



American  
Heart  
Association.

# THE **SALTY** **SIX** HAWAII



## DID YOU KNOW?

THESE 6 LOCAL FAVORITES CAN ADD **HIGH LEVELS OF SODIUM** TO YOUR DIET. The American Heart Association recommends that you aim to eat less than 1,500mg of sodium per day.

### MANAPUA



This popular food may be the size of your palm and is most commonly filled with pork char siu. This food can be high in sodium and fat.

### CANNED MEATS & SAUSAGES



A half inch slice of canned meat contains over 700mg of sodium.

### CHOW MEIN



This popular dish, eaten during dim sum outings or potlucks on the beach, can contain more than the recommended daily amount of sodium.

### KALUA PORK



Usually served with cabbage, this food can have over 1000mg of sodium per cup.

### SAIMIN



One cup of this local comfort food can have almost half of the recommended daily sodium intake.

### SAUCES & CONDIMENTS



One individual packet of shoyu contains about 500mg of sodium = 1/3 of the recommended daily amount.

# THE SALTY SIX HAWAII



Try these tasty alternatives and suggestions to lower the amount of sodium in your favorite local foods!

Local Favorites	Alternatives & Suggestions
<p><b>Char Siu Manapua</b></p>	<p>Vegetable manapua with light seasoning Control portion size. Make or buy smaller sized manapua or only eat half of a large manapua.</p>
<p><b>Regular Canned Meat</b> (2oz. portion = 790mg sodium)</p>	<p>Low Sodium Canned Meat (Has less sodium than original: 2 oz. portion = 580 mg sodium)</p> <p>Fresh fish (salmon, opakapaka, ahi)</p> <ul style="list-style-type: none"> <li>• Seared with herbs, spices, &amp; olive oil</li> <li>• Poke with ginger, olive oil, scallions</li> </ul>
<p><b>Chow Mein</b></p>	<p>Smaller portion size (about 1 cup) Add more vegetables to homemade or prepared chow mein.</p>
<p><b>Kalua Pork</b></p>	<p>Make your own slow-cooked pulled pork. Use various herbs and vegetables to add more flavor.</p>
<p><b>Saimin</b></p>	<p>Watercress &amp; tofu soup</p> <p>Oxtail Soup with a generous amount of mustard greens. Also, have unsalted peanuts and a light broth to decrease additional salt.</p> <p>Tom Yum Soup, light salt</p> <p>Somen salad, light salt</p> <p>Saimin or soba with low sodium chicken broth, ginger, and water chestnuts.</p>
<p><b>Sauces &amp; Condiments:</b> Shoyu Oyster Sauce Fish Sauce Hot Sauce</p>	<ul style="list-style-type: none"> <li>• Vinegar</li> <li>• Unsalted butter or margarine</li> <li>• Ginger, garlic, onion</li> <li>• Chili</li> <li>• Citrus (lemon, lime, etc.)</li> <li>• Lemongrass</li> <li>• Cloves</li> <li>• Sesame oil</li> <li>• Cilantro, rosemary, thyme, coriander</li> <li>• Horseradish, mustard</li> </ul>