p><b>Plain Nuts and Seeds</b>                      Plain nuts and seeds have less sodium than salted ones. They also contain heart healthy unsaturated fat.</p>
<b>Instant Noodle</b> instant noodles cup noodles	<p><b>Non-deep Fried Noodles with Low Sodium Chicken Broth</b>                      Choose instant noodles that are not deep fried, such as rice noodles, vermicelli, udon and egg noodles. Use only half pack of the flavoring powder. You can also use low sodium chicken broth or homemade chicken broth as the soup base instead of using the flavoring powder.</p>
<b>Packaged Soup &amp; Bouillon Cubes</b> packaged broth bouillon cube	<p><b>“Low/Reduced Sodium” Broth and bouillon cube</b>                      Compare to regular ones, low/reduced sodium packaged soup and bouillon cube can save you at least half of the sodium.                      1 cup regular chicken broth = 550-850mg sodium                      1 cup low sodium chicken broth = 70-400mg sodium</p> <p><b>Homemade Chicken Stock</b>                      Make your own chicken stock at home. To save time, you can make a large portion at a time. Skim off the fat, put them in several containers and freeze. Reheat them when needed.</p>