

NO SALT ADDED

The Hunt's® Plan

A tasteful way to cut down on salt without cutting down on favorite foods.

A common sense approach to salt reduction that is

- Step-by-step
- Flexible
- Easy to follow



Delicious recipes and

\$1.00 IN SAVINGS

on Hunt's®
No Salt Added
Tomato Products.
Mail-in offer.

Details inside

INTRODUCTION

Thinking about cutting down on salt? First you're going to throw away the salt shaker, right? *Wrong!* This step-by-step approach to salt reduction will tell you why...

Many of us are trying to heed the advice of the U.S. Department of Agriculture and the U.S. Department of Health and Human Services to use less salt. But there's more to a "salt-less" diet than just throwing away the salt shaker. A reduced sodium way of eating requires a re-education of the palate.

The Hunt's® Plan, presented in this brochure, outlines how you can gradually reduce your sodium intake while improving the flavor of foods with herbs and seasonings. Additionally, special salt reduction techniques will help you to adjust to the more subtle natural flavors of foods, assuring you long-lasting success in your reduced-salt diet.

If your doctor has prescribed a specific sodium intake, ask if you can use the Hunt's Plan of gradual salt reduction to avoid abrupt "flavor

fall-out." Even if you must cut out the salt all at once, be encouraged—given time, foods *will* taste good again. And the flavor tips, recipes and techniques in this brochure can help you make your salt-free diet a tasty one.

No salt added food products in the supermarket, such as Hunt's® No Salt Added Tomato Products (pages 6 and 7), let you control how much salt is added to your daily diet.

It's been estimated that we consume 1 to 3 teaspoons (5,500 to 16,500 milligrams) of salt each day. Since salt (sodium chloride) is 40% sodium, that means we Americans are eating from 2,300 to over 6,900 milligrams of sodium per day.*

Sodium is an essential nutrient but there is no set Recommended Dietary Allowance (RDA) and no consensus as to how much daily sodium is too much. Table I illustrates the estimated average intake of sodium, the range of recommended sodium intakes and the minimum sodium requirement.

*NAS/NRC 1980. "Recommended Dietary Allowances," 9th ed. Food and Nutrition Board, National Academy of Sciences, National Research Council, Washington, D.C.

TABLE I

| | SODIUM (milligrams) | SALT (teaspoons) |
|--|---|-----------------------------|
| Average Adult Daily Intake, NAS/NRC ¹ | 2,300 to 6,900 | 1 to 3 |
| NAS/NRC "safe and adequate daily dietary intake for adults" ¹ | 1,100 to 3,300 | ½ to 1½ |
| American Medical Association ² | "moderation in salt intake is desirable" 5,000 maximum daily intake | 2¼ |
| Senate Select Committee on Nutrition and Human Needs ³ | 3,200 daily intake | 1½ |
| USDA/HHS Dietary Guidelines ⁴ | "recommends you consider reducing your intake" | |
| Minimum Daily Requirement—FASEB est. ⁵ | 250 to 500 | ⅛ to ¼ |
| NAS/NRC Classifications of Sodium in <u>Restricted Diets for Patients</u>⁶ | | |
| mild | 2,000 to 3,000 daily | 1 to 1½ |
| moderate | 1,000 to 1,500 daily | ½ to ¾ |
| severe | 500 to 700 daily | ¼ to ⅜ |
| extreme | 200 to 300 daily | ⅛ to ⅓ |

1 According to the Food and Nutrition Board, National Academy of Sciences/National Research Council (NAS/NRC), RDAs, 9th Ed., 1980

2 American Medical Association, Council on Scientific Affairs, Concepts of Nutrition and Health, 1979

3 Senate Select Committee on Nutrition and Human Needs; Dietary Goals for the U.S. 2nd Ed. Wash. D.C., GPO, 1977

4 U.S. Department Agri./U.S. Department of Health, Human Services, 1980

5 Federation of American Societies for Experimental Biology, SCOGS Report 102 to FDA/USDA, 1979

6 Sodium Restricted Diets and the Use of Diuretics, Rationale, Complications, and Practical Aspects of Their Use, NAS, 1979

SODIUM: WHERE DOES IT COME FROM?

The sodium in our diets comes from many sources. Sodium is found naturally in most foods—meats, vegetables, milk, even water. Thus, under normal conditions, you can get all the sodium you need from unsalted foods.

Salt is added as an ingredient to processed foods primarily for flavor, to cure and preserve meats, to ferment foods or to control moisture and texture in cheese.

Sodium is also found in many beverages, baking ingredients and even medicines.

Follow these points to learn more about the sources of sodium in food. Also refer to Table II, pages 5 and 6, for typical sodium values.

