



A healthier life with less sodium

REDUCING THE SODIUM IN YOUR DIET

How much sodium is best?

Salt is made of sodium and chloride, and is a source of sodium in the diet. Reducing the amount of sodium you eat may help reduce or avoid high blood pressure, or help manage other health conditions.

The guideline for healthy adults is no more than 2400 milligrams (mg) sodium per day. For blood pressure control, 2000 mg of sodium or less is advised.

A teaspoon of salt is about 2400 mg of sodium. However, most of the salt and sodium we eat does not come from the salt shaker, but rather from processed foods.

Cut the Salt

- Don't rely on how foods taste. Many foods can be high in sodium but not taste "salty."
- Salts and seasonings, cured foods, processed foods (canned, frozen and boxed "convenience" foods), and restaurant foods are typically high in sodium.
- Baking soda, baking powder and monosodium glutamate (MSG) are also sources of sodium.
- Avoid foods with more than 500 mg of sodium per serving.
- Don't add salt in cooking. Only use a salt substitute with your doctor's permission.
- Eat more whole unprocessed foods and fewer convenience foods.
- Ask for substitutes at restaurants. Ask that no salt be used in preparation of your meal.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

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

Food Label Claims

Claim	Definition
Reduced Sodium	25% less sodium than standard
Light in Sodium	50% less sodium than standard
Low Sodium	140 mg sodium or less per serving
Very-Low Sodium	35 mg sodium or less per serving
Sodium- or salt-free	5 mg sodium or less per serving

REDUCING THE SODIUM YOU EAT CAN HELP KEEP YOUR HEART HEALTHY.

Food Group	Choose more often	Limit
Grains	Rice, pasta, bread, corn tortillas, unsalted crackers, pretzels, popcorn	Rice/pasta with seasoning packets, biscuits, quick breads, instant cereals, salty crackers and chips
Fruits and Vegetables	Fresh, frozen fruits and vegetables, fruit juices “No salt added” canned vegetables, canned fruit	Canned vegetables, frozen vegetables with sauces
Milk, Yogurt, Cheese	Milk, yogurt, low sodium cheeses	Processed cheese, buttermilk, cheese sauces
Meat, Poultry, Fish, Dried Beans and Peas, Nuts	Fresh meats, dried beans and peas, no-salt added canned beans, unsalted nuts, natural peanut butter	Deli meats, cured meats, salted nuts
Fats	Olive oil, canola oil, unsalted nuts	Salad dressings, gravy, olives
Condiments and seasonings	Herbs, spices, oil and vinegar dressings, vegetable oil, tub margarine	Garlic salt, onion salt, salad dressing, broth, soup, soy sauce, pickles

Cookbooks/Resources

- **American Heart Association *Low Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet***
- ***The No-Salt, Lowest-Sodium Cookbook*** by Donald A. Gazzaniga, Michael B. Fowler
- ***The DASH Diet for Hypertension*** by Thomas Moore, MD, Mark Jenkins

What is the “DASH” Diet?

“DASH” stands for “Dietary Approaches to **Stop Hypertension.**” (Hypertension is the same thing as high blood pressure.) This is a diet rich in fruits, vegetables, low fat dairy, whole grains, nuts, seeds and legumes (beans). Combining this eating plan along with reducing the amount of sodium you eat can significantly lower your blood pressure.

This is a healthy eating plan for most everyone to follow.

For more information about the DASH study and eating plan, go to <http://dash.bwh.harvard.edu>.

Also refer to Kaiser Permanente handout: DASH Diet for Hypertension