

Sodium is found in many foods and drinks. Sodium may be naturally occurring in foods or added during preparation and/or packaging. Sodium content will increase when it is added during the cooking process or at the table.

With certain medical conditions, it may be necessary for you to follow a low-sodium diet.

Your sodium intake should be less than _____ milligrams (mg) per day.

(1,000 mg = 1 gm)

Use these tips to reduce the sodium in your diet:

- Choose fresh or frozen whole foods instead of canned or processed foods. See the foods list on page 2.
- When selecting canned or processed foods, choose reduced or low sodium items. See page 3 for labeling information.
- Read food labels and compare food items. Choose foods lower in sodium. See page 3 for labeling information.
- Don't add salt when cooking. Cook with herbs and sodium-free spices. See page 4 for examples of low sodium flavorings.
- Remove the salt shaker from the dining table at home and when eating out.
- When eating out, ask that your food be prepared without added sodium (such as salt, monosodium glutamate (MSG), steak sauce, barbeque sauce, Worcestershire sauce, or soy sauce). Ask that sauces and gravies be served on the side.

How much sodium is in table salt?

1 teaspoon table salt ~ 2400 mg sodium

$\frac{3}{4}$ teaspoon table salt ~ 1800 mg sodium

$\frac{1}{2}$ teaspoon table salt ~ 1200 mg sodium

$\frac{1}{4}$ teaspoon table salt ~ 600 mg sodium

Foods to Choose



Dairy	<ul style="list-style-type: none"> ▪ Milk, yogurt ▪ Swiss or low-sodium cheese ▪ No salt added or low-sodium cottage cheese
Meats and other Proteins	<ul style="list-style-type: none"> ▪ Fresh meat, fish and low-sodium canned tuna, chicken, turkey ▪ Tofu ▪ Eggs ▪ Unsalted nuts and seeds, nut/seed butter without added salt ▪ Dried beans or canned beans without added salt
Starches	<ul style="list-style-type: none"> ▪ Oatmeal, cream of wheat, grits without added salt ▪ Ready-to-eat cereals ▪ Yeast breads ▪ Homemade biscuits, cornbread, muffins, pancakes, waffles, cakes, pastries, & fruit cobblers (use low-sodium recipes)
Fruits and Vegetables	<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned fruit ▪ Fresh or frozen vegetables ▪ Canned vegetables without added salt ▪ Canned tomato products without added salt (tomatoes, tomato sauce, tomato paste)
Seasonings	<ul style="list-style-type: none"> ▪ Salt-free seasonings – e.g. pepper, fresh garlic, garlic powder, fresh onion, onion powder, fresh or dried herbs, Mrs. Dash® - Only use salt substitutes if allowed by your doctor
Other	<ul style="list-style-type: none"> ▪ Low-sodium salad dressings (homemade or store-bought) ▪ Homemade soups without added salt ▪ Low-sodium canned soups ▪ No salt added chips, pretzels, popcorn, crackers ▪ Unsalted or low-sodium broth or bouillon

Foods to Avoid **X**

Dairy	<ul style="list-style-type: none"> Processed cheeses, cheese spreads, cottage cheese, buttermilk
Meats and other Proteins	<ul style="list-style-type: none"> Ham, bacon, bacon fat, salt pork, sausage, pepperoni, corned beef, jerky, lunch meats, cold cuts (bologna, salami, etc.), hot dogs, Spam®, Vienna sausage, sardines, anchovies, canned tuna Salted nuts and seeds Canned beans, baked beans, refried beans
Starches	<ul style="list-style-type: none"> Store-bought or prepared mixes of biscuits, cornbread, muffins, pancakes, waffles, cakes, pastries, and fruit cobblers Pre-packaged or flavored rice Instant noodles or ready-made pastas
Fruits and Vegetables	<ul style="list-style-type: none"> Canned or bottled vegetables Vegetable juice Tomato, spaghetti, and pizza sauce
Seasonings	<ul style="list-style-type: none"> Salt, sea salt, kosher salt, “lite salt”, seasoned salt, celery salt, onion salt, garlic salt, meat tenderizers, MSG, soy sauce, light soy sauce, Worcestershire sauce, chili sauce, teriyaki sauce, baking soda, baking powder
Other	<ul style="list-style-type: none"> Olives, pickles, relish, sauerkraut, capers, ketchup, prepared mustard, store-bought salad dressings, steak sauce, barbeque sauce, bottled or canned peppers, salsa Canned soup, stew, chili, dehydrated or instant soup mixes Potato chips, tortilla chips, pita chips, cheese puffs, salted popcorn, crackers, pretzels Most frozen packaged meals (such as TV dinners) Bouillon

Find the Amount of Sodium in Packaged Foods

1. Review the front of the package. You may see the following claims.

- **“Sodium Free” or “No Sodium”** = Less than 5 mg of sodium per serving and no salt in ingredients
- **“Very Low Sodium”** = 35 mg or less of sodium per serving
- **“Low Sodium”** = 140 mg or less of sodium per serving
- **“Reduced Sodium” or “Less Sodium”** = At least 25% less sodium per serving than in the regular product
- **“Light in Sodium”** = 50% less sodium per serving than in the regular product
- **“Unsalted”, “Without Added Salt”, or “No Salt Added”** = No salt added during processing (the regular product is normally processed with salt). Product may not be “sodium free”.
- **“Lightly Salted”** = 50% less added sodium than is normally added

2. Read the Nutrition Facts label.

- Check the serving size and the servings per container.
- Check the milligrams (mg) of sodium. This is the amount of sodium per serving.

