

Take Control of Your Sodium

Limiting your sodium intake may help control any condition in which you retain extra fluid, such as high blood pressure, heart failure or kidney disease. If you are taking a blood pressure medicine or a water pill, it is still important to eat less salt.

Sodium is found in most foods

It may be natural or added during processing or cooking. To know if prepared foods have sodium added, read their food label. Look for words such as salt and sodium.

The following will help you identify foods that are high in sodium. It also provides easy guidelines to help you limit your sodium intake.

Meats, Poultry, Fish, Eggs and Meat Substitutes

Limit to 5 ounces per day. (1 ounce = 60 mg sodium)

Choose

- Meat, fish, poultry, shellfish: fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Peanut butter, unsalted
- Tofu
- Eggs
- Low cholesterol egg substitutes
- Frozen entrees with a starch and vegetable should not exceed 300 mg sodium

Do Not Choose

- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, dried chipped beef, hot dogs (regular and “1/3 less sodium”)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter, salted
- Textured vegetable protein (TVP) products
- Canned entrees, such as stews, chop suey, spaghetti

Milk and Yogurt

Limit to 2 servings per day. (1 serving = 150 mg sodium)

Choose

- Milk: reduced-fat, low-fat, fat-free, chocolate, powdered, evaporated (1 cup)
- Yogurt: plain or fruited (1 cup)
- Low sodium processed cheese
- Swiss or Mozzarella cheese (1 oz)

Do Not Choose

- Buttermilk
- All natural cheeses except those listed above under **choose**
- Processed cheeses (American, cheese spread, cheese food)
- Cottage cheese

Vegetables

Choose

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Instant mashed potatoes, omit salt when preparing
- No added salt or salt-free tomato or vegetable juice
- Tomato sauce, no salt added
- Tomato paste, no salt added

Do Not Choose

- Canned vegetables
- Baked Beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree

Fruits and Juices

Choose:

All are acceptable.

Bread, Cereals, Grains, and Crackers

Limit to 5 servings per day. (1 serving = 150 mg sodium)

Choose

- Yeast breads and rolls (small)
- Bagel (1/2)
- English Muffin (1/2)
- Tortilla, wheat (1 - 8 inch)
- Pita (1/2)
- Doughnuts, yeast (1)
- Crackers, unsalted tops (5)
- Melba toast (4)
- Dry cereal (less than 140 mg per serving), except those listed under **no limit**
- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted

Do Not Choose

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing
- Frozen waffles
- Crackers with salt tops
- Pita
- Muffin
- Popcorn: commercial seasoned or microwaved with salt
- Snack chips, pretzels or crackers with salt

No Limit

- | | |
|---|--|
| <ul style="list-style-type: none"> • Dry cereals • Puffed rice or puffed wheat • Shredded wheat • Wheat germ • Low sodium cornflakes • Low sodium crispy rice | <ul style="list-style-type: none"> • Hot cereal, cooked without salt • Crackers • Low sodium crackers • Unsalted matzoh • Tortillas, corn • Pasta, noodles, or rice, cooked with no added salt |
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Fats

Choose	Do Not Choose
<ul style="list-style-type: none"> • Oil or shortening • Cream cheese, low sodium • Cream, dairy and non-dairy • Sour cream • Low sodium salad dressing (commercial or homemade) • Imitation whipped topping • Margarine, unsalted (1 tsp) • Mayonnaise, low sodium 	<ul style="list-style-type: none"> • Tartar sauce • Bacon, bacon fat, "1/3 less sodium" bacon • Gravy: canned, jarred or packet • Salt pork • Dips • Salad dressing: regular, lite or fat free • Mayonnaise, regular

Soups

Choose	Do Not Choose
<ul style="list-style-type: none"> • Low sodium canned soup • Homemade soups and broth, no added salt • Low sodium soup bases 	<ul style="list-style-type: none"> • All soups and broth, unless low sodium • "1/3 less salt" soups • Dehydrated soup mixes

Desserts and Sweets

Choose	Do Not Choose
<ul style="list-style-type: none"> • Nuts, unsalted • Sugar, honey • Jam or jelly • Cranberry sauce • Candy • Gelatin • Popsicles • Ice cream, sherbet, or frozen yogurt • Syrups: maple, corn, chocolate, etc. 	<p>Homemade without salt:</p> <ul style="list-style-type: none"> • Pie (1/8 – 9" diameter) • Pudding (1/2 cup) • Cookies (2) • Custard (1/2 cup)
	<ul style="list-style-type: none"> • Olives • Nuts with salt • Cheesecake • Instant pudding mixes • Cake

Beverages

Choose	Do Not Choose
<ul style="list-style-type: none"> • Coffee and tea • Carbonated beverages • Mineral water 	<ul style="list-style-type: none"> • Cocoa beverage mixes • Sport beverages (such as Gatorade®) • Soft drinks and punch

Condiments

Choose	Do Not Choose
<ul style="list-style-type: none">• Herbs and spices without salt• Onion and garlic• Horseradish powder,• Mrs. Dash seasonings[®]• Vinegar (balsamic, cider, etc.)• Tabasco[®] sauce <p>Limit to 1 serving per day</p> <ul style="list-style-type: none">• Mustard (1 tsp)• Worcestershire sauce (1 tsp)• Ketchup (1 tsp)• Salsa (1/4 cup)	<ul style="list-style-type: none">• Balsamic vinaigrette, commercial prepared• Salt, herb and spice blends containing salt• Monosodium glutamate (MSG) <p><i>NOTE: MSG has no taste so it is not detected in foods!</i></p> <ul style="list-style-type: none">• Soy or teriyaki sauce• Chili sauce• Relish• Steak sauce• Barbecue sauce

Food Labels

Labels can be useful. The following are sodium labeling definitions:

- **Sodium Free** – less than 5 milligrams of sodium per serving
- **Very Low Sodium** – less than 35 milligrams per serving
- **Low Sodium** – less than 140 milligrams per serving
- **Reduced or Less Sodium** – the product has at least 25 percent less sodium than the original product
- **Light** – a product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **No Salt Added or No Salt** – no salt has been added in the preparation of the product

**Caution: Many products with less sodium, less salt, lite, or light on the label may still have too much sodium.*

Eating Out

Most restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your french fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order,” ask that your meal be prepared without salt or MSG.

Your recommended amount of sodium per day: _____

Client: _____

Dietitian: _____

Contact: _____

Notes: _____

