

Hold the Salt Please:

Grab Life Instead

I am not a doctor/nutritionist/scientist

29.5 grams = 1 fluid oz

Salt is Bad? History as a preservative

1 cup = 8 fluid oz

Worth Your Salt Sodium vs. salt sodium/chloride

1 tsp table salt = 2300 mg

Cola = 12 mg of salt diet almost double, cream soda/root beer + 48 mg

1 cup of low fat milk has 100 mg of sodium

When do you salt food?

Studies show that cutting down on sodium in your diet can lower blood pressure — reducing your risk of stroke, heart failure and other health problems.

Experts say most people should consume less than 2,300 mg of sodium each day. That's one teaspoon. People with certain medical conditions should consume even less. Recently, the Food and Drug Administration proposed new guidelines to help get people's daily salt intake to this level over the next decade from the current average of about 3,400 milligrams — or 48 percent more than the recommended daily limit.

The Centers for Disease Control has a list of six popular foods with high sodium content dubbed the "Salty Six":

1. Breads and rolls – each piece can have up to **230 mg** of sodium
2. Pizza – one slice can have up to **760 mg** of sodium
3. Cold cuts and cured meats – Two slices of bologna have **578 mg** of sodium
4. Poultry – especially chicken nuggets. Just 3 ounces have nearly **600 mg** of sodium
5. Canned soups – one cup of canned chicken noodle soup can have up to **940 mg** of sodium
6. Sandwiches – consider the bread, cured meats, processed cheese and condiments, and sandwiches can easily surpass **1,500 mg** of sodium

Breads and baked goods have additional sodium due to the addition of baking soda (sodium bicarbonate), sodium benzoate, and monosodium glutamate (MSG)

Check the Package for Nutrient Claims

You can also check for nutrient claims on food and beverage packages to quickly identify those that may contain less sodium. Here's a guide to common claims and what they mean:

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 in 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 these products may not be salt/sodium-free unless stated

*FDA.com

Curry The word "Madras" in this recipe refers to the type of curry powder used to create a unique spice blend of curry leaves, turmeric, coriander, cumin, cinnamon, cloves, chile pepper, bay leaves, fenugreek, allspice, and black pepper.

The search for spices has much innovation and discovery of our planet. So much so, that the history of nutmeg is almost more about the story of the exploration of earth than a humble spice.

For most of recorded history, nutmeg (and mace) was grown exclusively on the Banda Islands—one of the most remote locations possible to imagine, and still difficult to find on a map today. Consumers of the spice in Europe hundreds of years ago had absolutely no idea where nutmeg was grown and that nutmeg and mace grew together on the same plant. It was the quest to conquer and control the spice trade that led to a succession of navigational and nautical innovations, as well as pushing merchants and sailors to continue to go further and further into unknown waters. The desire to control the spice trade was eventually what led European explorers to the discovery of the Americas and the circumnavigation of the globe—all the way to the Bandas (Indonesia). It was neither colonies nor gold that drove men like Christopher Columbus, Ferdinand Magellan, Francis Drake, and Vasco da Gama—it was spices. No other product of trade has so changed the course of history like spices have.

Tikka Masala

Ingredients

2 lbs. boneless skinless chicken breasts - 74 mg

Ingredients

- 2 T organic canola oil
- 1 C minced onions
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 can no salt added diced tomatoes
- 1 t ground ginger
- 1 t cumin seeds
- 1 t Garam Masala
- 1/4 t dried red pepper flakes, or to taste (optional)
- 1 C dried kidney beans, soaked overnight and cooked
- Salt and freshly ground pepper, to taste
- The juice of ½ lemon
- 3 T minced fresh cilantro

Directions

In a large saucepan set over moderate heat, warm the oil until hot, add the onions and pepper, and cook, stirring occasionally, for 5 minutes. Add the garlic, tomatoes, ginger, cumin seeds, Garam Masala, and dried red pepper flakes. Simmer the mixture, stirring occasionally, for 10 minutes. Add the beans and salt and pepper to taste, and cook, stirring occasionally, for 5 minutes more. Stir in the lemon juice and cilantro.

Aloo Palak (Indian Potatoes with Spinach)

Aloo Palak (potatoes and spinach with cilantro paste)

Ingredients

For the dhaniya paste (cilantro paste):

- ½ bunch fresh cilantro
- 1 green chili
- 3 cloves garlic
- 2 T water (if needed for blending)

For the Aloo Palak (potatoes and spinach)

- 1 T organic Canola oil
- ½ t mustard seeds
- 1 t cumin seeds
- ½ t turmeric powder
- 1 medium onion, chopped
- two plum tomatoes, chopped (you can use others but plums have less water to release)

1/2 t red chili powder
1 t coriander
2 potatoes, peeled & cubed
10 oz fresh spinach, chopped
1 t garam masala
salt, to taste

Directions

Blend the green chili, garlic and cilantro, adding a little water if needed. The paste should resemble pesto.

Heat Canola oil over medium heat and add mustard seeds and cumin seeds.

Once the mustard seeds begin to crackle, add the turmeric powder.

Add onions and salt and saute continuously stirring for about 5 minutes.

Add chopped tomatoes to the onion mixture, followed by the cilantro paste. Season with salt to taste.

Add red chili powder and coriander powder and combine.

Cover with a lid and allow to cook for about 8 minutes, or until a paste consistency is formed.

Add potatoes to pan and season with salt if necessary. Lower heat and cook potatoes for about 12 minutes until tender.

Next, add chopped spinach to the mixture and raise the heat. Cook until the spinach wilts.

Cover with the lid again and allow to cook for about 15 minutes. The spinach will release its water, cooking the potatoes. Make sure the potatoes are really cooked and pretty soft before turning off the heat.

Add garam masala, combine, and turn off the heat immediately.