

SODIUM + Adds Up

COMPARISON OF SAMPLE MEAL PLANS IN BARBADOS

Less than **2000** mg per day

World Health Organization's recommended **sodium** limit



HIGH SODIUM



LOW SODIUM

Breakfast

SUNSHINE
Corn Flakes

330mg
per serving
(1 cup)

\$ \$0.85

+

PINEHILL
Whole Milk

140mg
per serving
(1 cup)

\$ \$1.78

POST
Shredded Wheat

0mg
per serving
(2 biscuits)

\$ \$1.66

+

PINEHILL
1% Low Fat Milk

115mg
per serving
(1 cup)

\$ \$1.67



Load up on 100% whole grain cereals. Make sure to check the list of ingredients - the first and second ingredient should be whole grain.

Snack

BERMUDEZ
Crix Cheddar Cheese

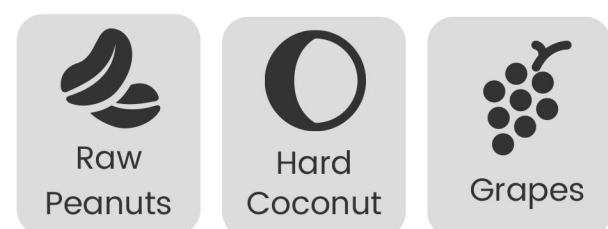
350mg
per serving
(19 crackers)

\$ \$2.05

Homemade
Popcorn from kernels

1.5mg
per serving
(2.5 cups)

\$ \$0.11



Lunch

WONDER
Whole Wheat Buns

140mg
per serving
(1 bun)

\$ \$0.81

+

FARMER'S CHOICE
Quarter Pounder All Beef

510mg
per serving
(1 patty)

\$ \$3.44

WONDER
Cassava Sandwich

9.5mg
per serving
(2 slices)

\$ \$0.59

+

VALRICO
Chunk Light Tuna in Water

119mg
per serving
(2 oz drained)

\$ \$1.38

Don't forget that those little extras - BBQ sauce, ketchup, mayonnaise and mustard - count as sodium sources!

Eat tinned tuna packed in water, instead of brine or oil (look for "no salt added" brands as an extra bonus) and always rinse under running water. Any added mayonnaise should be low-sodium, or try mashed avocado to be even healthier!



Dinner

Macaroni Pie

1266mg
per serving
(238g)

\$ \$9.35

+

WALKERSWOOD
Jerk Seasoned 1/4 Chicken

540mg
per serving
(2 tsp)

\$ \$7.48

Chicken with Fresh Herb Seasoning

2mg
per serving
(2 tsp)

\$ \$7.75

+

COUNTRY FARM
Brown Rice

2mg
per serving
(1/3 cup)

\$ \$0.36



Fresh Herb Seasoning
Green onions, thyme, marjoram, parsley, lime juice, hot pepper, garlic clove.

3276 mg **\$25.76** **VS** **249 mg** **\$13.52**

Too much sodium increases your risk of high blood pressure - a major contributor to heart disease and stroke.

SHOPPING GUIDE

Some Salty Foods to Avoid	Sodium (mg)
Nissin Cup Noodles Chicken Vegetable (1 Container)	1100
IGA Soy Sauce (1 Tbsp)	950
Walkerswood Jerk Marinade (2 Tbsp)	920
Campbell's Chicken Noodle Soup (1 Container)	890
Farmer's Choice Sliced Ham (2 slices)	730
Valrico Corned Beef (2 Oz)	546
IGA Tomato Soup (1/2 Cup)	480
Valrico Mixed Vegetables (1/2 Cup)	340
Sunshine Olé Bar-B-Que Chips (1 Container)	290

Read the Nutrition Facts Label.
Use the Percent Daily Value (%DV) as a tool. Remember to pay attention to serving sizes.

General Rule:
<5% DV of sodium per serving is low
>20% DV sodium per serving is high

Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 1g	1%
Dietary Fibre 0g	0%
Sugars 1g	0%
Protein 1g	

Notes:

Price is calculated per recommended serving, in Barbados Dollars. (2 Barbados Dollars (BBD) = 1 US Dollar (USD))

References:

WHO. *Guideline: Sodium intake for adults and children.* Geneva, World Health Organization (WHO), 2012.