- **Check for salt on food labels.** If there's salt added to the packaged food, it will be in the ingredient list.
- **Use sodium per serving listing** on labels to find out how much you're getting in a packaged food. If there's no listing, note the position of salt in the list of ingredients, which is in order of prominence. Salt at the beginning of the list indicates a high concentration in the food.
- **Check labels for sodium-containing seasonings and ingredients** such as steak sauce, soy sauce, garlic salt, monosodium glutamate, sodium citrate, sodium ascorbate, baking soda and baking powder. They also contribute sodium to the diet.
- **Note that some blends of spices** contain sodium, such as poultry seasoning, curry and chili powder, lemon pepper. Read the labels.
- **Choose low-salt condiments** like Hunt's® No Salt Added Ketchup or make your own condiments.
- **Switch to low or no-sodium bottled water** if, on checking, you find your water supply is a major sodium source.
- **Check your favorite recipes** for ingredients high in sodium. Reduce or eliminate.

TABLE II**SODIUM FOUND NATURALLY
IN SELECTED FOODS***

| | Portion | mg sodium |
|-----------------------------|----------|-----------|
| FRUITS/NUTS | | |
| Almonds, unsalted, slivered | 1 cup | 4 |
| Apple | 1 | 2 |
| Apple juice | 8 oz. | 5 |
| Banana | 1 medium | 2 |
| Grapefruit, raw | ½ | 1 |
| Lemon | 1 medium | 1 |
| Orange, raw | 1 | 1 |
| Raisins | 1½ oz. | 12 |
| Strawberries, raw | 1 cup | 2 |
| VEGETABLES | | |
| Broccoli, raw | 1 stalk | 23 |
| Celery | 1 stalk | 25 |
| Corn | 1 ear | 1 |
| Eggplant, cooked | 1 cup | 2 |
| Green beans | 1 cup | 5 |
| Lettuce, shredded | 1 cup | 5 |
| Mushrooms, raw | 1 cup | 7 |
| Onion | 1 medium | 10 |
| Parsley, raw | 1 Tbsp. | 2 |
| Potato, baked or boiled | 1 medium | 5 |
| MEAT, FISH, DAIRY | | |
| Beef, cooked | 3 oz. | 55 |
| Chicken, cooked w/skin | ½ breast | 69 |
| Egg | 1 medium | 55 |
| Milk | 1 cup | 122 |
| Salmon, broiled w/butter | 3 oz. | 99 |
| Shrimp, fresh | 3 oz. | 137 |

**SODIUM CONTENT OF SELECTED
PACKAGED FOODS***

| | Portion | mg sodium |
|-----------------------------------|----------|-----------|
| BEVERAGES | | |
| Club soda | 8 oz. | 39 |
| Cocoa mix, water added | 8 oz. | 232 |
| Coffee, brewed | 8 oz. | 2 |
| Coffee w/ flavorings | 8 oz. | 124 |
| Cola, regular | 8 oz. | 16 |
| Cola, low-calorie | 8 oz. | 21 |
| FOODS | | |
| Baking powder | 1 tsp. | 339 |
| Baking soda | 1 tsp. | 821 |
| Bologna, beef | 1 slice | 220 |
| Bread, white | 1 slice | 114 |
| Bread, whole wheat | 1 slice | 132 |
| Butter, salted | 1 Tbsp. | 116 |
| Butter, unsalted | 1 Tbsp. | 2 |
| Corn, whole-kernel, canned | 1 cup | 384 |
| Corn flakes | 1 cup | 256 |
| Chicken dinner, frozen | 1 dinner | 1,153 |
| Cheese | | |
| Cheddar | 1 oz. | 176 |
| Cottage, regular and low fat | 4 oz. | 457 |
| Pasteurized Processed American | 1 oz. | 406 |
| Ricotta, made with: | | |
| whole milk | ½ cup | 104 |
| part skim milk | ½ cup | 155 |
| Swiss | 1 oz. | 74 |
| Cream of wheat, regular | ¾ cup | 2 |
| Cream of wheat, mix 'n' eat | ¾ cup | 350 |

SODIUM CONTENT OF SELECTED PACKAGED FOODS*(continued)

| | Portion | mg sodium |
|---------------------------------|---------|-----------|
| Egg substitute, frozen | ¼ cup | 120 |
| Fish sandwich, fast food | 1 | 882 |
| Frankfurter | 1 | 639 |
| Ham, cured | 3 oz. | 1,114 |
| Hamburger, fast food | 1 | 461 |
| Mushrooms, canned | 2 oz. | 242 |
| Noodles, cooked | 1 cup | 2 |
| Peanut butter | 1 Tbsp. | 81 |
| Pickle, dill | 1 | 928 |
| Pineapple, canned | 1 cup | 7 |
| Pizza, frozen w/sausage | ½ pie | 967 |
| Pudding, instant chocolate | ½ cup | 470 |
| Sour cream | 1 Tbsp. | 6 |
| Shrimp, canned | 3 oz. | 1,955 |
| Soups, canned | 1 cup | 875-1,200 |
| Tuna, canned/oil | 3 oz. | 303 |
| CONDIMENTS/SEASONINGS | | |
| Red pepper sauce | 1 tsp. | 24 |
| Salad dressing, bottled Italian | 1 Tbsp. | 116 |
| Vinegar | ½ cup | 1 |
| Worcestershire sauce | 1 Tbsp. | 206 |
| Onion powder | 1 tsp. | 2 |
| Onion salt | 1 tsp. | 1,620 |
| Parsley, dried | 1 Tbsp. | 6 |
| Salt | 1 tsp. | 1,620 |

