



# Nutrition and Aging Resource Center

## Sodium Reduction Toolkit Reference List

A Compilation of Resources and References Used in Toolkit Documents

### Guide to SUA Sodium Policies and Guidance

- [Nutrition Requirements of the OAA](#): Reviews the basic requirements and provides information on flexibilities and responsibilities of the Older Americans Act (OAA).
- [Policy and Practice Implications for Senior Nutrition Programs](#): Guide to help senior nutrition programs develop policies that meet the OAA requirements to align with the 2020–2025 Dietary Guidelines for Americans
- Dietary Guidelines and Dietary Reference Intakes [Network Discussion \(YouTube\)](#) and [takeaway sheet](#).
- [DGA Toolkit](#): Provides information on general guidelines for nutrient analysis and meal patterns.

### Building Emergency Shelf-Stable Meals

- [NRCNA Contracting Tips for Purchasing Meals 2020](#): Recommended process and considerations for sourcing meals.
- [FAQ: Managing OAA Funded Senior Nutrition Programs During Emergencies](#): Frequently asked questions related to operating in times of emergency.
- [Understanding Nutrition Requirements During COVID-19: DRIs and DGAs](#): Detailed information on nutrition requirements and how they've been affected by the pandemic.
- [Guide for Menu Planning \(Iowa Department on Aging\)](#): Two-week shelf-stable menu, 10-meal grocery kit, and 20-meal shelf-stable emergency response kit.

- [Preparing a 2-week emergency food supply | UMN Extension](#): Resource on emergency meal planning with a two-week menu, shopping list, and recipes that is adaptable for nutrition program needs.
- [Guidance for Industry: Voluntary Sodium Reduction Goals](#): FDA guidance document and tables with sodium reduction targets by food category.

## FDA Sodium Guidance and Healthy Meals for Older Adults

- Ostchega Y, Fryar CD, Nwankwo T, Nguyen DT. [Hypertension prevalence among adults aged 18 and over: United States, 2017–2018](#). NCHS Data Brief, no 364. Hyattsville, MD: National Center for Health Statistics. 2020.
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020–2025](#). 9th Edition. December 2020. Available at [DietaryGuidelines.gov](#).
- [Overview of Older Americans Act Title III, VI, and VII Programs: 2020 Summary of Highlights and Accomplishments](#): ACL report.
- [Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods: Guidance for Industry](#): FDA Guidance.

## Managing Sodium in Meals and Menus

- [Key Food Sources of Sodium, Saturated Fat, Empty Calories, and Refined Grains in the Diets of Program Participants](#): ACL issue brief.
- [Tips for Reducing Sodium without Reducing Flavor](#): NRCNA practice brief.
- [Sodium Reduction in Foodservice: A Resource for Public Health Professionals Partnering with Food Service Providers](#): CDC tip sheets for non-foodservice professionals to use in working with foodservice providers.
- [Delicious Heart Healthy Eating](#): NIH webpage with multicultural heart-healthy recipes and other resources that follow the DASH diet guidelines.
- [Mastering Healthy and Flavorful Cooking](#): Department of Defense fact sheet on various cooking methods; how to retain nutrients; and practices to lower salt, fat, and caloric content.
- [Tips to Reduce Salt and Sodium](#): NIH fact sheet on ways to lower sodium intake and examples of common high-sodium foods.

## Salt and Sodium

- [Sodium in Your Diet](#): FDA webpage with tips on reducing sodium, using Nutrition Facts labels, and more.
- [FoodData Central Salt Table](#): USDA tool that provides nutrient content for various amounts of salt. This data system can be used to search for other ingredients and foods.

## Create a Flavor Station

- [Sodium and Food Sources](#) Includes the definition for salt versus sodium, plus the top ten sources of sodium in the US diet.
- [Spice It Up Fact Sheet](#): Navy and Marine Corps resource covering seasonings and spices, with taste profiles and types of recipes/foods to use them in.
- [Use Herbs and Spices Instead of Salt](#): NIH resource with examples of different seasonings to use for specific types of foods.
- [Spice Up Your Lunchroom with a Flavor Station](#): Smarter Lunchrooms Movement National Office PowerPoint.

## Sodium Reduction Resources

- [Culinary Institute of Child Nutrition Flavor Enhancement Page](#) Training infographics, posters and videos with healthy cooking and kitchen tips
- [Homegrown Taste Test Guide](#) This simple guide can help plan and structure taste tests.
- [Culinary Institute of Child Nutrition \(CiCN\) Flavor Enhancement Page](#) Training tools including infographics, videos and posters on low sodium, high flavor cooking methods.
- [The ICN Child Nutrition Recipe Box Standardized Recipes](#) Standardized recipes for 25 and 50 servings that are applicable to an older adult population.
- [Tips for Reducing Sodium without Reducing Flavor](#): NRCNA tip sheet.
- [Contracting Tips for Purchasing Meals](#): NRCNA tip sheet.