

INTER-OFFICE MEMO

May 16, 1995

TO: Senior Dining Program Staff and Service Providers

FROM: Cathy Wade, R.D. *CW*
Nutrition Program Director

RE: Salt and Salt Substitutes

This memo is to remind you of our policy concerning the use of salt and salt substitutes.

All foods are to be prepared low in sodium, eliminating added salt, seasoning salts (i.e., garlic and onion salt), monosodium glutamate, limiting the use of soy sauce and worcestershire sauce to low sodium products.

Salt substitutes (i.e., Salt Sense, Morton Lite Salt, Morton Seasoned Salt, No Salt Salt Alternative, No Salt Seasoned Salt Alternative) are not to be used in cooking or on the table. Many of these products are potassium and sodium based, and can alter the chemical balance of an individuals system (particularly heart and kidneys) and possibly interfere with medication taken. This can have serious consequences. Please read any labels for sodium and potassium content before purchasing.

All dining tables are to be set with salt (including iodine) and pepper shakers and may also have the seasoning Mrs. Dash as an alternative. Note that Mr. Dash contains sodium and seasonings and should not be used.

Salt is to be eliminated from all recipes. Mrs. Dash may be substituted in cooking if the product is favorable to the recipe.

If you have any questions concerning the above please confer with me. Any other substitute products you come may come across in the future should be reviewed by me prior to purchasing. If you have any salt substitute products on hand that are not useable please discontinue use and eliminate from the premises.