Reducing Sodium in Senior Meals: Tips and Tricks

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Pam Smith
Catherine MacPherson
Sherry Manyak
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Our Speakers

Sherry Manyak

Catherine MacPherson

Pam Smith
A Push to Reduce Sodium

• Reducing sodium intake has the potential to prevent hundreds of thousands of premature deaths and illnesses in the coming years.

• The Food and Drug Administration (FDA) leads the voluntary strategy to lower the sodium in foods. These targets align with the DGA/DRI that OAA Senior Meal Programs follow.

• Nutrition programs can make small changes in what they buy and how they prepare meals to help meet these sodium goals.

Source: https://www.nbcnews.com/id/wbna43143369
Eating Healthy
Low-Sodium
RiverMills Council on Aging Congregate Meal Program

**Fresh Meals Prepared Daily Allow Us To:**

- Use whole foods
- Use fresh ingredients
- Create low sodium meals
- Create low fat meals
What is sodium?

• Sodium is a mineral found in most foods. Our body needs sodium to promote normal muscle and nerve functions. It provides a healthy balance of body fluids. Most table salts are made from sodium chloride. Salt used when preparing or flavoring foods usually contains sodium.

• Having too much sodium in your diet is bad for your health. Consuming high-sodium foods regularly can cause your body to retain excess water. With the extra body water, your organs must work harder. This increases your risk for high blood pressure, which can harm your heart and kidney function.
Sodium Daily Intake Limits

- 1 to 3 years old: 1,200 milligrams per day
- 4 to 8 years old: 1,500 milligrams per day
- 9 to 13 years old: 1,800 milligrams per day
- 14 years and older: 2,300 milligrams per day

The typical American diet contains over 3,400 milligrams of sodium.

Source: National Academies of Science, Engineering and Medicine and Academy of Nutrition and Dietetics
Foods Containing the Most Salt

- Fast foods like pizza, burgers, and fried foods.
- Processed meats such as bacon, sausage, lunch meats and hotdogs.
- Breads and rolls or grains that include sauces or seasonings that include salt.
- Canned vegetables, canned soups or frozen dinners.
- Snacks including chips, pretzels and crackers.
- Condiments including salad dressings.
How to Limit Your Intake of Sodium

• Include a variety of fruits and vegetables regularly:
  • For frozen products, look for ones without added sauces or sodium.
  • If choosing canned vegetables, select low-sodium or no-salt-added items. You can also rinse and drain canned vegetables to help reduce the amount of salt.

• Limit your intake of highly processed foods by cooking more from scratch:
  • Choose lower sodium options for protein foods, such as fresh or frozen lean cuts of meat, chicken, seafood, eggs or dried beans.

• Skip the added salt:
  • Instead of adding salt to recipes, experiment with spices, fresh herbs, lemon juice, lime juice and vinegars.
Your Step-by-Step Guide to Reading Nutrition Labels

1. Check the serving size
   - How many servings are in the container? A serving may be smaller than you think. A package may also appear to only contain a single serving, but it could contain multiple servings. Try to stick to just one serving. All the nutrition info — including calories — refer to the amount in one serving.

2. Check the calories in one serving
   - 40 calories is low, 100 calories is moderate, and 400 calories or more is high. Remember: If you eat multiple servings, you’ll need to multiply the calories by the number of servings that you eat.

3. Check the % Daily Value
   - The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Low is 5% or less. Aim for low in saturated fat, trans fat, cholesterol, sodium, and added sugars. High is 20% or more. Aim high in vitamins, minerals and dietary fiber.

4. Check the ingredients
   - Ingredients are listed by volume. The higher up on the list an ingredient is, the more of it the product contains. Make sure sugar isn’t one of the first ingredients listed. Sugar goes by many names, including high-fructose corn syrup, barley malt syrup and dehydrated cane juice, to name a few.

Source: Mayo Clinic
Low Sodium Cooking Tips

Cook from scratch.
Don’t add any salt to the recipes.
Use low sodium bases (The Minor brand is good).
Use low sodium sauces. We make a lot of our own.
Use unsalted butter.
Use fresh herbs (we grow and dry our own herbs and grind them).
Mashed potato tip: If you cook the potatoes with garlic cloves it will add flavor to the potatoes without having to add salt.
We have salt and pepper on the tables for the seniors to use themselves.
Chicken Thigh Bone-in Recipe

- Chicken thighs, bone-in.
- Chicken is seasoned with pepper, basil, rosemary and garlic.
- It is topped with a simple sauce that is used from the drippings and corn starch to thicken slightly.
- The rice is a blend of white rice and wild rice. We added pepper and a small amount of butter.
- The carrots are steamed and left plain.
Chicken Cacciatore

Chicken thigh baked with pepper, basil, garlic topped with roasted peppers and onions and a tomato sauce. Penne pasta with tomato sauce. Parsley to garnish. This was served with a side salad.
Salmon

The salmon is seasoned with pepper, dill and basil. Lemon slices on top with a light cream sauce. Sides of rice pilaf and steamed peas.
Mexican Chicken Salad

