Damage Control

Chinese takeout That Won’t Take Out Your Heart

June 1, 2007 By Laura Whitehorn

Many dishes at the corner Chinese joint pour on more than an entire day’s worth of sodium. To satisfy your jones without straining your system:

- **DON’T FRY IT** Ask for your food to be steamed or sautéed.
- **DON’T DROWN IT** Ask for your food to be prepared with low-sodium soy sauce, or ask for sauce on the side. Worst case: Tip it over a sink and pour some of the salty, starchy liquid out.
- **STRETCH IT** Mix in a side of steamed vegetables, divide the entrée in half and eat the other part later.

SODIUM REPORT CARD

LEMON CHICKEN: B-
This is not bad, although deep frying ratchets calories to 1400.

SPARE RIBS: D
Four li’l ribs pack 900 mg sodium.

CHICKEN IN BLACK BEAN SAUCE: F
Each order has 3,800 mg sodium, more than double your daily dose!

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