Title: Watch Out for Salt

Target Audience: Pregnant, Postpartum, Breastfeeding Women, Children

Objectives: The client will:

1. Identify common sources of sodium or salt in the foods we eat.
2. Choose one or more ways to reduce salt and sodium in family meals.
3. Identify ways to reduce the amount of sodium in recipes.

Teaching Materials Needed, Including Handouts:

1. Components for interactive display
2. Copies of all handout materials based upon the interactive activities chosen from the list below
3. Materials required for the interactive activities chosen from the list below, including food or recipes

Advance Preparation Needed:

1. Set up interactive nutrition education center including the materials required for the activities chosen from the list below.
2. Make copies of all handout materials for the anticipated attendees
3. Prepare any food for taste testing

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one strategy you will try in the next month to reduce the amount of salt your family eats?”
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Sodium (salt) is needed to regulate blood pressure and help muscles and nerves work properly
2. Sodium is found naturally in unprocessed foods in small amounts
3. Most of the sodium we eat comes from processed and restaurant foods
4. Too much sodium can increase blood pressure, which lead to a heart attack or stroke
5. Buy vegetables that are fresh, frozen or canned with no salt added.
6. Avoid smoked, cured and processed meats like bacon, ham, and bologna
7. Flavor dishes with herbs, spices and salt-free seasonings instead of salt
8. Instead of eating out, make a family meal with fresh ingredients
9. Use low salt alternatives to reduce sodium in family meals

**Interactive Component:** Choose one or more of the following interactive items:

1. Place two lettuce leaves on paper towels. Sprinkle one leaf with salt and leave on towel for about 10 minutes. Compare the difference—leaf with salt will show moisture around it on the paper towel. Discuss how salt can pull water out of the issues and place it in the bloodstream which can cause blood pressure problems for some people.
2. Create a display of various foods in both salted and lower sodium versions (canned vegetables, catsup, seasonings, etc.). Discuss with attendees how they can lower their salt intake just by replacing some food products in their family meals.
3. Set up a display of foods in different forms and indicate the difference in sodium level (for instance, fresh, canned and frozen green beans). Discuss that the more processed foods are, the more likely they will have higher levels of sodium.
4. Compare the sodium in foods like soup, bread, and frozen meals. Show the difference between pre-prepared foods and home-prepared versions. Offer recipes for lower sodium versions.
5. Gather several common foods and have attendees try to guess the amount of salt or sodium in each food. Have small containers of salt available to represent the amount of sodium in each food. After the client has made their choices, provide the correct answers and discuss ways to reduce the amount of salt/sodium in family meals.
6. Share menus from local fast food restaurants and highlight those foods that are highest in sodium (use the restaurant’s nutritional information). Discuss with clients how they can make better choices at these restaurants and reduce their salt intake.
7. Gather up common snack foods, including some higher and lower sodium options. Discuss with clients how they can provide their family with lower sodium snacks that are tasty and nutritious.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.
Evaluation:

The evaluation will consist of interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Lesson Plan Written By: Patricia Dunavan, MS, RD, LD, November 2013

Lesson Plan Approved By:

Date:
Watch Out For Salt

Sodium (Salt) helps regulate blood pressure and make muscles and nerve work properly

Most sodium come from processed and restaurant foods

Too much sodium can increase blood pressure leading to heart attack and stroke

**Reduce Your Salt By:**

Using fresh or frozen or canned vegetables with no salt added

Avoid smoked, cured and processed meats like bacon, ham and bologna

Flavor foods with herbs, spices and salt-free seasonings

Make family meals rather than eating out

Substitute lower sodium foods for those with more salt added

Make half of your foods fruits and vegetables without salt

Read labels and choose lower salt foods