# 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  $\frac{1,500}{1,500}$  mg of sodium/day.

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= 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



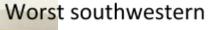
440 calories 31 g fat 1270 mg sodium Sodium difference:

<u>soup</u>	
	calories
<u> </u>	g fat

## Homemade southwestern soup

mg sodium

Homemade potato





450 calories 36 g fat 960 mg sodium

Sodium difference:

calories	
g fat	
983.9 mg sodium	*

## Worst Vegetable soup

**—** 

\_\_\_\_\_ calories \_\_\_\_\_ g fat \_\_\_\_ mg sodium

Homemade Vegetable soup



470 calories
33 g fat
Sodium difference:

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#### Worst chowder

1910 mg sodium

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:

calories	٦	
g fat		
1440.6 mg sodium	>	K

Homemade bisque

#### Worst chili

#### Homemade chili



580 calories 26 g fat 1330 mg sodium

Sodium difference:

\_\_\_\_\_ calories \_\_\_\_\_ g fat \_\_\_\_\_ mg sodium

#### Worst "healthy" soup

#### healthy soup



597 calories 54 g fat 1701 mg sodium

Sodium difference:

\_\_\_\_\_ calories \_\_\_\_\_ g fat \_\_\_\_\_mg sodium

Use <u>Skinnytaste's blog</u> to find a healthier homemade soup (it can not be one that has already been used previously)

 $\underline{\text{http://health.yahoo.net/experts/eatthis/nine-worst-soups-make-you-fat}}$ 

If you are unable to open the homemade soup hyperlinks:

Clam chowder: <a href="http://www.skinnytaste.com/2009/08/clam-chowder.html">http://www.skinnytaste.com/2009/08/clam-chowder.html</a>

Asian soup: http://www.skinnytaste.com/2011/10/crock-pot-asian-pork-with-mushrooms.html

Potato soup: <a href="http://www.skinnytaste.com/2011/02/baked-potato-soup.html">http://www.skinnytaste.com/2011/02/baked-potato-soup.html</a>

Southwestern soup: <a href="http://www.skinnytaste.com/2010/02/chicken-and-avocado-soup.html">http://www.skinnytaste.com/2010/02/chicken-and-avocado-soup.html</a> (983.9 mg sodium)

Vegetable soup: <a href="http://www.skinnytaste.com/2010/12/broccoli-cheese-and-potato-soup.html">http://www.skinnytaste.com/2010/02/chicken-and-avocado-soup.html</a> (1250.1 mg sodium)

Chowder: http://www.skinnytaste.com/2011/07/halibut-and-shellfish-soup.html

Bisque: <a href="http://www.skinnytaste.com/2010/08/tomato-bisque.html">http://www.skinnytaste.com/2010/08/tomato-bisque.html</a> (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: <a href="http://recipes.sparkpeople.com/recipe-calculator.asp">http://recipes.sparkpeople.com/recipe-calculator.asp</a>