

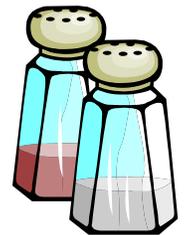
# Be Sensible with Sodium

## Diet Guidelines to Limit Sodium to Less than 2400 mg Per Day

If you are being treated for high blood pressure (hypertension), heart disease, kidney failure, or swelling of the abdomen or feet (edema), you need to limit dietary sodium. Sodium acts to hold fluid in the body causing these conditions to worsen.

The National Research Council recommends that the American diet contain 2400 mg of sodium per day. Many Americans consume 2 – 6 times that amount! Sources of dietary sodium are mainly:

1. Processed or convenience foods
2. Salt added at the table or during cooking
3. Dining out



### **The Best Low-Sodium Food Choices include:**

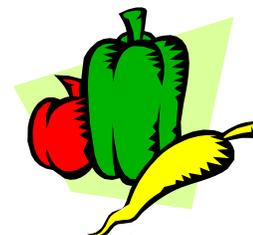
- ◆ *Fresh, frozen or “No Salt Added” canned vegetables*
- ◆ *Whole grain breads, cereals and starches*
- ◆ *Fresh or canned fruit*
- ◆ *Meats, fish or poultry that have been prepared fresh without being cured, smoked, canned or processed.*

### **Facts About Salt and Sodium**

- ◆ Salt is made of Sodium + Chloride (Na + Cl)
- ◆ 1 teaspoon of salt = 2000 mg sodium (1000mg = 1 gram)
- ◆ 1 typical salt packet = 500 mg sodium
- ◆ Salt substitutes are made of Potassium + Chloride (K + Cl)
- ◆ Your doctor should approve the use of salt substitutes that contain Potassium.



**Flavor  
your food  
with herbs  
and  
spices!**



## Reading Labels for Sodium Content

“**Low sodium**” means a product has no more than 140 mg sodium per serving.

“**Reduced sodium**” means the sodium content has been reduced at least 25%. Not everything you eat needs to be labeled low sodium. Use these numbers as a guide to see whether a product is high or low in sodium. The “Nutrition Facts” on the food label will tell you how much sodium per serving is in the product. The % Daily Value for sodium on the nutrition label is based on 2400 mg.

### **Nutrition Facts**

Serving Size 1 cup (228g)

Servings per container 2

**Amount per serving**

**Calories 260** Calories from fat 120

		% Daily Value
<b>Total Fat</b>	13 g	20%
	Saturated Fat 5 g	25%
<b>Cholesterol</b>	30 mg	10%
<b>Sodium</b>	660 mg	28%
<b>Total Carbohydrate</b>	31 g	10%
	Dietary Fiber 0 g	0%
	Sugars 5 g	
<b>Protein</b>	5 g	

## Limit These Highly Salted, High Sodium Foods

### Meats



Ham  
Bacon  
Sausage  
Hot Dogs  
Bologna  
Pastrami  
Anchovies  
Sardines  
Corned beef  
Salt Pork  
Any cured, smoked,  
Pickled, or canned meat

### Cheese

Parmesan  
Velveeta  
American  
Smoked cheese  
Processed cheese  
Cheese spreads  
Any cheese labeled  
over 200 mg sodium  
per ounce. Limit  
cottage cheese  
to ½ cup servings.

### Sauces/Seasonings

Soy sauce  
Teriyaki sauce  
Dry sauce mixes  
Monosodium glutamate  
Meat tenderizers  
Garlic salt  
Onion salt  
Celery salt  
(garlic, onion, and  
celery powders are ok)

### Frozen Foods

Commercially frozen  
meals that are over  
700 mg sodium per meal,  
or 500 mg per serving.

### Soup

Canned varieties (ok  
if labeled “Low Sodium”)  
Dry soup mixes  
Bouillon  
Canned broth  
Ramen

### Vegetables

Canned varieties (ok  
if labeled “Low Sodium”)  
Pork & Beans  
Sauerkraut  
Frozen vegetables  
with cheese sauce.

### Snack Foods



Salted nuts  
Salted popcorn  
Cheese curls  
Salted pretzels  
Salted crackers  
Salted chips

### Limit to 1 Tablespoon/day

Taco sauce  
Salad dressing  
Ketchup/catsup  
Mustard  
BBQ sauce  
Steak sauce  
Worcestershire

### Other

Pickles  
Olives  
Relish