- Romaine and iceberg mixed, topped with a salsa of black bean, corn, tomato, peppers, mango, lime, orange juice, and cilantro. Dressing is shallots, honey, extra virgin olive oil and pepper. Topped with a chicken breast that is cooked with garlic and pepper.
HOME DELIVERED NUTRITION & CONTROLLING SODIUM

July 2023
MISSION

Improving life through better nutrition at home.
Leading Nutrition Solutions Company

- Founded in 1999, headquartered in Ankeny, Iowa
- National Provider of home delivered meal programs
- 2,200+ employees, senior management with deep food and healthcare industry experience
- 60+M meals delivered annually
IMPORTANCE OF NUTRITION ACROSS POPULATIONS

Program Types:
- Long Term Care Support
- Post-Discharge
- Hospital at Home
- Chronic Condition Management
- Maternal Health
- Child Health
- Food Insecurity

1,000+ Contracts Nationwide to Provide Meals for:
- Medicaid LTSS/HCBS Waivers
- Medicaid Managed Care
- Medicare Advantage
- CBOs/AAAs
- Hospitals, Health Systems
- Other Government Funded
- Self-Pay

Current partners include all major national and regional health plans:
Crafted by chefs and registered dietitians, our meals taste great and nutritionally support most common chronic conditions.

<table>
<thead>
<tr>
<th>Options Available</th>
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<tbody>
<tr>
<td>General Wellness</td>
</tr>
<tr>
<td>Diabetes Friendly</td>
</tr>
<tr>
<td>Lower Sodium</td>
</tr>
<tr>
<td>Heart-Friendly</td>
</tr>
<tr>
<td>Renal-Friendly</td>
</tr>
<tr>
<td>Cancer Support</td>
</tr>
<tr>
<td>Vegetarian</td>
</tr>
<tr>
<td>Gluten Free</td>
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<tr>
<td>Pureed</td>
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</table>
CONTROLLING SODIUM ONE MEAL AT A TIME

Entree: BBQ Chicken Patty with Potato Medley and Green Beans (543 mg)

Side: Applesauce (10 mg)
Better health begins with the meals we eat.
CIA’s Healthy Menus R&D Collaborative
Tasting Success with Cutting Salt

Pamela Smith, RDN  www.pamsmith.com
Impact of Small Changes on Menus

38,000,000 meals a day are served by HMC member companies, small changes can have big impact on public health!
The Genesis of Healthy Menus R&D Collaborative

January 2010: Small Group Dinner
Would this work? Would major competitors be willing to collaborate?

December 2010: 1st Meeting
• Determine need for Charter: Purpose, Vision, Mission
• Identify SODIUM REDUCTION and INCREASING USE OF PRODUCE as top priorities.
• Align on HMC Strategic Process
Healthy Menus R&D Collaborative Timeline

- **December 2010**
  - First priorities set.
- **January 2010**
  - HMC formed.
- **April 2010**
  - IOM Report published.
- **June 2010**
  - IOM Report published.
- **June 2011**
  - Restaurants struggling with meat & poultry price increases.
- **June 2012**
  - HMC Charter ratified.
- **April 2012**
  - "The Blend" Sensory Study
- **2013**
  - Restaurant Menu Labeling Challenges...
- **2014**
  - Strategic Calorie Design
Finely Chopped Mushrooms Look, Act, Taste and Perform like Ground Meat,

Could allow for healthier versions of iconic American foods with:

• Better flavor & texture, with less salt

• Better nutrition benefits

• Better sustainability

• Favorable cost implications
Using Mushrooms to Improve the Nutrition Properties and Consumer Appeal of Popular Meat-based Dishes

Principal Investigators
Jean-Xavier Guinard, PhD, University of California, Davis
Amy Myrdal Miller, MS, RDN, FAND

Research Funders
Mushroom Council and Australian Mushroom Growers Association
“A 50-50 mixture of two nucleotide compounds can produce eight times as much flavor as either one of the compounds alone!”

MUSHROOMS: THE ULTIMATE FLAVOR LIFTER!
• In 2013 Pizza Hut “silently” rolled out an improved hand-tossed crust with 35% less sodium.

• In November 2015 Pizza Hut successfully completed another “stealth” sodium reduction, rolling out Thin ‘N Crispy crust with 38% less sodium and cheese with 30% less sodium.

• In 2015 Pizza Hut developed a new meatball with mushrooms that is nutritionally superior to its traditional beef topping—38% fewer calories, 53% less sodium, and 60% less saturated fat!
The Original SONIC® Slinger, a Blended Mushroom Burger

Hey! A tomato, another plant!

Wow! That burger is 25-30% mushroom!