If you eat more than one serving, multiply the number of servings that you eat by the amount of sodium per serving.

Example: You eat 4 Tbsp. of the food item with the nutrition label on the right.

1 serving = 2 Tbsp.
1 serving contains 190 mg sodium
190 mg sodium x 2 servings = 380 mg sodium

If you eat 4 Tbsp. of the food, you will eat 380 mg sodium

3. Read the ingredients list.

Avoid or limit foods that contain these ingredients:

- Baking soda (sodium bicarbonate) and baking powder
- Sea salt, kosher salt, garlic salt, onion salt
- Monosodium glutamate (MSG), disodium phosphate
- Sodium nitrite

Nutrition Facts	
7 servings per container	
Serving size	2 Tbsp
Amount per serving	
Calories	20
% Daily Value	
Total Fat 1.5 g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	
Protein 1g	

Use this list as a resource for low sodium flavorings:

<ul style="list-style-type: none"> ▪ Allspice ▪ Anise ▪ Basil ▪ Bay leaf ▪ Brown sugar ▪ Caraway seed ▪ Cardamom ▪ Cayenne ▪ Chili powder (salt-free) ▪ Chives ▪ Cinnamon 	<ul style="list-style-type: none"> ▪ Cloves ▪ Coriander ▪ Cumin ▪ Curry powder ▪ Dill ▪ Extracts: lemon, orange, maple, peppermint, vanilla ▪ Fennel ▪ Garlic, garlic juice, or garlic powder 	<ul style="list-style-type: none"> ▪ Ginger ▪ Horseradish root or powder ▪ Lemon or lime juice ▪ Mace ▪ Marjoram ▪ Mint ▪ Mustard, seed or powder ▪ Nutmeg ▪ Onion, onion juice, or onion powder ▪ Oregano 	<ul style="list-style-type: none"> ▪ Paprika ▪ Parsley ▪ Pepper: black, red, white ▪ Poppy seed ▪ Rosemary ▪ Saffron ▪ Sage ▪ Tarragon ▪ Thyme ▪ Turmeric ▪ Vinegar
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Try these ideas to flavor your foods without adding salt:

Vegetables	Flavorings
Asparagus	Lemon juice, caraway seeds, garlic
Broccoli	Lemon juice
Cabbage	Dill weed, lemon juice
Green Beans	Garlic, ginger, marjoram, lemon juice, nutmeg, dill seed
Peas	Onion, mint, fresh mushrooms, parsley, green pepper
Potatoes	Curry powder, onion, garlic, mace, green pepper, parsley, turmeric
Squash	Ginger, mace, onion, garlic, nutmeg
Tomatoes	Basil, marjoram, onion, garlic, bay leaves, thyme

Proteins	Flavorings
Beef	Bay leaf, dill, dry mustard, garlic, fresh shredded ginger, green pepper, marjoram, nutmeg, onion, pepper, sage, wine, thyme
Chicken	Cranberries, dry mustard, garlic, fresh shredded ginger, paprika, parsley, rosemary, sage, thyme, wine
Eggs	Curry, garlic, green pepper, onion, paprika, parsley, thyme
Fish	Curry, dry mustard, garlic, green pepper, lemon juice, onion, paprika, parsley, sage
Lamb	Basil, curry, dill, garlic, mint, pineapple, rosemary
Pork	Apples or applesauce, cinnamon, garlic, onion, rosemary, sage, thyme

Resources

For low-sodium recipes, check out the following cookbooks:

- Low Salt Cookbook, 4th Edition (American Heart Association)
- The Dash Diet Cookbook (Mariza Snyder, Lauren Clum, Anna V. Zulaica)
- The Everything Low-Salt Cookbook (Pamela Rice Hahn)
- The No-Salt Lowest-Sodium Cookbook (Donald A Gazzaniga)

For more information on low-sodium eating, check out these websites:

<p>American Heart Association</p>  <p>http://www.heart.org/HEARTORG/</p>	<p>Choose My Plate</p>  <p>https://www.choosemyplate.gov/sodium</p>	<p>National Heart, Lung and Blood Institute</p>  <p>http://www.nhlbi.nih.gov/health/health-topics/topics/dash</p>
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