HUNT'S® NO SALT ADDED TOMATO PRODUCTS

Hunt's® No Salt Added Tomato Sauce is a concentrated tomato product made from red, vine-ripened tomatoes. The tomatoes are simmered in a special blend of herbs and spices, with no salt added, and are packed the same day, to preserve the natural goodness of the tomato. It may be used interchangeably with diluted Hunt's No Salt Added Tomato Paste in recipe preparation. 25 mg. sodium per 4-ounce serving.

Use as a sauce for spaghetti, lasagna, ravioli, meatloaf, pork chops, cutlets, and ground beef dishes of many kinds. It is a quick, convenient base for other sauces such as creole sauce, Spanish sauce, tomato cream sauce.

Hunt's® No Salt Added Tomato Paste is a thick concentrate made from red, vine-ripened tomatoes, picked and heat concentrated, with no salt added, to make a red, rich and thick tomato paste. In manufacturing, water is removed to concentrate the tomatoes five-fold.

*Source: *The Sodium Content of Your Food*. United States Department of Agriculture, Home and Garden Bulletin No. 233, 1980. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Six ounces of Hunt's No Salt Added Tomato Paste may be diluted to a sauce consistency by adding 8 to 10 oz. of water or other liquids. Simmering 10 minutes or longer allows for blending of recipe spices when cooking with Hunt's No Salt Added Tomato Paste, but is not mandatory. 25 mg. sodium per 2-ounce serving.

Use in Italian style dishes, such as spaghetti sauce, ravioli, pizza, lasagna and chicken cacciatore. It is also used in meatloaf, stew, chili and Sloppy Joes.

Hunt's® No Salt Added Whole Peeled Tomatoes are vine-ripened, exclusively California grown, redder, firmer whole tomatoes. Picked at the peak of ripeness, Hunt's No Salt Added Whole Peeled Tomatoes are peeled and packed the same day, in tomato juice with no salt added. 15 mg. sodium per 4-ounce serving.

Use as a cooking ingredient in soups, stews, casseroles, chili, meatloaf, Italian dishes, Mexican dishes.

Hunt's® No Salt Added Stewed Tomatoes are tomatoes picked at the peak of ripeness, cut to uniform size, seasoned with robust onion, sweet celery, green peppers, special seasonings, and packed in tomato juice the same day with no salt added. 20 mg. sodium per 4-ounce serving.

Use as-is, as a side dish or as a cooking ingredient for chili, soup, stew, casseroles, Mexican/Spanish and Italian dishes.

Hunt's® No Salt Added Tomato Ketchup is a combination of vine-ripened tomatoes, vinegar and sweetener plus a carefully designed blend of spices to compliment the taste of the product with which it is used; and, of course, no salt is added. 5 mg. sodium per ½-ounce serving.

Use as a pour-on condiment and as an ingredient in cooking.

Hunt's® No Salt Added Tomato Juice is pure juice from vine-ripened whole tomatoes, picked and packed the same day with no salt added. 20 mg. sodium per 5¼-ounce serving.

Consume as a beverage before and with meals; as a drink mix and as an ingredient in molded salads, soup, and tomato aspic.

Hunt's® No Salt Added Spaghetti Sauce is a prepared spaghetti sauce made with a unique blend of herbs and spices that give it a distinctive flavor. It is a heat-and-serve product with no salt added. 30 mg. sodium per 4-ounce serving.

Use in the preparation of spaghetti, meatballs, lasagna, pasta dishes and meatloaf.



THE HUNT'S® PLAN

The Hunt's Plan is a gradual salt reduction program. The Plan is designed in steps for systematic reduction of salt and salty foods in your diet. Once you've completed the Plan, you will be able to maintain the average daily sodium intake of your choice—and enjoy your food, too. The following points are key to your successful use of this Plan.

Key Plan Points:

1. TRAINING TASTE BUDS TAKES TIME

Taste for salt is an acquired taste: the more salt we are accustomed to eating, the more we prefer. Likewise, scientific studies show that when salt (sodium) is reduced in the diet, the taste for salt changes and declines. Individuals come to prefer less salty foods and find their previous salt level too salty. It is essential to understand that it takes time for

taste buds to adjust to a low-salt intake. The Hunt's Plan is designed to pace you through that adjustment period.

2. CUT OUT THE COOKING SALT

Salt that's added last—from a shaker at the table—hits your taste buds first and gives foods a pronounced “salty” taste. Salt added to recipes is much less obvious because it's mixed with other foods and flavors. So, for gradual salt reduction, and the most salty taste from the least amount of salt, cut out the cooking salt first—it's the salt you'll miss least.

