

LOW SODIUM NUTRITION THERAPY

WHAT IS SODIUM?

Sodium is a mineral found in almost all food. While our bodies depend on sodium, most people eat more sodium than they need. Sodium is a part of salt. Therefore, if you need to limit your sodium, you need to limit your intake of salt.



WHY LIMIT SODIUM?

Salt binds water in the body. If the body cannot get rid of the extra sodium, fluid builds up. This fluid can collect in your hand, legs, ankles, belly, and lungs and can worsen conditions like liver, heart, or kidney disease.

SOURCES OF SODIUM

The sodium in our diet comes from three main sources:

- **Table salt** is the most common source of sodium in our diet. Salt is a combination of sodium and chloride. **One teaspoon of salt has 2,300 milligrams of sodium.**
- **Processed foods** have large amounts of sodium. These include easy-to-prepare box mixes, frozen dinners, condiments, luncheon meats, and many canned items like soups, vegetables, beans, and tomato products.
- Sodium can occur **naturally** in most foods. Unsalted, unprocessed foods usually have low sodium content and should make up the majority of your diet.



Salt content as listed on product labels.

Stealth Salt in the Pantry. New York Times. April 24th, 2010.

	COOKIES	WAFFLES	CHICKEN BREAST	GRANOLA BARS	SYRUP	WHEAT BREAD	PITA BREAD	SALAD DRESSING	COTTAGE CHEESE
SERVING	Three Oreos.	Two Eggo waffles.	1/2 cup Perdue, roasted.	Two Nature Valley Oats 'n Honey bars.	1/4 cup Eggo Lite syrup.	1 slice Arnold whole wheat.	1 Damascus Bakeries whole wheat pita.	Two table-spoons Kraft fat-free Italian.	1/2 cup Light n' Lively low-fat.
SALT	160 mg.	410 mg.	460 mg.	160 mg.	180 mg.	170 mg.	290 mg.	480 mg.	420 mg.
PERCENT OF DAILY INTAKE*	11%	27%	31%	11%	12%	11%	19%	32%	28%

LOW SODIUM TIPS

- Aim for a daily intake of 2000 milligrams (mg) of sodium.
- Do not add salt to your foods when cooking or at the table.
- Cook from scratch. Foods prepared at home are generally lower in sodium compared to fast food or prepackaged meals.
- Be creative and season your food with spices, herbs, lemon, garlic, ginger, vinegar, and pepper. Salt substitutes like Mrs. Dash® are acceptable in moderation, however, some salt substitutes are made from potassium, so be sure to read the label. If you are on a low potassium diet or on medication for your heart, kidneys or liver, it's best to check with your doctor before using salt substitutes.



- Choose canned vegetables without added salt. If you are using canned vegetables, drain and rinse them before cooking to remove some of the sodium.



- Consider your condiments. Sodium in soy sauce, ketchup, salad dressings, and seasoning packets can add up quickly. Look for reduced sodium soy sauce and no-salt-added ketchup, add oil and vinegar to a salad rather than bottled salad dressings, and try using half of the flavoring packets.
- When eating out, ask for food to be prepared without added salt. Also, ask for dressings or condiments “on the side” so you can control the amount you eat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 5mg	10%
Sodium 360mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- Read the Nutrition Facts Label to see how much sodium is in the foods you are buying. Check the label for lower sodium options and compare sodium in different brands of foods.

LOW SODIUM SHOPPING GUIDE

FOOD GROUP	CHOOSE THESE LOWER SODIUM FOODS:	LIMIT THESE HIGH SODIUM FOODS:
BREADS, GRAINS, AND CEREALS	<ul style="list-style-type: none"> • Loaf bread, dinner rolls, English muffins, bagels • Plain pasta, noodles, plain rice • White or sweet potatoes • Dried beans, peas, and lentils (cook with onion and garlic for flavor) • Unsalted hot cereals like oatmeal • Unsalted or low sodium snack foods • Low sodium ready to eat cereals such as puffed rice, cornflakes, shredded wheat 	<ul style="list-style-type: none"> • Biscuits and Bisquick • Pancakes, muffin, and cornbread mixes • Seasoned rice and noodle mixes like ramen noodles, Rice-a-Roni, macaroni and cheese • Coating mixes like seasoned bread crumbs, Shake'n Bake • Salted snacks like potato chips, nachos, peanut butter crackers, pretzels • Instant mashed potatoes
DAIRY	<ul style="list-style-type: none"> • Milk • Yogurt • Cream Cheese, especially whipped • Sour cream • Ice cream and frozen yogurt • Whipped cream • Low sodium cheeses: Swiss, mozzarella, grated parmesan <p><i>Note: Low fat cheese does not mean low sodium!</i></p>	<ul style="list-style-type: none"> • Buttermilk • Processed cheeses: American, Nacho cheese, Cheez Whiz, Easy Cheese • Blue cheese • Pimento cheese • Cottage cheese • Queso cheese • Feta cheese <p><i>Note: Read labels, cheese varies in sodium content</i></p>
FRUIT	<ul style="list-style-type: none"> • All fruits and fruit juices 	<ul style="list-style-type: none"> • No need to limit any! Canned fruits do not contain sodium.

FOOD GROUP	CHOOSE THESE LOWER SODIUM FOODS:	LIMIT THESE HIGH SODIUM FOODS:
VEGETABLES	<ul style="list-style-type: none"> • Fresh or frozen vegetables • Canned vegetables that say “No salt added” • Low sodium vegetable juices 	<ul style="list-style-type: none"> • Regular canned vegetables • Regular juices like V8 and tomato • Vegetables in cream, butter, or cheese sauces
MEAT AND MEAT SUBSTITUTES	<ul style="list-style-type: none"> • Fresh or frozen un-breaded meats (chicken, turkey, fish, veal, lamb, pork) • Eggs prepared without salt • Regular peanut butter (no salt added brands) • Unsalted nuts • Soy, tofu 	<ul style="list-style-type: none"> • Processed luncheon meats like bologna, salami, pastrami, ham, turkey, corned beef • Ham, sausage, bacon, hotdogs • Breaded or battered meats like chicken nuggets and fish sticks • Salted, cured or smoked meats • Canned meats like Spam and potted meats
FATS	<ul style="list-style-type: none"> • Unsalted butter • Lard • Olive or vegetable oil • Tub or squeeze margarine • Low sodium or homemade salad dressings • Mayonnaise 	<ul style="list-style-type: none"> • Bacon and bacon grease • Salt pork • Fat back • Regular commercial salad dressings
SEASONINGS AND CONDIMENTS	<ul style="list-style-type: none"> • Fresh or dried herbs and spices • Vinegar, lemon juice, and fruit juices for marinades • Onion and garlic (fresh, minced, dried in flakes or powdered) • Spice and herb blends without added salt 	<ul style="list-style-type: none"> • Salt, sea salt, lite salt, bouillon cubes • Potassium-containing salt substitutes • Seasoning salt (garlic salt, onion salt, celery salt) • Spice and herb mixes with added salt • Commercially prepared sauces (teriyaki, soy)