

Sodium

Name _____
Class Period _____
Date _____

1 teaspoon of salt = 2300 mg

high blood pressure heart disease heart attack stroke



American Heart Association recommends that you aim to eat less than **1,500** mg of sodium/day.



= Mrs. Thomas gave you the mg of sodium because skinnytaste.com did not do the calculations



Worst Supermarket
soup

460 calories
26 g fat
1780 mg sodium

Sodium difference:

Homemade clam
chowder

_____ calories
_____ g fat
_____ mg sodium



Worst Asian soup

400 calories
15 g fat
5000 mg sodium

Sodium difference:

Homemade Asian soup

_____ calories
_____ g fat
_____ mg sodium

Worst potato soup



440 calories
31 g fat
1270 mg sodium

Sodium difference:

Homemade potato soup

_____ calories
_____ g fat
_____ mg sodium

Homemade southwestern soup

Worst southwestern soup



450 calories
36 g fat
960 mg sodium

Sodium difference:

_____ calories
_____ g fat
983.9 mg sodium *

Worst Vegetable soup



470 calories
33 g fat
1910 mg sodium

Sodium difference:

_____ calories
_____ g fat
_____ mg sodium

Homemade Vegetable soup

Worst chowder



480 calories
34 g fat
1390 mg sodium

Sodium difference:

_____ calories
_____ g fat
_____ mg sodium

Homemade chowder





Worst bisque

540 calories
39 g fat
1830 mg sodium

Sodium difference:

Homemade bisque

_____ calories
_____ g fat
1440.6 mg sodium *



Worst chili

580 calories
26 g fat
1330 mg sodium

Sodium difference:

Homemade chili

_____ calories
_____ g fat
_____ mg sodium



Worst "healthy" soup

597 calories
54 g fat
1701 mg sodium

Sodium difference:

healthy soup

_____ calories
_____ g fat
_____ mg sodium

Use [Skinnytaste's blog](#) to find a healthier homemade soup (it can not be one that has already been used previously)

<http://health.yahoo.net/experts/eatthis/nine-worst-soups-make-you-fat>

If you are unable to open the homemade soup hyperlinks:

Clam chowder: <http://www.skinnytaste.com/2009/08/clam-chowder.html>
Asian soup: <http://www.skinnytaste.com/2011/10/crock-pot-asian-pork-with-mushrooms.html>
Potato soup: <http://www.skinnytaste.com/2011/02/baked-potato-soup.html>
Southwestern soup: <http://www.skinnytaste.com/2010/02/chicken-and-avocado-soup.html> (983.9 mg sodium)
Vegetable soup: <http://www.skinnytaste.com/2010/12/broccoli-cheese-and-potato-soup.html> (1250.1 mg sodium)
Chowder: <http://www.skinnytaste.com/2011/07/halibut-and-shellfish-soup.html>
Bisque: <http://www.skinnytaste.com/2010/08/tomato-bisque.html> (1440.6 mg sodium)
Chili : <http://www.skinnytaste.com/2009/01/crock-pot-3-bean-turkey-chili-3125-pts.html>

Healthy soup: Go to the [skinnytaste blog](#) to choose one of her soup recipes that looks appetizing to you. Be sure it has less calories, fat, and sodium than the original COSI "healthy soup" record it on your assignment!!

To calculate any recipe's nutrition information: <http://recipes.sparkpeople.com/recipe-calculator.asp>