3. TASTE THEN SHAKE

Always taste food before you salt it. Since your taste buds are re-adjusting to a lower salt intake, and the salt you add on top gives you maximum effect, you may not need

to add as much salt as you're accustomed to. To calculate how much you add, take the "Shaker Test." First, shake your usual amount of salt onto a piece of wax paper. How many times did you shake? Now, measure the amount of salt on the paper with measuring spoons. Table IV tells you how much sodium you are adding. For example, $\frac{1}{4}$ teaspoon = 535 milligrams, $\frac{1}{8}$ teaspoon = about 270 milligrams, and $\frac{1}{16}$ teaspoon salt provides you with 135 milligrams of sodium.

4. SEARCH OUT HIDDEN SODIUM

Sodium lurks in places you suspect it least, even in things that don't taste salty: medicines, ingredients and beverages. The sodium content of selected packaged foods, Table II, pages 5 and 6 shows you how to find hidden sodium. Learn which classes of foods are naturally high in

sodium and which have added sodium.

5. FILL THE FLAVOR GAP

Reducing the use of salt in recipes means that you must use other means to achieve good taste. Use spices, herbs and other low-sodium ingredients, such as tomatoes and tomato products, lemon and citrus peels, vinegar and wine to enhance flavors. The tips on pages 25 and 27 and the salt-free seasoning chart on pages 28 and 29 offer excellent no-fail hints and guidelines.

6. DON'T PUT TEMPTATION IN YOUR PATH

Pickles, cured meats and snack foods are the foods hardest to substitute with a "low-sodium" variety because we expect them to taste "salty." Minimize the use of these food categories, and give up the foods you just can't eat without salt until you've completed the Plan.

THE HUNT'S® PLAN

1. TRAINING TASTE BUDS TAKES TIME
2. CUT OUT THE COOKING SALT
3. TASTE THEN SHAKE

4. SEARCH OUT HIDDEN SODIUM
 5. FILL THE FLAVOR GAP
 6. DON'T PUT TEMPTATION IN YOUR PATH
-

AT HOME

| | AT TABLE | IN COOKING | PACKAGED FOODS |
|------------------------|---------------------------|--|--|
| Step 1 | Use salt shaker as usual. | Reduce added salt in cooking by $\frac{1}{4}$. | Check for salt and sodium on food labels. Begin to reduce your use of packaged foods with added salt (see Table II). |
| Weeks 1 & 2 | | <ul style="list-style-type: none">▪ Use $\frac{3}{4}$ the amount called for in recipes.▪ Use $\frac{3}{4}$ the amount normally added to cooking water in preparation of vegetables, pasta and cereals.▪ Cut down on seasonings and ingredients high in sodium. | <ul style="list-style-type: none">▪ Switch to fresh foods or no-salt added products, such as Hunt's line of No Salt Added Tomato Products.▪ Control use of condiments. Try Hunt's® No Salt Added Ketchup. |

THE HUNT'S[®] PLAN (continued)

AT HOME

| | AT TABLE | IN COOKING | PACKAGED FOODS |
|------------------------|--|---|--|
| Step II | Use salt shaker as usual. Remember, the salt that goes on last is what you taste most. | Reduce added salt in cooking to $\frac{1}{2}$. <ul style="list-style-type: none">▪ Use $\frac{1}{2}$ the amount called for in recipes.▪ Use $\frac{1}{2}$ the amount you would typically add to cooking water.▪ Avoid seasonings and ingredients high in salt. | Continue to follow guidelines in Step I, using packaged foods with added salt only occasionally. |
| Week 3 | | | |
| Step III | Use salt shaker as usual—but add a little less than you really want. | Reduce added salt in cooking to $\frac{1}{4}$. <ul style="list-style-type: none">▪ Use $\frac{1}{4}$ the amount called for in recipes.▪ Use no salt in cooking water.▪ Avoid seasonings and ingredients high in salt. | Follow guidelines in Step II. |
| Weeks 4 & 5 | | | |

THE HUNT'S® PLAN (continued)

AT HOME

| | AT TABLE | IN COOKING | PACKAGED FOODS |
|--------------------------|--|--|--|
| Step IV Week 6 | Use ½ the amount of salt at the table you've been accustomed to. First, take the "Shaker Test" (page 10), then shake only half as many times as usual. or Cover half the top of the shaker with tape. Shake the shaker as many times as you've been accustomed to. | Do not use any salt in cooking or food preparation. <ul style="list-style-type: none">▪ Do not add salt to recipes.▪ Do not add salt to cooking water.▪ Avoid seasonings and ingredients high in salt. | Follow guidelines in Step II. |
| Step V Weeks 7 & 8 | Use ¼ amount of salt you used before beginning this Plan, following the instructions in Step IV. | Follow guidelines in Step IV. | Continue guidelines in Step II, minimize the use of packaged foods that contain high levels of sodium; use cheese occasionally, in small amounts. |
| Step VI Week 9 | Do not add any salt at the table. | Follow guidelines in Step IV. | Follow guidelines in Step V. There may be occasions when you cannot avoid eating high-sodium foods. Don't worry. Just return to the Plan and its guidelines. |

