

Low Sodium Guidelines

- ✓ Sodium is naturally found in food and is an important part of a healthy diet for the body to function properly
- ✓ However, too much sodium in the diet can be harmful to people with high blood pressure, kidney disease, liver disease, and heart failure
- ✓ According to the Dietary Guidelines for Americans the average person should consume < 2300mg of sodium per day
- ✓ People with high blood pressure, kidney disease, liver disease and heart failure should limit their sodium intake to 1500-2000mg of sodium per day
- ✓ Sodium is typically hidden in packaged, canned, frozen and preserved foods. Salt from the salt shaker is also a source of sodium. One teaspoon of salt contains 2300mg of salt!

General Guidelines

- Avoid processed foods and instead eat more fresh foods
- Avoid using the salt shaker while cooking and at the dinner table. Instead season with fresh herbs and spices
- Shop smart! Read Nutrition Labels and look for products that say “salt-free” or “low sodium”
- Limit eating out and cook more at home. You have more control of what goes in your meal if you prepare it yourself!

Reading Food Labels

• You can find the sodium content of any food by looking at the Nutrition Facts Label, which is based on a 2,000 calorie diet.

Here are some terms to look out for on the front of the package:

- Sodium free: 5mg or less per serving
- Very low sodium: 35mg or less per serving
- Low sodium: 140mg or less per serving
- Reduced sodium: usual sodium level reduced by 25% of original product
- The example to the right is a Nutrition Label for canned pinto beans. As you can see it is high in sodium because the product contains > 140mg of sodium per serving. And that’s only if you were to stick to ½ cup. If you consumed 1 cup you would be looking at 720mg of total sodium!
- What if your grocery store does not contain a low-sodium or sodium-free product? Try rinsing the canned beans or vegetables in cold water with a colander for a few minutes to remove some of the sodium
- The following page provides a chart, by food group, of which foods to choose and/or avoid based on sodium content.

Nutrition Facts

Serving Size ½ cup

Servings per Container 3.5

Amount per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 18g **6%**

Dietary Fiber 8g **32%**

Sugar < 1g

Protein 6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **6%**

Iron **10%**

Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower

depending on your calorie needs

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Low Sodium Guidelines

Food Group	Choose	Limit
Grains, bread, cereals	Bread with < 140mg of sodium per slice Cereals with < 300mg of sodium per serving Oats, grits, cream of wheat Plain pasta, noodles, quinoa, rice Salt-free bread crumbs	Bread, crackers, pretzels topped with salt Cereals with > 300mg of sodium per serving Biscuits, cornbread, quick breads Pre-packaged bread crumbs Seasoned croutons Self-rising flours
Vegetables	Fresh and frozen vegetables (without added sauces or salt) Canned vegetables/beans (low sodium or sodium-free versions)	Canned vegetables/beans (high sodium versions) Frozen vegetables with seasoning, salted butter and sauces Sauerkraut and pickled vegetables
Fruit	Fresh and canned fruit Dried fruit: raisins, cranberries, prunes	Dried fruit preserved with sodium-containing additives
Dairy (milk and milk products)	Milk or milk powder, rice milk, soy milk Yogurt Reduced sodium cheese Swiss cheese, ricotta cheese, fresh mozzarella Cream cheese Cottage cheese (low sodium versions)	Buttermilk Processed cheese: Cheese Wiz, Velveeta, Queso Cottage cheese (high sodium versions) Feta cheese Shredded cheese (more sodium than blocked cheese) "Singles" cheese slices String cheese
Protein (meat, poultry, fish, beans)	Fresh meat and fish Deli meat (low sodium versions) Baked ham (low sodium versions) Bacon (low sodium versions) Canned or packed tuna Dried beans, peas, edamame Eggs Unsalted nuts or peanut butter	Cured meats: bacon, ham, sausage, pepperoni, hot dogs Deli meat (high sodium versions) Canned meat: chili, Vienna sausage, sardines, spam Smoked fish and meats Frozen meals with > 500mg of sodium per serving Salted nuts
Fats	Unsalted butter or margarine Unsaturated fats olive, corn, sunflower, safflower and peanut oil)	Salted butter or margarine
Condiments	Fresh or dried herbs Low sodium Ketchup Vinegar (Balsamic or red wine) Lemon or lime juice Pepper Salt-free seasonings: Mrs. DASH	Salt, sea salt, kosher salt, onion salt, garlic salt Seasoning mixes: taco mix Bouillon cubes, sazón Ketchup, BBQ sauce, Worcestershire sauce, soy sauce Salsa, pickles, olives, relish Salad dressings: Ranch, Blue cheese, Italian, French

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