

The “Be Aware” Foods

Fat

Be aware of foods high in calories, fat, and saturated fat like gooey baked goods, fried foods and convenient snacks and beverages. Many menus list tempting descriptions of foods that are prepared in not-so-healthy ways. Watch out for terms like:

- butter sauce
- fried
- crispy
- creamed or creamy
- in cream or cheese sauce
- au gratin or au fromage
- scalloped
- parmesan
- hollandaise
- béarnaise
- alfredo
- marinated (in oil)
- stewed
- baked
- sautéed
- casserole
- hash
- prime
- pot pie
- pastry crust

Be cautious of the non-vegetable items in salads like deli meats, bacon, high-fat cheese, croutons and creamy dressings. There may be more fat, sugar and sodium than you realize.

Salt

Watch out for salt. Just because you may not be sprinkling it over your food doesn't mean salt isn't there. Reducing salt in your diet can help lower your blood pressure.

- Consume less than 2,400 milligrams (mg) of sodium per day. This amount is also equal to about 1 teaspoon of salt.
- That includes ALL sodium and salt - the sodium already in the product; the salt added during cooking and at the table.
- About 75 percent of dietary sodium comes from processed foods and therefore represents a major source of sodium intake for many unsuspecting eaters. Sodium can be found in some foods you might not expect such as:
 - Packaged snack foods
 - Frozen packaged entrees and side dishes
 - Packaged/deli meats
 - Canned soups
 - Most condiments – mustard, ketchup, relish, vinegar, salad dressing, steak sauce, soy sauce
 - Dry seasoning packets for tacos, fajitas, gravy
 - Bottled spaghetti sauce
- Check food labels. Look for foods that are low in sodium [i.e., those containing less than 140 mg or 5 percent of the Daily Value (DV.)]
- Kosher salt and sea salt are just that—salt. Don't forget to count them as part of your sodium intake for the day.

Sugar

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients.

Some names for added sugars (sweeteners that add calories) include:

- sucrose
- glucose
- high fructose corn syrup
- corn syrup
- maple syrup
- fructose