THE HUNT'S® PLAN (continued)

AWAY FROM HOME

AT RESTAURANTS

- Ask waiters if food can be prepared without salt.
 - Ask for mayonnaise, ketchup, mustard on the side—so you can use sparingly.
 - Choose simple dishes: plain meats, fish and poultry.
 - Avoid soups, sauces, gravies, casseroles.
 - Dress salads with oil and vinegar, or lemon juice.
 - Beware of salty biscuits, crackers, bread sticks, and baked goods.
 - Whenever possible switch to fresh fruits and vegetables or a prepared no salt added alternative.
 - If fast foods are a part of your regular diet, choose plain hamburgers, plain sandwiches, broiled fish. Avoid breaded chicken, fish, and specialty sandwiches.
 - Turn down salty condiments, such as pickles and relish.
 - Ask for French fries without salt.
-

It is wise to consult your doctor before undertaking any diet program. The Hunt's® Plan has been developed for people who do not have any special health considerations.

Those people who do may require consultation with a doctor before beginning this plan.

HUNT-WESSON NO SALT ADDED TOMATO RECIPES

RATATOUILLE VEGETABLE MEDLEY

- 1 cup chopped onions
- 2 large cloves garlic, chopped
- ¼ cup Wesson® Oil
- 1 small eggplant, cubed
- 3 cups thinly sliced zucchini
- 1 green pepper, cut into thin strips
- 1 cup sliced fresh mushrooms
- 1 rib celery, chopped

- 1 (1½ oz.) can Hunt's® No Salt Added Whole Tomatoes
- 1 (6-oz.) can Hunt's® No Salt Added Tomato Paste
- ¼ cup finely chopped fresh parsley
- 2 tsp. Italian herb seasoning
- ½ tsp. oregano
- ¼ tsp. pepper
- Pinch of thyme

Sauté onion and garlic in oil in a deep saucepan or kettle. When onion is soft, add eggplant, zucchini, green pepper, mushrooms, and celery. Stir-fry for 3 minutes. Reduce heat, cover pan; cook 8 minutes, or until eggplant is beginning to soften. Add *remaining* ingredients. Continue simmering mixture with pan uncovered 20 minutes; stir often. Makes 10 servings. Per serving: 95 calories, 2 gm protein, 10 gm carbohydrates, 6 gm fat, 25 mg sodium.



LASAGNE

- | | |
|---|----------------------------------|
| 1 lb. ground beef | 4 ozs. ricotta or cottage cheese |
| 1 onion, chopped | 1 egg |
| 2 cloves garlic, minced | 8 ozs. lasagne noodles, cooked |
| 1 Tbsp. minced fresh parsley | 3 ozs. mozzarella cheese, sliced |
| 1 tsp. basil | 1 Tbsp. grated Parmesan cheese |
| ½ tsp. fennel seed | |
| ¼ tsp. ground cumin | |
| 3 (8-oz.) cans Hunt's® No Salt Added Tomato Sauce | |

In a large skillet, brown ground beef with onion, garlic and seasonings; drain fat. Stir in Hunt's® No Salt Added Tomato Sauce; simmer 10 minutes. Meanwhile, blend ricotta or cottage cheese and egg. In a 9 x 13-inch baking dish, spread ¼ cup meat sauce in thin layer. Layer half of noodles, and all of cheese and egg mixture. Repeat layers of half meat sauce, all of remaining noodles and remaining meat sauce. Top with mozzarella; sprinkle with Parmesan. Bake at 350°F 35 to 40 minutes. Let stand 10 minutes before cutting. Makes 8 servings. Per serving: 330 calories, 20 gm protein, 30 gm carbohydrates, 14 gm fat, 135 mg sodium.



COUNTRY RIB BARBECUE

- 2-3 lbs. country style pork ribs
½ cup chopped onion
¼ cup chopped celery
2 cloves garlic, minced
1 Tbsp. Wesson® Oil
½ cups Hunt's® No Salt Added Tomato Ketchup
- ¼ cup cider vinegar
1 tsp. each: low sodium beef bouillon, dry mustard, brown sugar and lemon juice
¼ tsp. each: liquid smoke and pepper

Place ribs in a shallow 3-quart baking dish, bake at 400°F 30 minutes; drain fat. Meanwhile, in a small saucepan, sauté onions, celery and garlic in oil until tender. Add *remaining* ingredients and simmer 5 to 10 minutes. Pour half the sauce over partially cooked ribs, *reduce heat* to 300°F and bake 30 minutes longer. Turn ribs over, baste with *remaining* sauce and bake an additional 20 to 30 minutes. Makes 6 servings. Per serving: 595 calories, 24 gm protein, 19 gm carbohydrates, 47 gm fat, 105 mg sodium.