Made from plants

Look! More plants!
# Sodium Reduction Strategies

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Response Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flavor development that does not rely on sodium</td>
<td>96</td>
</tr>
<tr>
<td>Vegetable and fruit ingredients</td>
<td>67</td>
</tr>
<tr>
<td>Preparation techniques</td>
<td>67</td>
</tr>
<tr>
<td>Ethnic cuisines/ profiles</td>
<td>63</td>
</tr>
<tr>
<td>Manufacturers/ suppliers selection</td>
<td>58</td>
</tr>
<tr>
<td>Different salt varieties</td>
<td>54</td>
</tr>
<tr>
<td>Portion sizes</td>
<td>54</td>
</tr>
<tr>
<td>New salt products with modified crystal density, shape and/or size</td>
<td>46</td>
</tr>
<tr>
<td>Salt replacement products</td>
<td>29</td>
</tr>
<tr>
<td>Sodium chloride enhancers</td>
<td>9</td>
</tr>
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</table>

Source: 2012 HMC Sodium Study, conducted by Datassential
Achieving Balance
IT’S ABOUT WHAT FOOD HAS,
...NOT WHAT IT DOESN’T HAVE
Flavor Model

Quality Ingredients

Sweet & Sour Balance

Spice & Aromatics

Technique & Texture

Coax out Umami

Strategic Salting
Pantry Flavor Building

• Front Line Ingredients
  • Spices, Herbs, Onion, Garlic, Celery
  • Mushrooms
  • Heat / Peppers /Smoked
  • Tomato/Tomato Powders
  • Citrus/Vinegars
  • Dairy, particularly aged/fermented
  • Sweet Brown Spices
  • Toasted Nuts and Seeds
  • Fermented, Smoked, Roasted, Grilled
Another Sodium Success Story

<table>
<thead>
<tr>
<th>Type of Salt</th>
<th>Weight of 1 teaspoon</th>
<th>Sodium Content of 1 teaspoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fine Grain Iodized Table Salt</td>
<td>6 g</td>
<td>2360 mg</td>
</tr>
<tr>
<td>DIAMOND CRYSTAL Fine Sea Salt</td>
<td>5.6 g</td>
<td>2160 mg</td>
</tr>
<tr>
<td>MORTON Salt Balance (contains potassium chloride)</td>
<td>6 g</td>
<td>1760 mg</td>
</tr>
<tr>
<td>DIAMOND CRYSTAL Kosher Salt (soft, “fluffy” granules that melt quickly)</td>
<td>2.8 g</td>
<td>1120 mg</td>
</tr>
</tbody>
</table>

Download the “Tasting Success with Cutting Salt” report.
Simple Tomato Sauce

Total sodium: 305 mg per qt.; 38 mg per ½ cup

In heavy bottom pot, sweat on medium high heat 10-15 minutes till translucent & soft:

1 teaspoon olive oil
1 cup onion, fine dice
1/4 cup celery, fine dice

Add/Stir for 30 seconds:
1 tablespoon minced garlic
1/2 teaspoon dried Italian Herb seasoning

Add:
28 oz. Cento San Marzano Tomatoes, pulsed/diced (40 mg sodium per 1/2 cup)

Let simmer, covered for 15 minutes
<table>
<thead>
<tr>
<th></th>
<th>Tasting Samples</th>
<th>Sodium in ½ cup (4 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Commercial: Rao’s, Bertolli, Newmans</td>
<td>470-520 mg</td>
</tr>
<tr>
<td>2</td>
<td>Simple Marinara + 1.5 tsp. DC Kosher Salt</td>
<td>249 mg</td>
</tr>
<tr>
<td>3</td>
<td>Same DC + 5 grams Buffered Potassium Salt</td>
<td>249 mg</td>
</tr>
<tr>
<td>4</td>
<td>Same DC + 9 g Yeast Extract (30 mg sodium/gm)</td>
<td>280 mg</td>
</tr>
<tr>
<td>5</td>
<td>Same DC + 4 g MSG (100 mg sodium/gm)</td>
<td>298 mg</td>
</tr>
<tr>
<td>6</td>
<td>Same DC + 3 Tbs. Mushroom Powder Blend</td>
<td>249 mg</td>
</tr>
<tr>
<td>7</td>
<td>Same DC + 4 oz. roasted, ground mushrooms</td>
<td>257 mg</td>
</tr>
<tr>
<td>8</td>
<td>Same DC + 1.5 Tbs. Ponzu, 1 Tbs. Pom Conc.</td>
<td>298 mg</td>
</tr>
</tbody>
</table>
Simple Marinara Sauce vs. Commercial

Tasting Samples
Commercial: Rao’s, Bertolli, Newmans

Sodium in ½ cup
> 470-520 mg

Simple Marinara:
PLUS Flavor Boosts

< 300 mg

< Provides a 36% reduction in sodium – or more! >
Tasting Success with Cutting Salt

Summary

The Culinary Institute of America (CIA) formed the Healthy Menus R&D Collaborative to help restaurants make healthier menu offerings while maintaining profitability. The Collaborative brings together chefs and menu developers to create innovative and delicious recipes that meet the needs of today’s health-conscious consumers. By working closely with industry partners, the Collaborative is able to develop menu items that balance taste and nutrition, making it easier for restaurants to offer healthier options without sacrificing flavor or profitability.
Thank you!

Pam Smith, RDN
Shaping America’s Plate
www.pamsmith.com  pam@pamsmith.com  407.492.1771
Questions?
Sodium Content in White Bread

The graph illustrates the sodium content in white bread across different products. The x-axis represents the sodium content in mg per 100g, while the y-axis shows the number of products. The baseline, short-term mean, and short-term upper bound are indicated with different colors and markers.