MEXICAN PIZZA

- 1 large flour tortilla
- ¼ cup Wesson® Oil
- ½ lb. ground beef
- 1 (8-oz.) can refried beans
- 1 (14½-oz.) can Hunt's® No Salt Added Whole Tomatoes, drained and chopped
- ½ tsp. each: garlic powder, chili powder and cumin
- 2 oz. Monterey Jack or cheddar cheese, shredded
- ¼ cup diced canned green chilies
- ¼ cup chopped red onion
- Sour cream for garnish

In a large skillet, fry tortilla on both sides in oil. Set aside on large cookie sheet. In a skillet, brown beef until it loses redness; drain fat. Add beans, tomatoes and spices, cook 5 to 10 minutes. Top tortilla with meat mixture, then cheese, chilies and onion. Place under broiler for 2 to 5 minutes until cheese is bubbling. Garnish with sour cream. Serve immediately. Makes 6 servings. Per serving: 340 calories, 14 gm protein, 18 gm carbohydrates, 24 gm fat, 120 mg sodium.



QUICK SPAGHETTI SAUCE

- | | |
|--|--|
| ½ lb. ground beef | ½ cup water |
| ½ cup chopped onions | 1 (4-oz.) can sliced mushrooms, drained |
| 2 (14½-oz.) cans Hunt's® No Salt Added Whole Tomatoes | 1 Tbsp. brown sugar |
| 1 (6-oz.) can Hunt's® No Salt Added Tomato Paste | 1½ tsp. basil |
| | ¼ tsp. marjoram |
| | ⅛ tsp. pepper |

Sauté ground beef and onions in 10-inch skillet; drain excess fat. Add *remaining* ingredients. Simmer 25 minutes. Makes 4 servings. Per serving: 215 calories, 15 gm protein, 22 gm carbohydrates, 9 gm fat, 70 mg sodium.

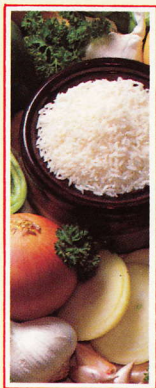


STUFFED BELL PEPPERS

4 medium green peppers
1 lb. lean ground beef
½ cup cooked rice
½ cup chopped onion
2 cloves garlic, minced
1½ tsp. Italian herb seasoning

½ tsp. paprika
¼ tsp. pepper
2 cups Hunt's® No Salt Added Spaghetti Sauce
1 Tbsp. Parmesan cheese
1 Tbsp. minced fresh parsley

Wash and halve peppers *crosswise*. Remove seeds. Mix meat, rice, onion, garlic and seasonings with ½ cup of Hunt's® No Salt Added Spaghetti Sauce. Stuff pepper halves with meat mixture. Arrange in shallow baking dish. Pour *remaining* sauce over peppers. Cover and bake at 350°F 1 hr. Sprinkle lightly with Parmesan and parsley. Makes 6 servings. Per serving: 280 calories, 18 gm protein, 23 gm carbohydrates, 14 gm fat, 135 mg sodium.

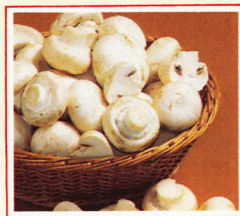


ITALIAN CHICKEN

- 3 lbs. frying chicken pieces
- 3 Tbsp. Wesson® Oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced
- 1 cup sliced mushrooms
- 2 (8-oz.) cans Hunt's® No Salt Added Tomato Sauce

- 2 Tbsp. minced fresh parsley
- 2 tsp. Italian herb seasoning
- 1 Tbsp. sugar
- 1 tsp. chili powder
- Juice of ½ lemon
- ¼ tsp. pepper
- 8 oz. egg noodles, cooked and drained

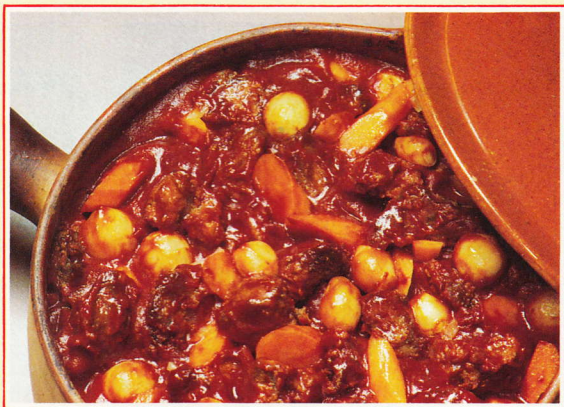
Brown chicken in oil in large skillet. Remove chicken. Sauté onion, green pepper, garlic and mushrooms, until onion is soft. Return chicken to skillet. Add *remaining* ingredients *except* egg noodles. Cover; simmer 30 minutes. Arrange noodles and chicken on warm platter. Serve with sauce. Makes 6 servings. Per serving: 585 calories, 56 gm protein, 40 gm carbohydrates, 22 gm fat, 175 mg sodium.



BEEF STEW RAGOÛT STYLE

- | | |
|--|--------------------------------------|
| 1 lb. beef stew meat, cut into cubes | 1½ cups sliced carrots |
| 1 Tbsp. Wesson® Oil | 1 (16-oz.) can small onions, drained |
| ½ cup chopped onion | 2 Tbsp. red wine vinegar |
| 2 cloves garlic, crushed | 1½ Tbsp. light brown sugar |
| 1 cup water | 2 tsp. Italian herb seasoning |
| 1 (6-oz.) can Hunt's® No Salt Added Tomato Paste | ⅛ tsp. pepper |

In a medium saucepan, brown beef in oil. Add onion and garlic; sauté until onion is soft. Add water and Hunt's® No Salt Added Tomato Paste; stir until blended. Add *remaining* ingredients. Cover, simmer for 1 hour or until meat is tender. Makes 5 (1 cup) servings. Per serving: 265 calories, 22 gm protein, 19 gm carbohydrates, 13 gm fat, 80 mg sodium.



TOMATO SUNSHINE SALAD

- | | |
|---|-----------------------------|
| 1 (3-oz.) pkg. lemon-flavored gelatin | 1 cup finely chopped celery |
| 2 cups Hunt's® No Salt Added Tomato Juice | 1 cup shredded carrots |
| Dash red pepper sauce | ½ cup chopped pecans |
| | 6 Tbsp. sour cream |

Empty contents of lemon gelatin package in mixing bowl. Add 1 cup heated Hunt's® No Salt Added Tomato Juice; stir until dissolved. Add remaining Hunt's® No Salt Added Tomato Juice and red pepper sauce. Chill until partially set. Stir in celery, carrots, and pecans. Pour mixtures into a 5-cup mold, or pour equal amounts into individual molds. Chill until firm. Unmold and top with sour cream. Makes 6 servings. Per serving: 180 calories, 4 gm protein, 21 gm carbohydrates, 10 gm fat, 95 mg sodium.



CALIFORNIA-STYLE LIVER

- 1 lb. beef liver, cut into 4 pieces
- 2 Tbsp. fine dry bread crumbs
- 2 Tbsp. all-purpose flour
- 2 Tbsp. Wesson® Oil
- ½ cup each: chopped onion and sliced mushrooms
- ½ cup Hunt's® No Salt Added Tomato Ketchup
- 2 Tbsp. water
- 1 Tbsp. lemon juice
- ¼ tsp. each: garlic powder, pepper and chili powder

In a bag, combine liver, bread crumbs and flour; shake to coat. In a large skillet, brown liver in oil, 5 minutes on each side. Remove liver to platter, keep warm. Add onion and mushrooms to skillet, sauté until tender. Blend in *remaining* ingredients; add liver back to skillet and simmer 5 to 10 minutes. Makes 4 servings. Per serving: 285 calories, 24 gm protein, 21 gm carbohydrates, 12 gm fat, 170 mg sodium.



EVERYDAY COOKING WITH HUNT'S® NO SALT ADDED TOMATO PRODUCTS

- Use Hunt's® No Salt Added Tomato Juice flavored with low-sodium beef or chicken bouillon instead of salty broths when making soups.
- Make a low-sodium meat marinade with Hunt's® No Salt Added Tomato Juice, sliced onions, freshly ground pepper, and your favorite herb combination.
- Hunt's® No Salt Added Tomato Paste is great when cooking low-sodium! Add a little less water than you normally would for a richer tomato flavor which takes the place of salt.
- Try any of the following herbs and spices for delicious cooking with Hunt's® No Salt Added Tomato products: basil, bay leaf, celery seed, chervil, chili powder, cinnamon, chives, coriander, cumin, dill, ginger, marjoram, mint, mustard, oregano, parsley, rosemary, sage, tarragon, and thyme.
- When preparing meats in a pressure cooker, add Hunt's® No Salt Added Tomato Sauce in place of water. Gives an added flavor boost while tenderizing the meat.
- Whip up a tomato-vegetable cocktail in the blender, by combining fresh vegetables, herbs and spices with Hunt's® No Salt Added Tomato Juice.
- Onions and green pepper mixed with Hunt's® No Salt Added Whole Tomatoes and a pinch of oregano gives flair to eggs, fish and poultry dishes.
- A tablespoon or two of Hunt's® No Salt Added Tomato Paste goes a long way to enrich sauces, stews and gravies.
- Hunt's® No Salt Added Spaghetti Sauce gives Italian flair to meatloaf, chicken or casseroles.
- Make your own low-sodium barbecue sauce beginning with Hunt's No Salt Added Ketchup as the base and adding your own secret ingredients.



FLAVOR TIPS

- *Prepare recipes the day before.* Low salt soups, stews, sauces and salads taste better when flavors have had an opportunity to blend.
- *Cook with aromatic ingredients.* Scent is half of taste, so look to onions, garlic, herbs, spices and wine for appetizing aromas.
- *Crush or crumble leaf herbs* like marjoram, oregano and bay leaves to release *all* the flavor.
- *Dill* adds a refreshing aroma and flavor to fish, salads, vegetables and sauces.
- *Cook with flavor.* Experiment. The Spice Chart (pages 28 and 29) will guide you.
- *Sesame seeds, toasted or ground,* make a flavorful topping for meats, poultry, fish, vegetables, stews and salads.
- *Wine and vinegar* judiciously added, give sauces and gravy a no-salt-necessary flavor.
- *Grated orange or lemon peel* adds lively flavor to pot roast, baked chicken, broiled fish or winter squash.
- *Apple jelly or apricot preserves or orange marmalade* can be used as basting sauces or glazes for pork, chicken or beef roasts.
- *Mix flour, garlic powder, onion powder and sesame seeds.* Dredge chicken with mixture before frying.
- *Add herbs and spices while sautéing* bring out maximum flavor.
- *Substitute garlic powder or onion powder* for garlic salt or onion salt. Adjust flavor to taste.
- *Garlic* is excellent when rubbed on meats or on salad bowls, and minced or crushed in sauces, stews or casseroles.
- *Try* one of the salt substitutes on the market.

TABLE III

THE SALT-FREE SEASONING CHART*

FISH

Filletts in tomato sauce:

dill weed; fennel; thyme; chervil

Fish Soup:

bay leaf, thyme; tarragon; Italian seasoning

GRAVIES AND SAUCES

Barbecue:

bay leaf, thyme and red pepper; dry mustard; red pepper; chili powder

Marinara:

garlic, oregano; onion; parsley

Salsa:

green peppers, cilantro, garlic, onion

POULTRY AND PORK

Chicken in Tomato Sauce:

oregano, basil and bay leaf; thyme and rosemary; basil, nutmeg and garlic powder

Barbecued Chicken:

oregano, basil and garlic powder; dry mustard, clove and allspice; ginger,

minced garlic and dry mustard; chili powder

Chicken and Vegetables:

Italian seasoning; rosemary and garlic powder

Pork Chops:

Italian seasoning; tarragon; dill weed; bay leaf and onion powder

SOUPS/STEWES

Bouillabaisse:

onion, garlic, bay leaf, celery seed, fennel, pepper, saffron

Manhattan Clam Chowder:

thyme, garlic, bay leaf, pepper

Tomato:

onion; oregano; bay leaf; thyme; Italian seasoning; nutmeg

Vegetable:

Italian seasoning; paprika; thyme; rosemary; fennel

Gazpacho:

chives, green pepper, onions, pepper

VEGETABLES

Cabbage:

minced onion, nutmeg; caraway, vinegar, allspice, clove

Green Beans:

dill weed; savory and onion powder

Mushrooms:

oregano; basil and thyme

Potatoes:

caraway; onion; thyme; parsley

Zucchini:

oregano and garlic powder; tarragon and basil; dill weed

Eggplant:

onion, garlic, coriander, thyme, basil, marjoram

Carrots:

dillweed, Italian seasoning

BEEF

Swiss Steak:

clove; bay leaf, thyme; rosemary; pepper

Pot Roast:

bay leaf, basil, oregano; nutmeg; marjoram; tarragon

Beef Stew:

caraway; mixed pickling spice; marjoram; tarragon; bay leaf; chili powder

Beef Stroganoff:

onion and garlic powders and red pepper; nutmeg; onion

Meatloaf:

oregano; basil; garlic; chili powder; nutmeg

PASTA, RICE AND BEANS

Rice and Vegetables:

thyme, onion, paprika, rosemary, garlic

Spanish Rice:

Italian seasoning; cumin, oregano and basil

Spaghetti:

oregano, basil, nutmeg; red pepper, tarragon; Italian seasoning; nutmeg

Tomato:

tarragon, minced onion, ginger, garlic, dill weed; cinnamon

*This chart was based on information provided by The American Spice Trade Association.

TABLE IV

THE SODIUM EQUATION*

| If the recipe calls for: | The sodium from salt will be: | | | | |
|--------------------------|-------------------------------|----------|----------|----------|----------|
| | Servings per recipe | | | | |
| | 1 | 2 | 4 | 6 | 8 |
| ¼ tsp. salt | 535 mg* | 270 mg | 135 mg | 90 mg | 70 mg |
| ½ tsp. salt | 1,065 mg | 535 mg | 265 mg | 180 mg | 135 mg |
| 1 tsp. salt | 2,130 mg | 1,065 mg | 535 mg | 355 mg | 265 mg |
| 1½ tsp. salt | 3,195 mg | 1,600 mg | 800 mg | 535 mg | 400 mg |
| 2 tsp. salt | 4,260 mg | 2,130 mg | 1,065 mg | 710 mg | 535 mg |
| 2½ tsp. salt | 5,325 mg | 2,665 mg | 1,330 mg | 890 mg | 665 mg |
| 1 Tbsp. salt | 6,390 mg | 3,195 mg | 1,600 mg | 1,065 mg | 800 mg |
| 2 Tbsp. salt | 12,780 mg | 6,390 mg | 3,195 mg | 2,130 mg | 1,600 mg |

*mg = milligrams

*Nutritive Value of American Food in Common Units
United States Department of Agriculture Handbook #456

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